



## Center Self Assessment Tool

**The Healthy Environment Center Self Assessment Tool is a document designed for the evaluation and assessment of the Nutrition and Physical Activity Environment of your center. Please take the time to evaluate each of the focus areas and then consult with your Regional Nutritionist for any support or resources necessary.**

| <b>NUTRITION</b>  |                      |                                 |                            |                 |
|---|----------------------|---------------------------------|----------------------------|-----------------|
| <b>Feeding Practices and Food Served</b>  |                      |                                 |                            |                 |
| <b>Feeding Practices</b>  | <b>Already doing</b> | <b>Making progress in doing</b> | <b>Not currently doing</b> | <b>Comments</b> |
| 1. Parents receive written Healthy Environment nutrition policies upon enrollment.            |                      |                                 |                            |                 |
| 2. Mealtimes are family style, relaxed, and with shared conversation.                         |                      |                                 |                            |                 |
| 3. Adults sit with the children at mealtime.  |                      |                                 |                            |                 |
| 4. Children decide which foods they will eat from the foods offered and how much.             |                      |                                 |                            |                 |
| 5. Children serve themselves from appropriate sized serving dishes and utensils at mealtimes. |                      |                                 |                            |                 |
| 6. Children are not required to eat all the food on their plates.                             |                      |                                 |                            |                 |
| 7. Adults eat the same foods as children during snacks and meals.                             |                      |                                 |                            |                 |
| 8. Meals and snacks are scheduled at regular times.   |                      |                                 |                            |                 |
| 9. Menus are posted for parents to see.   |                      |                                 |                            |                 |

## NUTRITION

### Feeding Practices and Food Served

| Food Served   | Already doing   | Making progress in doing | Not currently doing | Comments |
|---|-----------------|--------------------------|---------------------|----------|
| 10. Portion sizes meet the USDA Meal Pattern minimum requirements.  |                 |                          |                     |          |
| 11. Children with special needs have their nutrition needs taken into account.  |                 |                          |                     |          |
| 12. If food is brought from home, parents are provided with guidelines.   |                 |                          |                     |          |
| 13. Nutritious foods are used during cooking experiences with the children.   |                 |                          |                     |          |
| 14. Special occasions and holidays are celebrated with mostly healthy foods or with non-food treats.  |                 |                          |                     |          |
| 15. Staff, parent and community activities and events encourage healthy food choices by offering mostly nutritious foods.   |                 |                          |                     |          |
| 16. Fundraising activities consist of selling healthy food items or non-food items only.  |                 |                          |                     |          |
| Food Served   | 5 days per week | 3 - 4 days per week      | 1 - 2 days per week | Never    |
| 17. Menu cycle provided is followed.  |                 |                          |                     |          |
| 18. When the choice is given whole grain bread, oatmeal, whole grain cereal, brown rice, whole wheat tortillas, corn tortillas or other whole grains are offered. |                 |                          |                     |          |
| 19. A variety of fresh and frozen vegetables are served.  |                 |                          |                     |          |
| 20. A variety of fresh fruit is served.   |                 |                          |                     |          |
| 21. 1% milk is served to children ages 2 years and older.   |                 |                          |                     |          |
| 22. Water is freely available both indoors and outdoors.  |                 |                          |                     |          |

## PHYSICAL ACTIVITY

### Active Play and Play Environment

| Active Play  | Already doing | Making progress in doing | Not currently doing | Comments |
|--|---------------|--------------------------|---------------------|----------|
| 1. Parents receive written Healthy Environment physical activity policies upon enrollment.   |               |                          |                     |          |
| 2. Children have at least 30 minutes cumulative (half day program) and 60 minutes cumulative (full day program) of moderate to vigorous physical activity daily. |               |                          |                     |          |
| 3. Daily play and planned movement experiences both indoors and outdoors are provided to children.   |               |                          |                     |          |
| 4. Staff members encourage children to be active and participate in physical activities with the children  |               |                          |                     |          |
| 5. Children participate in structured (teacher-guided) and unstructured (child-guided) active play daily.  |               |                          |                     |          |
| Play Environment   | Already doing | Making progress in doing | Not currently doing | Comments |
| 6. Activities, equipment and outside play areas are developmentally appropriate and safe.  |               |                          |                     |          |
| 7. A wide variety of portable and fixed play equipment is available for children to use at the same time.  |               |                          |                     |          |

## Nutrition and Physical Activity Education Curriculum and Trainings

| Curriculum  | Already doing | Making progress in doing | Not currently doing | Comments |
|---|---------------|--------------------------|---------------------|----------|
| 1. Basic Nutrition concepts are integrated into weekly activity planning.   |               |                          |                     |          |
| 2. Children are involved in planned cooking experiences to teach basic food preparation skills and/or expose children to new foods. |               |                          |                     |          |
| 3. Physical activity indoors and/or outdoors is integrated daily into planning.   |               |                          |                     |          |
| 4. Physical activity is designed so all can participate with an emphasis on fun instead of competition.                             |               |                          |                     |          |

## Nutrition and Physical Activity Education Curriculum and Trainings

| Trainings and Resources   | Already doing | Making progress in doing | Not currently doing | Comments |
|---|---------------|--------------------------|---------------------|----------|
| 5. Staff members receive training and access resources on basic nutrition topics and support in integrating it into the center environment. |               |                          |                     |          |
| 6. Staff members receive training and access resources on physical activity opportunities for the children.                                 |               |                          |                     |          |
| 7. Parents are provided information on child nutrition and healthy eating habits through workshops and newsletters.                         |               |                          |                     |          |
| 8. Parents are provided information that encourages physical activity at home.  |               |                          |                     |          |

Coalition on Children and Weight San Diego. *Coalition on Children and Weight San Diego. Child Care Nutrition and Physical Activity Self-Assessment Tool*; 2005. [www.ccwsd.net](http://www.ccwsd.net). Contra Costa Child Care Council. *Self Assessment Questionnaire*; 2009. [www.cocokids.org](http://www.cocokids.org)

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