

L.B.J. & C. HEAD START NOTES

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2024-2025 CHILD
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SUGAR AND TOOTH
DECAY - 2

Things you will need to bring to complete the application process.

- Child's birth certificate, Mother's copy, or Foster Care Contract.
- Income Verification



Age requirements:

- 3 years old by August 15, 2024
- Does not turn 5 years old before August 15, 2024

Head Start serves children ages 3-5 including children with disabilities.

For more information, call your local Head Start center, call 931-528-3361, ext. 222, or visit our website www.lbjc.org to start the application process.

Upcoming Events

February 19 President's Day

- Centers Closed/HAFH Closed

Volunteer Opportunities

Be a Head Start Volunteer-Contact your local Center Supervisor today. Head Start needs and appreciates all volunteers.

Employee Spotlight

 An "Employee Spotlight" graphic featuring three photos of staff members against a background of colorful handprints. A paperclip icon is in the top right corner.

- Ms. Carol Dawes**
COOK,
SOUTH COOKEVILLE
CENTER
- Ms. Phyllis Cole**
CENTER SUPERVISOR,
SPARTA CENTER
- Ms. Rita Cody**
FAMILY ENGAGEMENT,
JAMESTOWN CENTER

Understanding How Sugar Contributes to Tooth Decay

Children who frequently consume foods and drinks containing natural and/or added sugars during the day are more likely to develop tooth decay than those who consume them less often. You may not know that many of the foods and drinks you give children contain sugar.

Many foods and drinks contain added sugar. Sugar in foods can be listed by many different names. The best place to check for sugar is in the ingredients list on the food label. Look for words like:

- Beet sugar
- Brown sugar
- Cane sugar
- Corn sweeteners
- Corn syrup
- Cane juice
- High fructose corn syrup
- Honey
- Malt syrup
- Maple syrup
- Molasses
- Raw sugar
- White sugar

Ingredients: Whole Grain Oats (includes the oat bran), Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Sugar plays a key role in tooth decay. Many foods, like milk and milk products, fruit, vegetables, grains, and processed and prepared foods, contain sugar.

Bacteria that cause tooth decay breaks down foods and drinks that contain sugar to form acid.

Children who are fed meals and snacks at scheduled times are at lower risk for developing tooth decay than children who are fed often during the day.

L.B.J. & C. Head Start is a Limited Purpose Agency serving Clay, Cumberland, Dekalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Warren, and White Counties. Parents' participation is not required as a condition of their child's enrollment. Participation is voluntary. However, Head Start needs Parental Input into all aspects of the Head Start Program. Funded by the U.S. Department of Health and Human Services, Administration for Children and Families. L.B.J. & C. Development Corporation is an Equal Opportunity Agency. The agency does not discriminate on any non-merit reasons such as race, color, religion, sex, national origin, age, marital status, political affiliation, sexual preference, or qualified individuals with mental and physical handicaps. The 504/ADA/Title VI Contact Person: Angela West (931) 528-3361. For reprints of this newsletter, contact us at (931) 528 -3361, e-mail us at information@lbjc.org, or FAX us at (931) 528 -2409.

APPLY NOW

All age eligible children can apply. Serving children 3 & 4 years of age including children with disabilities.

www.lbjc.org

L.B.J. & C. Head Start

1150 Chocolate Dr
Cookeville, TN 38501
(931) 528-3361

Events, parenting tips, developmental milestones, and more... L.B.J. & C. Head Start is your reliable source for early childhood education information.

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Or visit our website:

<https://www.lbjc.org>