

# Nutrition Consultation Request Procedure

## Purpose

This document tells site teams how to refer families to the program Nutritionist or Registered Dietitian.

## Guidance

Feeding infants, toddlers and young children is challenging. Food allergies, picky eating and growth concerns are all nutrition concerns that families, health care providers (HCP) or site teams may identify. Support families by providing reliable nutrition resources. When they request information you are not able to provide, a nutrition consult may be needed.

## Procedure

1. Have a conversation with the child's family. Discuss the following items:
  - information their HCP and Women Infant and Children program shared
  - how the child is eating at the center
  - growth grids provided by the center
2. Share nutrition resources provided by the Early Learning Program.
3. When appropriate, fill out a *Nutrition Request for Consultation Form* and send it in to the Health Information Line.

## Related Documents

Nutrition Consultation Request Form

## Resources

Health Information Line: 888-979-5897/[health@pugetsoundhs.org](mailto:health@pugetsoundhs.org)