

Think Your FOOD



FOOD Self-Assessment

Your Name: _____ Date: _____

Director's Name & Title: _____

Child Care Facility Name: _____

Child Care Facility Mailing Address: _____

Phone Number: _____ Fax Number: _____

E-Mail Address: _____



Directions for Completing Self-Assessment

This fitCare self-assessment is informed by best practices based on current evidence based research and early childhood guidelines.

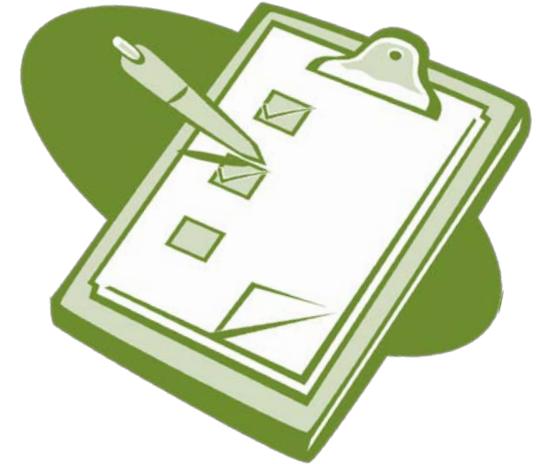
References:

1. Childhood Obesity Prevention." *Early Childhood Obesity Prevention*". Center for Disease Control and Prevention, Nemours, n.d. Web. Spring 2014.
2. Stepping Stones to Caring for our Children: National health and safety performance standards; Guidelines for early care and education programs, 3rd edition. (2013). American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education.
3. Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzuca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill.

Who should complete this self-assessment

This self-assessment is for caregivers that work with children in a childcare facility/setting.

After completing this assessment, caregivers will be able to determine a program's strengths and areas for improvement. This assessment provides caregivers with insight to make changes to enhance their caregiving practices and environments for the children in their care.



Other fitCare Self-Assessments available include:

1. RECHARGE
2. MOOD Self-Assessment
3. MOVE Self-Assessment

Scoring Directions

Individual item scoring

- Check the column that best matches current practice.
- Mark NA if the item does not pertain to your work or role.
- Transfer the number relevant to your answer to the Score column.

Educate the Children							
	1	2	3	4	NA	Comments/Why	Score
Nutrition education is incorporated into classroom routines:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input checked="" type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> NA		3

Answers in column 4 are best practice.

Space is provided to make comments or notes after each item listed under each section. These notes can help in determining successes or opportunities for improvement.

FOOD fit-Score

1. Add up all of the numbers in the score column and place the total number Section A.
2. Count how many items were actually scored and place the number in Section B.
3. Divide line A by line B. This is your RECHARGE fit-Score.
 - The highest possible score is 4.

What is your FOOD fit-Score?	
A. Total of all scored items	86
B. Number of scored items	30
RECHARGE Score = A/B	2.86

Review the items on your self-assessment

- What are you doing very well?
- What are some places you would like to improve on?

FOOD Policy

	1	2	3	4	NA	Comments/Why	Score
A written policy* on child nutrition is available and includes: <ul style="list-style-type: none"> • Menu and meal planning • What foods are provided for the children (foods and beverages) • Promotion and support of breastfeeding mothers • Provision of healthy mealtime environments • Teacher expectation to encourage healthy eating with children • Not offering food to calm children or encourage appropriate behavior • Guidelines on food for holidays and celebrations • Fundraising with non-food items • Staff education on child nutrition • Planned and informal nutrition education for children • Parent education on child nutrition 	<input type="checkbox"/> No written policy available or policy does not include these topics	<input type="checkbox"/> Policy available with 1-4 topics	<input type="checkbox"/> Policy available with 5-8 topics	<input type="checkbox"/> Policy available with 9-11 topics	<input type="checkbox"/> NA		

*A written policy includes any written guidelines about your program's operations or expectations for teachers, staff, children, or families. Policies can be included in parent handbooks, staff manuals, and other documents.

FOOD Intake

Planning for meals and snack choices throughout the day

Caregivers who do **not** play a role in menu planning and preparation do not complete this section. Skip to "Availability of nutritional intake throughout the day" section.

	1	2	3	4	NA	Comments/Why	Score
Program's menu cycle is:	<input type="checkbox"/> 1 week or shorter	<input type="checkbox"/> 2 weeks	<input type="checkbox"/> 3 weeks or longer without seasonal changes	<input type="checkbox"/> 3 weeks or longer with seasonal changes	<input type="checkbox"/> NA		
Meals and snacks preparation, service and storage meet the requirement of USDA or CACFP.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
If food is brought from home, parents are provided with guidelines.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Menus, including meals and snacks, include a combination of new and unfamiliar foods.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
A variety of colors, flavors, textures, and shapes of food are provided.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Menus include interesting and attractive ways to serve children food.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Staff responsible for menu planning is open to taking suggestions from parents regarding meals/snacks.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Menus are posted for parents.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		

Specific types of foods served: <i>For this assessment it is considered that children are in full day care</i>	1	2	3	4	NA	Comments/Why	Score
Fruits are offered to children. <i>For this assessment, fruit does not include servings of fruit juice</i>	<input type="checkbox"/> 3 times per week or less	<input type="checkbox"/> 4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day or more	<input type="checkbox"/> NA		
Fruit, including fresh, frozen or canned in its own juice (not syrup) is offered to children.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every time fruit is offered	<input type="checkbox"/> NA		
Vegetables are offered to children: <i>For this assessment, vegetables do not include french fries, tator tots, hash browns, or dried beans.</i>	<input type="checkbox"/> 2 times per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day or more	<input type="checkbox"/> NA		
*Dark green, orange, red, or deep yellow vegetables are offered to children: <i>For this assessment, vegetables do not include white potatoes or corn.</i>	<input type="checkbox"/> 3 times or more per month or less	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> NA		
Fried or pre-fried potatoes are offered to children: <i>Includes foods such as french fries, tator tots, hash browns, or dried beans.</i>	<input type="checkbox"/> 3 times or more per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week or never	<input type="checkbox"/> NA		
Fried or pre-fried meats or fish is offered to children: <i>Includes foods such as breaded and frozen chicken nuggets and fish sticks.</i>	<input type="checkbox"/> 3 times or more per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week or never	<input type="checkbox"/> NA		
High fat meats are offered to children: <i>Includes foods such as sausage, bacon, hot dogs, bologna or ground beef that is less than 93% lean.</i>	<input type="checkbox"/> 3 times or more per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week or never	<input type="checkbox"/> NA		
Lean or low-fat meats and meat alternatives are offered to children: <i>Includes foods such as skinless, baked or broiled chicken; baked or broiled fish; ground beef or turkey that is at least 93% lean and cooked in a low-fat way.</i>	<input type="checkbox"/> 3 times or more per month	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Every time served	<input type="checkbox"/> NA		
High-fiber, whole grain foods are offered to children: <i>Includes foods such as whole wheat bread, whole wheat crackers, oatmeal, brown rice, Cheerios and whole grain pasta.</i>	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day or more	<input type="checkbox"/> NA		
High-sugar, high-fat foods are offered to children: <i>Includes foods such as cookies, cakes, doughnuts, muffins, ice cream and pudding.</i>	<input type="checkbox"/> 1 time per day or more	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than 1 time per week or never	<input type="checkbox"/> NA		
High-sugar, high fat snacks are offered to children: <i>Includes foods such as chips, buttered popcorn and Ritz crackers.</i>	<input type="checkbox"/> 1 time per day or more	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than 1 time per week or never	<input type="checkbox"/> NA		
Children are given sweet and salty snacks outside of meal and snack times:	<input type="checkbox"/> 1 time per day or more	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than 1 time per week or never	<input type="checkbox"/> NA		

**These vegetables are not included because they have more starch and fewer vitamins and minerals than other vegetables*

Availability of nutritional intake throughout the day

	1	2	3	4	NA	Comments/Why	Score
Meals and snacks are scheduled at regular times in a child's day.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Children in care for eight or fewer hours are offered at least one meal and two snacks.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Children in care for more than eight hours are offered at least two meals and two snacks.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Infants are fed on demand; infant provides cues on needing to be fed.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		

Support breastfeeding mothers and their infants

	1	2	3	4	NA	Comments/Why	Score
Provide arrangements for, and support of breast feeding mothers.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Breastfeeding mothers (staff and parents) have a designated area to pump or nurse infant.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Encourage and support breast feeding mothers.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always, at every opportunity	<input type="checkbox"/> NA		
Caregiver knows how to properly thaw, warm human milk. <i>Such as swirling it in a bowl of warm water.</i>	<input type="checkbox"/> Do not know guidelines exist	<input type="checkbox"/> Aware of guidelines; do not know them	<input type="checkbox"/> Know Guidelines	<input type="checkbox"/> Know and follow guidelines	<input type="checkbox"/> NA		

Serve child age appropriate portion sizes

	1	2	3	4	NA	Comments/Why	Score
Caregiver knows food and beverage serving size guidelines for toddlers: <i>Follow USDA (U.S. Department of Agriculture) or the CACFP (Child and Adult Care Food Program)</i>	<input type="checkbox"/> Do not know guidelines exist	<input type="checkbox"/> Aware of guidelines; do not know them	<input type="checkbox"/> Know Guidelines	<input type="checkbox"/> Know and follow guidelines	<input type="checkbox"/> NA		
Caregiver knows food and beverage serving size guidelines for preschoolers: <i>Follow USDA (U.S. Department of Agriculture) or the CACFP (Child and Adult Care Food Program)</i>	<input type="checkbox"/> Do not know guidelines exist	<input type="checkbox"/> Aware of guidelines; do not know them	<input type="checkbox"/> Know Guidelines	<input type="checkbox"/> Know and follow guidelines	<input type="checkbox"/> NA		
Caregiver knows how to read food labels to determine serving sizes for children	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
When children eat less than half of a meal or snack, caregiver asks children if they are full before removing their plates:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		

Encourage fruits and vegetables intake

	1	2	3	4	NA	Comments/Why	Score
Children are forced to try new fruits and vegetables as meal and snack times.	<input type="checkbox"/> Every meal or snack time	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Promote consumption of fruits and vegetables in conversations.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		
Repeatedly expose children to fruits and vegetables. <i>It can take 10-15 times for a child to learn to like a new food.</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every meal or snack time	<input type="checkbox"/> NA		
Select and arrange food on plates in a way that makes eating fruits and vegetables interesting, fun and attractive. <i>Examples: Rainbow of fruits; veggie faces.</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Whenever served	<input type="checkbox"/> NA		
Caregiver praises children for trying fruits and vegetables.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every meal or snack time	<input type="checkbox"/> NA		
Incorporate learning about and trying fruits and vegetables into lesson plans and activities.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		

Limit sweetened beverages

	1	2	3	4	NA	Comments/Why	Score
If fruit juice is served, it is limited and only 100% fruit juice.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
A four to six oz. serving of 100% fruit juice is offered to children.	<input type="checkbox"/> 2 times per day or more	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 2 times per week or less	<input type="checkbox"/> NA		
Sugary drinks are served. <i>Includes drink such as Kool-Aid™, fruit drinks, sweet tea, sports drinks and soda.</i>	<input type="checkbox"/> 1 time per month or more	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> 1-2 times per year	<input type="checkbox"/> Never	<input type="checkbox"/> NA		
Milk is served to children ages 2 years and older.	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> Reduced fat or 2%	<input type="checkbox"/> Low-fat or 1%	<input type="checkbox"/> Fat-free(Skim)	<input type="checkbox"/> NA		
Flavored milk is offered to children.	<input type="checkbox"/> 1 time per day or more	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Never	<input type="checkbox"/> NA		
Drinking water is available both indoors and outdoors.	<input type="checkbox"/> Only when children ask	<input type="checkbox"/> Only when children ask and during water breaks	<input type="checkbox"/> Only indoors, where is always visible and freely available	<input type="checkbox"/> Indoors and outdoors, where is always visible and freely available	<input type="checkbox"/> NA		
During indoor and outdoor play, caregiver prompts children to drink water.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		

Mealtime Environment

	1	2	3	4	NA	Comments/Why	Score
Children are rushed to finish eating their snacks and meals.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Preschoolers are involved in meal preparation.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always			
Preschool children are served their meals and snacks so they can serve themselves (<i>Family style eating</i>).	<input type="checkbox"/> Meals and snacks come to classroom pre-plated with set portions of food	<input type="checkbox"/> Teachers portion out servings to children	<input type="checkbox"/> Children are allowed to serve some foods themselves. Some foods are pre-plated or served by teachers	<input type="checkbox"/> Children are allowed to choose and serve all foods themselves	<input type="checkbox"/> NA		
Older infants and toddlers are allowed to practice feeding themselves with hands-on assistance as needed.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Food is served in a form that young children can eat with minimum assistance and without choking.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Caregiver praises children for trying new or less-preferred foods.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Caregiver asks children if they are still hungry before serving more food when a child asks for a second helping.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Caregiver requires children to clean their plates before they can leave the table.	<input type="checkbox"/> Every meal or snack time	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Mealtimes are relaxed, calm and with shared conversation.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	NA	Comments/Why	Score
Infants are held during feedings.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Caregivers sit with children during meals.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Caregivers eat and drink the same food and beverages with the children during meal and snack times.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Caregivers create conversations about the food children are consuming.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> At every meal and snack time	<input type="checkbox"/> NA		
Encourage children's positive eating habits by using specific praise. <i>For example, rather than saying "good job" to a child, caregivers should say "thank you for eating your carrots".</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		
Caregiver uses food as a reward for desired behavior.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Caregiver uses food to control behavior or withholds food as punishment.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Caregiver uses food to calm upset children or encourage appropriate behavior.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		

Environment

	1	2	3	4	NA	Comments/Why	Score
Display posters demonstrating children eating fruits and vegetables.	<input type="checkbox"/> Few or no visual aids are available	<input type="checkbox"/> Some visual aids available, but variety is limited	<input type="checkbox"/> Large variety of visual aids	<input type="checkbox"/> A large variety of visual aids with new items introduced often	<input type="checkbox"/> NA		
Display posters demonstrating children drinking water and milk.	<input type="checkbox"/> Few or no visual aids are available	<input type="checkbox"/> Some visual aids available, but variety is limited	<input type="checkbox"/> Large variety of visual aids	<input type="checkbox"/> A large variety of visual aids with new items introduced often	<input type="checkbox"/> NA		

Limit Screen Time

	1	2	3	4	NA	Comments/Why	Score
Screen time is provided to children.	<input type="checkbox"/> 90 minutes or more	<input type="checkbox"/> 60-89 minutes	<input type="checkbox"/> 30-59 minutes	<input type="checkbox"/> Less than 30 minutes a week	<input type="checkbox"/> NA		
Television or videos are on during meal times.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Children have easy access to television and computers.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Television and computers are covered when not in use.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Child friendly books, magazines, puzzles, and board games for children are used as an alternative to screen time activities.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		

fit Connection

	1	2	3	4	NA	Comments/Why	Score
Caregiver helps children talk through feelings versus trying to fix feelings with FOOD. (MOOD connection).	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		
Caregiver provides rest so children can manage emotions to make good food choices. (RECHARGE connection).	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> As needed	<input type="checkbox"/> As needed, planned into routines	<input type="checkbox"/> NA		
Caregiver provides physical activity in a child's day to expend caloric intake. (MOVE connection).	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		

Staff Education

	1	2	3	4	NA	Comments/Why	Score
Staff education on child nutrition is incorporated into the annual staff training plan.	<input type="checkbox"/> Never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	<input type="checkbox"/> NA		
Caregiver education on child nutrition includes the following topics: <ul style="list-style-type: none"> • Food and beverage recommendations • Servings sizes for children • Importance of fruit and vegetable consumption • The importance of decreasing sweetened beverage consumption and the need to drink water and milk • Importance of variety in the child diet • *Creating healthy mealtime environments • **Using positive feeding practices • Communicating with families about child nutrition • Limiting screen time to limit marketer influence on children's food choice • How to prepare, store and feed human milk • Ways to communicate with parents to promote children's nutrition. • Program's policies on child nutrition 	<input type="checkbox"/> None	<input type="checkbox"/> 1-3 topics	<input type="checkbox"/> 4-8- topics	<input type="checkbox"/> 9+ topics	<input type="checkbox"/> NA		
*** Caregiver is provided educational print materials relevant children's nutrition:	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		

**In a healthy mealtime environment, children can choose what to eat from the foods offered, and teachers or parents enthusiastically role model eating healthy foods.*

*** Positive feedback practices include praising children for trying new foods, asking children about hunger or fullness before taking their plates away or servings seconds, and avoiding the use of food to calm children or encourage appropriate behavior.*

****Print material can include brochures, tip sheets, links to trusted websites or professional journal articles.*

Educate the Children

	1	2	3	4	NA	Comments/Why	Score
Nutrition education is incorporated into classroom routines.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> NA		
Children are provided education on the importance of healthy eating with an emphasis on eating fruits and vegetables and drinking milk and water.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> NA		
Children are provided education on how marketers influence our choices.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		
Daily lesson plans include teaching the children about the importance of eating fruits and vegetables.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> NA		
Learning centers have props relevant to learning about the importance of eating fruits and vegetables. <i>Learning centers include circle time lessons, story time, dramatic play area, etc.</i> <i>Learning props include items such as healthy play food, fruit bowls, MyPlate games, books on healthy eating, etc.</i>	<input type="checkbox"/> Few or no materials are available	<input type="checkbox"/> Some materials available, but variety is limited	<input type="checkbox"/> Large variety of materials	<input type="checkbox"/> A large variety of materials with new items introduced often	<input type="checkbox"/> NA		
Daily lesson plans include teaching the children about the importance of drinking water and milk.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> NA		
Learning centers have props relevant to learning about the importance of drinking water and milk: <i>Learning props include items such as milk and water food models.</i> <i>Learning centers include circle time lessons, story time, dramatic play area, etc.</i>	<input type="checkbox"/> Few or no materials are available	<input type="checkbox"/> Some materials available, but variety is limited	<input type="checkbox"/> Large variety of materials	<input type="checkbox"/> A large variety of materials with new items introduced often	<input type="checkbox"/> NA		
Caregiver reads books to children about the importance of eating fruits and vegetables.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		
Caregiver reads books to children about the importance of drinking water and milk.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		
Books and games are available for children to learn about the importance of eating fruits and vegetables.	<input type="checkbox"/> Few or no books are available	<input type="checkbox"/> Some books available, but variety is limited	<input type="checkbox"/> Large variety of books	<input type="checkbox"/> A large variety of books with new books introduced often	<input type="checkbox"/> NA		
Books and games are available for children to learn about the importance of drinking water and milk.	<input type="checkbox"/> Few or no books are available	<input type="checkbox"/> Some books available, but variety is limited	<input type="checkbox"/> Large variety of books	<input type="checkbox"/> A large variety of books with new books introduced often	<input type="checkbox"/> NA		
Caregivers informally talk with children about trying and enjoying healthy foods.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		

* In a healthy mealtime environment, children can choose what to eat from the foods offered, and teachers enthusiastically role model eating healthy foods.

* Positive feedback practices include praising children for trying new foods, asking children about hunger or fullness before taking their plates away or servings seconds, and avoiding the use of food to calm children or encourage appropriate behavior.

Educate the Parents

	1	2	3	4	NA	Comments/Why	Score
*Parents are offered education on child nutrition.	<input type="checkbox"/> Never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	<input type="checkbox"/> NA		
*Parents are offered education on child nutrition topics such as: <ul style="list-style-type: none"> • Food and beverage recommendations • Servings sizes for children • The importance of providing healthy foods at home • Importance of variety in the child diet • The importance of fruit and vegetable consumption • The need to decrease sweetened beverage consumption and the need to drink water and milk • Limiting screen time to limit marketer influence • American Academy of Pediatrics screen time guidelines • *Creating a healthy mealtime environment • **Using positive feeding practices • The ability for children to self-regulate their food and drink intake; avoid the clean your plate message. • Program's policies on child nutrition 	<input type="checkbox"/> None	<input type="checkbox"/> 1-3 topics	<input type="checkbox"/> 4-8 topics	<input type="checkbox"/> 9-12 topics	<input type="checkbox"/> NA		

**Education can include brochures, tip sheets, links to trusted websites, and in-person educational sessions.*

*** In a healthy mealtime environment, children can choose what to eat from the foods offered, and teachers or parents enthusiastically role model eating healthy foods.*

**** Positive feedback practices include praising children for trying new foods, asking children about hunger or fullness before taking their plates away or servings seconds, and avoiding the use of food to calm children or encourage appropriate behavior.*

Role Modeling

	1	2	3	4	NA	Comments/Why	Score
Caregiver eats the same foods and beverages as the children during meal and snack times (<i>specifically fruits and vegetables</i>).	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every meal and snack time	<input type="checkbox"/> NA		
Caregiver displays enthusiasm while eating with children (<i>specifically regarding fruits and vegetables</i>) at meal and snack times. <i>Example: "These peas are yummy!"</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every meal and snack time	<input type="checkbox"/> NA		
Caregiver talks about personal favorite fruits/vegetables.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Caregiver drinks water throughout the day.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Caregiver drinks sweetened beverages or coffee in front of the children.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
Caregiver eats fast foods in front of the children.	<input type="checkbox"/> Always	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		

What is your FOOD fit-score?

A. Total of all scored items	
B. Number of scored items	
FOOD Score = A/B	