



Healthy Apple Award Self-Assessment

**Excellence in Nutrition, Physical Activity,
& Screen Time in Child Care Environments**

Provider Name: _____

Facility Name: _____

Type of Facility: Family Child Care Home Center

Number of Children Enrolled: _____

For more information, visit our website at

<https://sites.google.com/site/childcarewellnesscollaborative/>

(415) 355-6287 • healthyappleaward@gmail.com

The following organizations endorse the best practices of nutrition, physical activity, and screen time included in the Healthy Apple Award Self-Assessment:





Healthy Apple Award

Excellence in Nutrition, Physical Activity, & Screen Time
in Child Care Environments

Dear Child Care Provider,

Thank you for taking the time to participate in the San Francisco Healthy Apple Award program. This should take no more than 30 minutes to complete. We hope that completing this self-assessment of your program's practices in the areas of nutrition, physical activity and screen time will help empower you to create the best environment for nurturing and encouraging healthy habits in the young children that you serve. Additionally, it will assist the Child Care Wellness Collaborative in recognizing you for your successes in these areas and supporting any goals for improvement you might have.

We expect that you will discover that you already incorporate many of these practices in your child care. We have designed an annual award system to recognize those of you who are meeting or exceeding the recommended best practice standards. Taking this self-assessment is just the beginning of the support system that we are offering.

You will receive a small incentive upon completion of your self-assessment (while supplies last). A short time after completing the self-assessment, a staff member will review it with you and determine your award level. You will work with this staff member to determine areas for improvement and set one or two achievable goals. The staff member will provide technical assistance and resources throughout the year to support you in achieving your goals. In addition, we will offer periodic workshops aimed at helping you to improve in each of the key areas. You are welcome to retake the self-assessment multiple times during the year in order to improve your award level, but incentives will only be available once a year. At this time, we plan to recognize award recipients in the fall.

The program and the self-assessment were adapted from the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) and the Let's Move Child Care Checklist. We hope that you will find it to be straightforward and helpful in highlighting areas of excellence and areas where extra support is needed. Please visit our website at <https://sites.google.com/site/childcarewellnesscollaborative/> to learn more and find valuable resources.

As a voluntary program, participation is in NO WAY tied to funding or licensing.

When you complete the self-assessment, please return it to:

Catherine Wittman/Susan Arthur
Children's Council of San Francisco
445 Church St.
San Francisco, CA 94114

If you have any questions or need help completing the self-assessment, feel free to contact us by email at healthyappleaward@gmail.com or by phone at (415) 355-6287. Thank you for your interest and commitment to healthy childhood development.

Self-Assessment of Nutrition, Physical Activity, & Screen Time in Child Care (For sites serving children age 0 – 5 years old)

Nutrition

*Children begin learning healthy eating habits at a very young age, and their bodies are growing rapidly. Additionally, most children eat 50% to 75% of their daily calories at child care. It is important that food served at child care is nutritious and that providers and staff model and encourage healthy eating habits. **

Fruits and Vegetables

5. Offer fresh fruit (not juice) and/or a vegetable (not including French fries, tater tots, hash browns, or dried beans):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Every meal
6. Offer fruit that is fresh, frozen, dried or canned in juice (not syrup):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
7. Offer a variety of vegetables, such as dark green, orange, red, and deep yellow vegetables (not including potatoes, corn, and green beans):	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 2-3 times per day	<input type="checkbox"/> 4 or more times per day
8. Prepare cooked vegetables without added meat fat, margarine or butter:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

Meats, Fats, and Grains

9. Offer fried or pre-fried potatoes (French fries, tater tots, hash browns):	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> Never
10. Offer fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks):	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> Never
11. Offer beans or lean meats (baked or broiled chicken, turkey, or fish):	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day
12. Offer sweets or salty foods (pastries, donuts, chips):	<input type="checkbox"/> 1 or more times per day	<input type="checkbox"/> One time per week	<input type="checkbox"/> Less than one time per week	<input type="checkbox"/> Never
13. Offer high fiber, whole grain foods (brown rice, wheat bread):	<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 or more times per day

Foods Offered Outside of Regular Meals and Snacks

14. Guidelines provided to parents for food brought in for holidays or celebrations are:	<input type="checkbox"/> Not available	<input type="checkbox"/> Loose guidelines with healthier options included	<input type="checkbox"/> Written guidelines for healthy options, not always enforced	<input type="checkbox"/> Written guidelines for healthier options, usually enforced
15. Celebrate holidays with mostly healthy foods and non-food treats:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

Beverages				
16. Drinking water is available:	<input type="checkbox"/> Upon request	<input type="checkbox"/> Upon request or during designated water breaks	<input type="checkbox"/> Inside only where it is visible and freely available	<input type="checkbox"/> Inside & outside, it is visible & available for self-serve
17. Offer water (not as a substitute for milk when it is a required food component):	<input type="checkbox"/> Never	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day or more
18. 100% fruit juice is offered:	<input type="checkbox"/> In unlimited portions more than 1 time per day	<input type="checkbox"/> Less than 2 times per day; limited to 4 oz. each occasion	<input type="checkbox"/> No more than 4 oz. per day	<input type="checkbox"/> No more than 4 oz. per day <i>or never</i> ; parents encouraged to support limit
19. Offer sugary drinks (Kool Aid, fruit drinks, sports drinks, sweet tea, soda):	<input type="checkbox"/> More than 1 time per month	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> Rarely, 1-2 times per year	<input type="checkbox"/> Never
20. Milk served to children ages 2 – 5 is:	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> 2% reduced fat	<input type="checkbox"/> Always, 1-2% low-fat	<input type="checkbox"/> Always 1% or skim/non-fat
21. Flavored milk is served:	<input type="checkbox"/> More than 1 time per month	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> Rarely, 1-2 times per year	<input type="checkbox"/> Never
Healthy Eating Environment				
22. Meals are served family style:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
23. Providers join children at table for meals; talk informally about trying and enjoying healthy food:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
24. In front of the children, providers consume the same food and drinks as children, and avoid unhealthy foods (e.g., soda, sweets, and fast food):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
Feeding Practices				
25. Staff help children decide if they are full before removing plate:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
26. Staff help children decide if they are still hungry before serving additional food:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
27. Staff gently and positively encourage children to try a new or less favorite food:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
28. Food is not used to encourage positive behavior or as punishment:	<input type="checkbox"/> Some of the time	<input type="checkbox"/> All of the time		

Menus and Variety

29. Menus used are:	<input type="checkbox"/> 1-week cycle	<input type="checkbox"/> 2-week cycle	<input type="checkbox"/> 3-week cycle or more without seasonal change	<input type="checkbox"/> 3-week cycle or more with seasonal change
30. Include a combination of new and familiar foods on weekly menus:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
31. Include foods from a variety of cultures on weekly menus:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

Nutrition Education

32. Offer training on child nutrition (other than food safety and food program guidelines) to staff:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
33. Provide nutrition education for children:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 times per month	<input type="checkbox"/> 1 time per week
34. Offer child nutrition education (workshops, activities and/or take home materials) to parents:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year

35. Optional: Please add any comments regarding your site's barriers/challenges to meeting the above practices in nutrition, or examples of how your site successfully follows best practices. (Example: CHALLENGE: Parents wish for us to serve their children whole milk at mealtimes. SUCCESS: We invite parents to bring in arts and crafts projects to celebrate children's birthdays instead of sugary treats.)

Physical Activity

*Regular physical activity has many mental and physical health benefits for children, including reaching and maintaining a healthy weight and reducing the risk of stress and depression. It is recommended that preschool children get at least 120 minutes of varying types of active play time each day, and that staff encourage and model active play. ***

Active Play and Inactive Time				
36. Active play time (indoor and outdoor) is provided to all children, including those with special needs:	<input type="checkbox"/> 45 minutes or less each day	<input type="checkbox"/> 46-90 minutes each day	<input type="checkbox"/> 91-120 minutes each day	<input type="checkbox"/> More than 120 minutes each day
37. Structured (or teacher-led) activities are provided to all children, including those with special needs:	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
38. Outdoor active play time is provided to all children, including those with special needs:	<input type="checkbox"/> 1 time per day for 30 minutes or less	<input type="checkbox"/> 1 or more times per day for a total of 30-45 minutes	<input type="checkbox"/> 1 or more times per day for a total of 45-60 minutes or more	<input type="checkbox"/> 2 or more times each day for a total of 60 minutes or more
39. During a typical day, excluding naps and meals, children are expected to remain seated:	<input type="checkbox"/> More than 30 minutes at a time, or 15-30 minutes on 3 or more occasions	<input type="checkbox"/> 15-30 minutes on 2 occasions	<input type="checkbox"/> 15-30 minutes but only 1 occasion	<input type="checkbox"/> No more than 15 minutes at a time
Play Environment				
40. Portable play equipment (e.g. wheel toys, balls, hoops, ribbons) consists of:	<input type="checkbox"/> Limited variety; children must take turns	<input type="checkbox"/> Some variety; children must take turns	<input type="checkbox"/> Good variety indoors & outdoors; children must take turns	<input type="checkbox"/> Variety indoors & outdoors supporting multiple areas of motor skill development; children may use at the same time
41. Outdoor play areas for children including those with special needs, consists of:	<input type="checkbox"/> 1-2 different play areas (e.g. sandbox, swing set); no open space for running or track/path for wheeled toys	<input type="checkbox"/> 2-3 different play areas; limited space for running and use of wheeled toys	<input type="checkbox"/> Multiple play areas; either an open space for running or a track/path for wheeled toys	<input type="checkbox"/> Multiple areas; open spaces for running, <u>and</u> track/ path for wheeled toys
42. Indoor gross motor play area for children, including those with special needs, consists of:	<input type="checkbox"/> Space only suitable for quiet play	<input type="checkbox"/> Space for limited movement (jumping and rolling)	<input type="checkbox"/> Ample space for some active play (jumping, rolling, and skipping)	<input type="checkbox"/> Space for all activities, including running
43. A wide variety of fixed play equipment (tunnels, balancing equipment, climbing equipment) that accommodates the needs of all children is:	<input type="checkbox"/> Unavailable at our site	<input type="checkbox"/> Only one type of equipment is available	<input type="checkbox"/> Different equipment is available that suits most children	<input type="checkbox"/> Wide variety of equipment available; suits needs of all children

Provider Behaviors				
44. During active play time staff:	<input type="checkbox"/> Supervise play only (mostly sit or stand)	<input type="checkbox"/> Sometimes encourage children to be active	<input type="checkbox"/> Often encourage children to be active	<input type="checkbox"/> Often encourage children to be active; join in active play
45. Active play time is:	<input type="checkbox"/> Often withheld for misbehavior	<input type="checkbox"/> Sometimes withheld for misbehavior	<input type="checkbox"/> Never withheld for misbehavior	<input type="checkbox"/> Never withheld for misbehavior; written policy
Supporting Physical Activity				
46. Support physical activity in classrooms and common areas with:	<input type="checkbox"/> No posters, pictures, or books about physical activity displayed	<input type="checkbox"/> A few posters, pictures, or books about physical activity displayed in a few rooms	<input type="checkbox"/> Posters, pictures, or books about physical activity displayed in most rooms	<input type="checkbox"/> Posters, pictures, or books about physical activity displayed in every room
Physical Activity Education				
47. Offer staff training in child physical activity (in addition to playground safety):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
48. Offer parents child physical activity education (e.g., special programs, newsletters, information sheets):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year
49. Provide physical activity education for children through a standardized curriculum:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 times per month	<input type="checkbox"/> 1 time per week or more
<p>50. Optional: Please add any comments regarding your site's barriers/challenges to meeting the above practices in physical activity, or examples of how your site successfully follows best practices (Example: CHALLENGE: We do not have a yard, and the parks nearby are not safe. SUCCESS: Group dance/active time is part of our daily curriculum.)</p>				

Screen Time

*Time spent on the computer, watching TV or videos, and playing video games should be limited in the child care environment. It is recommended that preschool children get no more than 30 minutes of screen time each week. Screen time moderation is a key factor in helping children stay active. ***

Screen Time Provisions

51. The amount of screen time allowed at child care is:	<input type="checkbox"/> More than 2 hours per week	<input type="checkbox"/> 2 hours or less per week	<input type="checkbox"/> 1 hour or less per week	<input type="checkbox"/> 30 minutes per week or less
52. Television/DVD viewing includes:	<input type="checkbox"/> All types of programming & videos; limited coordination with curriculum	<input type="checkbox"/> Educational & some commercial programming & videos; some integration with curriculum	<input type="checkbox"/> Mostly educational, age-appropriate programming & videos; many integrated with curriculum	<input type="checkbox"/> Only commercial-free, age-appropriate, educational programming; integrated with the curriculum
53. Computers are:	<input type="checkbox"/> Available for use all of the time; time allowed per child is unlimited	<input type="checkbox"/> Available several times during the day; each child is allowed between 30 & 45 min. per day	<input type="checkbox"/> Available only during a set time of day; each child is allowed between 15 and 30 min. per day	<input type="checkbox"/> Available only during a set time of day; each child is limited to 15 min. per day

54. Optional: Please add any comments regarding your site's barriers/challenges to meeting the above practices in screen time, or examples of how your site successfully follows best practices. (Examples: *CHALLENGE: I am physically unable to lead exercise with the children so I put on a kids' exercise DVD to make sure they're active on rainy days. SUCCESS: My site has no computers, so there is never computer time.*)

Policies

Nutrition Policy

55. Written policy on nutrition and food services is available, followed, and made available to parents upon enrollment:

No

Yes

Physical Activity Policy

56. A policy on physical activity addressing provider behaviors, education and active play opportunities is available:

No

Yes

57. **Optional:** Please add any comments regarding your site's barriers/challenges to meeting the above practices in policies, or examples of how your site successfully follows best practices. (Example: *CHALLENGE: I am unsure of what needs to be included in a physical activity policy. SUCCESS: A "sugary drinks" policy for children and staff has helped keep all sugary beverages out of our child care environment.*)

*Adapted from NAP SACC training materials

** Adapted from Let's Move Child Care websites: <http://www.healthykidshealthyfuture.org/activities.html> and <http://www.healthykidshealthyfuture.org/activities/screentimes.html>

THANK YOU for completing this self assessment. One of our staff will follow up with you soon. Please provide your contact information so we can also send you an incentive item for your participation (as supplies last, one per year).

Name:

Address:

City, State, Zip:

Phone Number:

Email Address:

If you have any other questions or comments regarding this self-assessment, feel free to use the space below.