



**Community Action Agency
Head Start Division**
Overtown Transit Village North
701 NW 1st Court, 9th floor
Miami, Florida 33136
T 786-469--4622 F 786-469-4756

Carlos Alvarez, Mayor

- Agenda Coordination
- Art in Public Places
- Audit and Management Services
- Aviation
- Building Code Compliance
- Building
- ADA Coordination
- Business Development
- Capital Improvement
- Citizen's Independent Transportation Trust
- Communications
- Community Action Agency**
- Community & Economic Development
- Community Relations
- Consumer Services
- Corrections & Rehabilitation
- Countywide Healthcare Planning
- Cultural Affairs
- Elections
- Emergency Management
- Employee Relations
- Enterprise Technology Services
- Environmental Resources Management
- Fair Employment Practices
- Finance
- Fire Rescue
- General Services Administration
- Historic preservation
- Homeless Trust
- Housing Agency
- Housing Finance Authority
- Human Services
- Independent Review Panel
- International Trade Consortium
- Juvenile Assessment Center
- Medical Examiner
- Metropolitan Planning Organization
- Park and Recreation
- Planning and Zoning
- Police
- Procurement
- Property Appraiser
- Public Library System
- Public Works
- Safe Neighborhood Parks
- Seaport
- Solid Waste Management
- Strategic Business Management
- Team Metro
- Transit
- Urban Revitalization Task Force
- Vizcaya Museum and Gardens
- Water and Sewer

Dear Parent,

_____ has been referred to the Head Start Nutrition Component for follow-up. The internal referral reveals that he/she has a hemoglobin/hematocrit level below the normal.

A diet rich in iron is effective in maintaining a normal hemoglobin/hematocrit level after medical treatment. Attached you will find a list of foods that are high in iron and Vitamin C. Include these foods in your child's daily diet. A Vitamin C rich food or beverage consumed with foods high in iron will enhance the absorption of iron from animal sources.

Please make an appointment with your child's Physician to have these lab values reevaluated and/or obtain medical treatment. It is also requested that you bring the medical information to the Head Start Center to update your child's health record. Your child may also be eligible for services from the WIC Program. Please call (786) 336-1300 for further information.

If you have any questions, please do not hesitate to call me at (786) 469-4686.

Sincerely,

Dietitian

