



Healthy Apple Award

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

Provider Name: _____

Facility Name: _____

Number of Children Enrolled: _____

For more information, visit our website at

<https://sites.google.com/site/childcarewellnesscollaborative/> or contact Catherine Wittman
(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

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Dear Child Care Provider,

Thank you for taking the time to participate in the **voluntary** San Francisco Child Care Self-Assessment of Nutrition, Physical Activity, and Screen Time. This is the first step toward creating a child care setting that provides the very best environment for nurturing and encouraging healthy habits in the young children that you serve.

We expect that you will discover that you already incorporate many of these practices in your child care. We have designed an 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. The program is designed to run as an annual cycle.

You will receive a small incentive upon completion of your self-assessment. While you are welcome to retake the self-assessment multiple times, incentives are offered on an annual basis. A short time after completing the self-assessment, a staff member will review it with you and determine your award level in each of the key areas (nutrition, physical activity, and screen time). You will work with this staff member to determine areas for improvement and set one or two achievable goals based on the areas you have selected. 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 can complete the self-assessment annually to update your award level, and the process will begin again.

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
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 me by email at cwittman@childrenscouncil.org or healthyappleaward@gmail.com or by phone at (415) 355-6287. Thank you for your interest and commitment to healthy childhood development.

Sincerely,

Catherine Wittman

Self-Assessment of Nutrition, Physical Activity, & Screen Time in Child Care

(For sites serving children age 2 – 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

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
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
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
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

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
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
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
Offer sweets or salty foods:	<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
Offer high fiber, whole grain foods:	<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

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 healthier options, not always enforced	<input type="checkbox"/> Written guidelines for healthier options, usually enforced
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				
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
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
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; parents encouraged to support limit
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
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
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				
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
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
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				
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
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
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
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

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
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
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

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
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
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

***Optional:** Please add any comments regarding your site's barriers to meeting the above practices in nutrition, or any ways in which your site goes above and beyond best practices. (Example: Parents wish for us to serve their children whole milk at mealtimes.)*

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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

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
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
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
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

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
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
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
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				
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
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				
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				
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
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
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>Optional: Please add any comments regarding your site's barriers to meeting the above practices in physical activity, or any ways in which your site goes above and beyond best practices. (Example: We do not have a yard, and the parks nearby are not safe.)</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

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
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
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

Optional: Please add any comments regarding your site's barriers to meeting the above practices in screen time, or any ways in which your site goes above and beyond best practices. (Example: My site has no computers, so there is never computer time.)

Policies		
Nutrition Policy		
Written policy on nutrition and food services is available, followed, and made available to parents upon enrollment.	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Physical Activity Policy		
A policy on physical activity addressing provider behaviors, education and active play opportunities is available.	<input type="checkbox"/> No	<input type="checkbox"/> Yes
<p>Optional: Please add any comments regarding your site's barriers to meeting the above practices in policies, or any ways in which your site goes above and beyond best practices. (Example: I am unsure of what needs to be included in a physical activity policy.)</p>		

*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>

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