



**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 Trace 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 is below the 5th percentile weight for height.

In most cases, children who are underweight have small appetites. It is recommended that two supplements (afternoon/evening) be added to the diet to increase calorie intake. The supplements may include:

- Fruited yogurt
- Peanut Butter and Jelly sandwich
- Smoothie Type Drinks (Ex: Blend strawberries, bananas and vanilla yogurt. You can use other fruits such as peaches, orange juice concentrate, chunky applesauce, crushed pineapple and other seasonal fruits and then blend them with vanilla yogurt.)
- Cheese Sandwich
- Carnation Instant Breakfast
- Deviled Eggs
- Bagel with Cream Cheese or Butter and Jelly
- Fruit Juice
- Whole Milk (Flavored, Non-Flavored)

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

Sincerely,

Dietitian

