

## Example Healthy Apple Program Consultant Guide

Consultant:

Provider Name:

Facility Name:

Type of Child Care: *Center*

Number of Children Enrolled:

Current Award Levels:      N – *None*      PA – *None*      **ST – *Gold***

Target Best Practice	Current Score & Description	Next Step Up	Tip Sheet Page #
Offer beans or lean meats (baked or broiled chicken, turkey, or fish): <i>1 or more times per day.</i>	(1) Less than 1 time per week	(2) 1-2 times per week	5
Structured (or teacher-led) activities are provided to all children, including those with special needs: <i>2 or more times per day</i>	(1) 1 time per week	(2) 2-4 times per week	14
Offer staff training in child physical activity (in addition to playground safety): <i>2 times per year or more</i>	(1) Rarely or never	(2) Less than 1 time per year	18
Offer parents child physical activity education (e.g., special programs, newsletters, information sheets): <i>2 times per year</i>	(1) Rarely or never	(2) Less than 1 time per year	18