

## Self-Assessment Questionnaire

☒ Please mark the box that describes your current practice.

<b>NUTRITION: Feeding Practices</b>	Already doing	Making progress in doing	Planning to do	Not planning to do
1. Parents receive written nutrition policies upon enrollment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Parents are informed about what their children are eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. If food is brought from home, parents are provided with guidelines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Menus are posted for parents to see.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Meals and snacks are scheduled at regular times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Portion sizes are age appropriate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Mealtimes are relaxed, calm and with shared conversation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Children decide which foods they will eat from the foods offered.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Children are not required to eat all the food on their plates.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Children serve themselves from serving dishes at mealtime.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Children with special needs have their nutrition needs taken into account.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Food is served in a form that young children can eat with minimum assistance and without choking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Adults sit with children at mealtime.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Adults eat the same foods as children at mealtime.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Foods are served that reflect the ethnicity and cultures of all children in the center/home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Special occasions and holidays are celebrated with mostly healthy foods or with non-food treats.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Parents are provided a supportive breastfeeding environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Water is freely available both indoors and outdoors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>NUTRITION: Food Served</b>				
19. 100% fruit juice is offered:	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3–4 times per day	<input type="checkbox"/> Never
20. Chicken nuggets, fish sticks, hot dogs, corn dogs, bologna or other lunch meat, sausage or bacon are offered:	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 3 or more times per week	<input type="checkbox"/> Never
21. Whole grain bread, oatmeal, whole grain cereal, brown rice, whole wheat tortillas, corn tortillas or other whole grains are offered:	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3 times per day	<input type="checkbox"/> Never
22. Vegetables including fresh, frozen or canned, are served:	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3 times per day	<input type="checkbox"/> Never
23. Fruit, including fresh, canned in water or own juice, frozen or dried is served:	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3 times per day	<input type="checkbox"/> Never
24. Milk served to children ages 2 years and older is:	<input type="checkbox"/> whole or regular	<input type="checkbox"/> 2% reduced fat	<input type="checkbox"/> 1% reduced fat	<input type="checkbox"/> skim or non-fat
<b>PHYSICAL ACTIVITY</b>	<b>Already doing</b>	<b>Making progress in doing</b>	<b>Planning to do</b>	<b>Not planning to do</b>
25. Parents receive written physical activity policy upon enrollment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Daily play and planned movement experiences both indoors and outdoors are provided to children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Information is provided to parents about their children's physical activity choices while in child care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Staff participate in physical activities with children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Restriction of play time is not used as a disciplinary tool.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Activities, equipment and outside play areas are developmentally appropriate and safe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Media time for children is used only for educational purposes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>STAFF AND PARENT TRAINING</b>	<b>Already doing</b>	<b>Making progress in doing</b>	<b>Planning to do</b>	<b>Not planning to do</b>
32. Training opportunities are provided for staff on physical activity for children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Training opportunities are provided for staff on child nutrition.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Parents are provided information that encourages physical activity at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Parents are provided information on child nutrition and healthy eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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