



## Nutrition And Physical Activity Self Assessment For Child Care

### NAP SACC Best Practice Recommendations for Child Care Facilities

Key Area	Best Practices
<i>Nutrition:</i>	
N1. Fruits and Vegetables	<ul style="list-style-type: none"> <li>• Offer fruit (not juice) at least 2x a day.</li> <li>• Serve fruit canned in its own juice, fresh, or frozen all of the time.</li> <li>• Offer vegetables (not fried) at least 2x a day.</li> <li>• Offer vegetables, other than potatoes, corn or green beans 1 or more times per day.</li> <li>• Prepare cooked vegetables without added meat fat, margarine or butter.</li> </ul>
N2. Meats, Fats, and Grains	<ul style="list-style-type: none"> <li>• Offer fried or pre-fried potatoes less than once a week or never.</li> <li>• Offer fried or pre-fried meats or fish less than once a week or never.</li> <li>• Offer high-fat meats less than once a week or never.</li> <li>• Offer beans or lean meats at least once a day.</li> <li>• Offer high fiber, whole grain foods at least 2x a day.</li> <li>• Offer sweets or salty foods less than once a week or never.</li> </ul>
N3. Beverages	<ul style="list-style-type: none"> <li>• Make drinking water easily visible and available for self-serve both indoors and outdoors.</li> <li>• Offer 100% fruit juice 2x a week or less.</li> <li>• Offer sugary drinks rarely or never.</li> <li>• Serve skim or 1% milk to children over 2 years.</li> <li>• Locate soda and other vending machines off-site.</li> </ul>
N4. Menus and Variety	<ul style="list-style-type: none"> <li>• Use a cycle menu of 3 weeks or greater that changes with the seasons.</li> <li>• Include a combination of new and familiar foods on weekly menus.</li> <li>• Include foods from a variety of cultures on weekly menus.</li> </ul>
N5. Feeding Practices	<ul style="list-style-type: none"> <li>• Staff should help children determine if they are full before removing their plate.</li> <li>• Staff should help children determine if they are still hungry before serving additional food.</li> <li>• Staff should gently and positively encourage children to try a new or less favorite food.</li> <li>• Do not use food to encourage positive behavior.</li> </ul>
N6. Foods Offered Outside of Regular Meals and Snacks	<ul style="list-style-type: none"> <li>• Provide and enforce written guidelines for healthier food brought in and served for holidays and celebrations.</li> <li>• Celebrate holidays with mostly healthy foods and non-food treats.</li> <li>• Fundraising should consist of selling non-food items only.</li> </ul>

# NAP SACC Best Practice Recommendations for Child Care Facilities

(Continued)

N7. Supporting Healthy Eating	<ul style="list-style-type: none"> <li>• Staff should join children at the table for meals and consume the same food and drinks.</li> <li>• Always serve meals family style.</li> <li>• Staff should rarely or never eat less healthy foods in front of the children.</li> <li>• Staff should talk with children about trying and enjoying healthy foods.</li> <li>• Provide visible support for healthy eating in 2 to 5 year old classrooms and common areas through use of posters, pictures, and displayed books.</li> </ul>
N8. Nutrition Education	<ul style="list-style-type: none"> <li>• Provide training opportunities on nutrition (other than food safety and food program guidelines) for staff 2x per year or more.</li> <li>• Provide nutrition education for children through a standardized curriculum 1x per week or more.</li> <li>• Offer nutrition education opportunities to parents 2x per year or more.</li> </ul>
N9. Nutrition Policy	<ul style="list-style-type: none"> <li>• Create a written policy on nutrition and food service that is available and followed. It may include items from the previous 8 nutrition key areas.</li> </ul>
<i>Physical Activity:</i>	
PA1. Active Play and Inactive Time	<ul style="list-style-type: none"> <li>• Provide children with at least 120 minutes of active play time each day.</li> <li>• Provide teacher-led physical activity to children 2 or more times per day.</li> <li>• Provide outdoor active play time 2 or more times per day.</li> <li>• Active play time should never be withheld for children who misbehave and additional active play time should be given for good behavior.</li> <li>• Ensure that children are not seated for periods of more than 30 minutes.</li> <li>• Use television or videos judiciously.</li> </ul>
PA2. Play Environment	<ul style="list-style-type: none"> <li>• Make a wide variety of fixed play equipment available that accommodate the needs of all children.</li> <li>• Make a large variety of portable play equipment available for children to use at the same time.</li> <li>• Make outdoor portable play equipment freely available to all children at all times.</li> <li>• Outdoor play space should include open, grassy areas and a track/path for wheeled toys.</li> <li>• Make indoor play space available for all activities, including running.</li> </ul>
PA3. Supporting Physical Activity	<ul style="list-style-type: none"> <li>• Encourage children to be active and join children in active play.</li> <li>• Provide visible support for physical activity in 2 to 5 year old classrooms and common areas through use of posters, pictures, and displayed books.</li> </ul>
PA4. Physical Activity Education	<ul style="list-style-type: none"> <li>• Provide training opportunities on physical activity (not including playground safety) for staff 2x per year or more.</li> <li>• Provide physical activity education for children through a standardized curriculum 1x per week or more.</li> <li>• Offer physical activity education opportunities to parents 2x per year or more.</li> </ul>
PA5. Physical Activity Policy	<ul style="list-style-type: none"> <li>• Create a written policy on physical activity that is available and followed. It may include items from the previous 4 physical activity key areas.</li> </ul>