

## Wellness Self-Assessment for Child Care Centers

Directions: Use this checklist to identify wellness policies that may help improve the nutrition and physical activity environment of your center. Although many of these items go above and beyond licensing and food program requirements, best practice recommendations are found in the right column.

<b>Policy 1: Foods served to children meet Dietary Guidelines recommendations.</b>			
Whole grains, like oatmeal, whole wheat bread, whole grain cereal, and brown rice are served:	<input type="checkbox"/> Twice per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Every day
High sugar grains, like sugary cereals, cookies, cakes, muffins, brownies, pastries and cereal bars are served:	<input type="checkbox"/> Twice per week or more	<input type="checkbox"/> Once per week	<input type="checkbox"/> Twice per month or less
Fresh or frozen fruits or vegetables are served:	<input type="checkbox"/> Twice per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Every day
Dark green, red and orange vegetables like broccoli, spinach, greens, carrots, sweet potatoes, and tomatoes are served:	<input type="checkbox"/> Once per week or less	<input type="checkbox"/> 2-3 times per week	<input type="checkbox"/> 4 times per week or more
Fried or pre-fried vegetables, like hash browns, French fries, tater tots, fried okra and onion rings are served:	<input type="checkbox"/> Once per week or more	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> Rarely or never
Sugar sweetened or artificially sweetened drinks, like Kool-Aid®, Crystal Light® and sports drinks are served:	<input type="checkbox"/> Twice per week or more	<input type="checkbox"/> Once per week	<input type="checkbox"/> Never
100% juice is served:	<input type="checkbox"/> Every day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Twice per week or less
Fruits with added sugars, like fruit canned in syrup, are served:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Lean proteins, like lean beef, pork, poultry or seafood (not fried); beans; lentils; low-fat yogurt; eggs; and nuts are served:	<input type="checkbox"/> Twice per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Every day
Beans or lentils are served:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per month	<input type="checkbox"/> Once per week or more
High fat or fried/pre-fried proteins like sausage, bacon, ground beef, hot dogs, chicken or beef nuggets, and fish sticks are served:	<input type="checkbox"/> Once per week or more	<input type="checkbox"/> 2-3 times per month	<input type="checkbox"/> Once per month or less
<b>Policy 2: Children always have access to safe drinking water and are encouraged to drink water throughout the day.</b>			
Water is available during outdoor play, and staff encourage children to drink water during active play:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> When the weather is hot	<input type="checkbox"/> Every day
Staff encourage children 1 year and older to drink water:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day

Water is served with snacks when no other beverage is being served, and in lieu of other high calorie, sweetened beverages served outside of meal times:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
Adults drink water in front of the children:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
<b>Policy 3: Nutrition and physical education are included in the weekly curriculum.</b>			
Activities and lessons that increase knowledge and acceptance of a foods and physical activities are planned:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per month	<input type="checkbox"/> Once per week or more
Staff discuss healthy foods during meal times:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
Children participate in gardening, taste testing and/or cooking activities:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Once per month or more
<b>Policy 4: Physical activity is scheduled to meet National Association for Sport and Physical Education guidelines for young children.</b>			
Supervised tummy time is provided for all infants, including those with special needs:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
Total physical activity time, both indoors and outdoors, for <u>toddlers</u> , including those with special needs, is scheduled:	<input type="checkbox"/> Less than 60 min per 8 hr day (30 min per 4 hr day)	<input type="checkbox"/> 60-89 min per 8 hr day (30-44 min per 4 hr day)	<input type="checkbox"/> 90 min or more per 8 hr day (45 min per 4 hr day)
Total physical activity time, both indoors and outdoors, for <u>preschoolers</u> , including those with special needs, is scheduled:	<input type="checkbox"/> Less than 90 min per 8 hr day (45 min per 4 hr day)	<input type="checkbox"/> 90-119 min per 8 hr day (45-59 min per 4 hr day)	<input type="checkbox"/> 120 min or more per 8 hr day (60 min per 4 hr day)
Structured, or teacher-led, physical activity for <u>toddlers</u> , including those with special needs, is scheduled:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 15-29 min per 8 hr day (8-14 min per 4 hr day)	<input type="checkbox"/> 30 min or more per 8 hr day (15 min per 4 hr day)
Structured, or teacher-led, physical activity for <u>preschoolers</u> , including those with special needs, is scheduled:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 30-59 min per 8 hr day (15-29 min per 4 hr day)	<input type="checkbox"/> 60 min or more per 8 hr day (30 min per 4 hr day)
<b>Policy 5: Breastfeeding is promoted and adequately supported.</b>			
A designated area for lactating mothers to breastfeed is:	<input type="checkbox"/> Available	<input type="checkbox"/> Is private and has appropriate seating	<input type="checkbox"/> Is private, has seating, and has an electrical outlet
Culturally appropriate breastfeeding support materials, like pictures, posters, brochures, pamphlets and other resources (not including those supplied by manufacturers of infant formula) are:	<input type="checkbox"/> Not available	<input type="checkbox"/> Limited, but available in 1 or 2 areas or by request	<input type="checkbox"/> Available and displayed in several areas of the facility

<b>Policy 6: Caregivers practice responsive feeding and encourage children to try new foods.</b>			
Infants are encouraged to finish their bottle after showing signs of fullness:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Children are encouraged to eat more than they want, and are asked to “clean their plate” or “make a happy plate”:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Staff gently encourage, but do not force, children to try all food components offered at meals and snacks:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
Staff teach children to understand their internal cues of hunger and fullness through lessons or discussion during meals:	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Some days
<b>Policy 7: Food is served family-style, and children participate in mealtime activities.</b>			
Preschoolers are served meals family-style:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
Toddlers are transitioned to self-feeding when they are ready:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> All of the time
Preschoolers help with meal service, such as setting the table:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
<b>Policy 8: Food and physical activity are not used as incentive or punishment.</b>			
Food/beverages are used to manipulate the behavior of children:	<input type="checkbox"/> Frequently	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Physical activity is withheld as punishment:	<input type="checkbox"/> Frequently	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
<b>Policy 9: Families are partners in the task of fostering healthy eating and physical activity habits for children.</b>			
Family handouts, brochures, or newsletters that include nutrition and physical activity information are provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
Families are encouraged to provide healthy foods for celebrations:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Every time
Family workshops or events that include messages of healthy eating and physical activity are planned:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
<b>Policy 10: Sanitation, hygiene, and food handling are monitored to ensure a healthy environment.</b>			
The center has a written policy that addresses foods brought from home and the policy is:	<input type="checkbox"/> We do not have a written policy	<input type="checkbox"/> Written down and addresses food safety, but not nutrition	<input type="checkbox"/> Written down, addresses food safety, nutrition, and requires prior approval of foods brought for sharing.
Adults and children wash their hands:	<input type="checkbox"/> As required by licensing	<input type="checkbox"/> At specific times, like before eating or after playing outside	<input type="checkbox"/> Frequently throughout the day

Toys and playground equipment are cleaned:	<input type="checkbox"/> As required by licensing	<input type="checkbox"/> More often than required	<input type="checkbox"/> Frequently, and there is a written cleaning schedule
Adults handling food are trained on procedures for safe food preparation and service:	<input type="checkbox"/> Upon hire	<input type="checkbox"/> Once per year	<input type="checkbox"/> At least once per year, and a staff member has a food safety certification
Food safety monitoring takes place:	<input type="checkbox"/> By the health department or Bright from the Start consultants	<input type="checkbox"/> Occasionally by the cook, director, or food program sponsor	<input type="checkbox"/> Weekly by the cook or director, and is documented in writing
<b>Policy 11: Screen time is limited, and includes only commercial-free educational programming.</b>			
Television, video or DVD programming includes:	<input type="checkbox"/> All types of programming	<input type="checkbox"/> Both commercial and educational programs	<input type="checkbox"/> Only commercial-free educational programs
TV, video or DVD viewing is permitted during meals or snacks:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Children under the age of 2 years watch TV, videos or DVDs:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
For preschoolers, screen time is limited to:	<input type="checkbox"/> More than 2 hours per week	<input type="checkbox"/> 2 hours per week or less	<input type="checkbox"/> 30 minutes or less per week
<b>Policy 12: Sedentary activities are limited, and children have frequent opportunities to move freely.</b>			
For infants, use of confining equipment, like swings, molded seats, jump seats or walkers is limited to:	<input type="checkbox"/> 30 minutes at a time	<input type="checkbox"/> 15 minutes or less at a time	<input type="checkbox"/> 15 minutes or less at a time, only 1-2 times/day
During a typical day, not counting naps and meals, toddlers and preschoolers are expected to remain seated for:	<input type="checkbox"/> More than 30 minutes at a time	<input type="checkbox"/> 16-30 minutes at a time	<input type="checkbox"/> No more than 15 minutes at a time
<b>Policy 13: Staff model healthy nutrition and physical activity habits for children.</b>			
Staff sit with children during meals and snacks:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
Staff participate in physical activities with the children:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
While in front of the children, staff are permitted to eat and drink:	<input type="checkbox"/> All types of foods and beverages	<input type="checkbox"/> Only healthy foods and beverages	<input type="checkbox"/> Only the same foods and beverages as the children
<b>Policy 14: Staff is adequately trained about nutrition and physical activity for young children.</b>			
The center shares wellness information or activities with staff by:	<input type="checkbox"/> Wellness information and activities are not shared with staff	<input type="checkbox"/> Notifying staff about community events, like health fairs	<input type="checkbox"/> Providing wellness information or planning staff wellness activities
Staff receive training on nutrition & physical activity for children:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more

