



## Child Care Assessment and Action Plan

Now that you've Made the Leap and taken the Jump IN Pledge, this Assessment and Action Plan will help you review your policies and practices to understand what activities your child care program is already doing and where you should focus your efforts.

This easy-to-use tool tells you what standards your program should meet to fulfill the five commitments of the Pledge, how to assess your current status, and whether you've hit the target—congratulations!—or have additional things to do.





## Eat and Drink Healthy

We will serve healthy meals, snacks and beverages.

Standard	Assessment – where is your ECE program right now?	Result
All meals, snacks, and beverages served meet or exceed CACFP meal standards.	○ Yes	Congratulations!
	○ No	Action Plan for 2015-16:
<p>Our program has adopted written policies that promote best-practice recommendations in 2 or more areas from this list:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> breastfeeding support</li> <li><input type="checkbox"/> foods from outside our facility</li> <li><input type="checkbox"/> menus and variety</li> <li><input type="checkbox"/> mealtime environment</li> <li><input type="checkbox"/> nutrition education for staff and families</li> </ul>	○ Yes	Congratulations!
	○ No	Action Plan for 2015-16:



### Get Active

We will ensure that our students are physically active in age-appropriate ways for at least 30 minutes for every half day of care.

Standard	Assessment – where is your ECE program right now?	Action Plan for 2015-16
Children <2 have zero screen time, and children ≥2 have no more than 30 minutes per week of screen time (television, computer, or laptop activities)	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:
Each day includes both structured and unstructured play time (all ages).	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:
Each day includes outdoor play for children ≥2.	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:
Our program has adopted written policies that promote two or more specific recommendations for a healthy physical activity environment	<input type="radio"/> Yes	Congratulations!
	<input type="radio"/> No	Action Plan for 2015-16:



### Teach Healthy Habits

We will model healthy eating habits for our children.

We will encourage parents and caregivers to promote healthy habits at home.

Standard	Assessment – where is your ECE program right now?	Action Plan for 2015-16
All meals (breakfast, lunch, or dinner) are served family-style.	<input type="radio"/> Yes <input type="radio"/> No	<input checked="" type="radio"/> Congratulations! <input type="radio"/> Action Plan for 2015-16:
<p>≥80% of teachers model healthy eating by using two or more of these techniques:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eat together. Eat meals with your child</li> <li><input type="checkbox"/> Take it with you. Show your child how to make healthy choices when you are on the run.</li> <li><input type="checkbox"/> Share the adventure. Be willing to try new foods, and try new foods together</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Yes</li> <li><input type="radio"/> No</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cook together. Encourage your preschooler to help you prepare meals and snacks.</li> <li><input type="checkbox"/> Keep things positive. Discourage older children and other family members from making yucky faces or negative comments about unfamiliar foods.</li> </ul>	<input checked="" type="radio"/> Congratulations! <input type="radio"/> Action Plan for 2015-16:
<p>Our program distributes to families at least <b>four</b> times throughout the year education materials that promote <b>all</b> of these:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> healthy eating;</li> <li><input type="checkbox"/> physical activity;</li> <li><input type="checkbox"/> breastfeeding information</li> </ul>	<input type="radio"/> Yes <input type="radio"/> No	<input checked="" type="radio"/> Congratulations! <input type="radio"/> Action Plan for 2015-16:
<p>Our program offers each year at least <b>two</b> structured activities designed for families--</p> <p>one that promotes <b>healthy eating</b>, such as a cooking class; and one that promotes <b>moderate to vigorous physical activity</b>, such as a family exercise fun night or weekly dance time for children and their families.</p>	<input type="radio"/> Yes <input type="radio"/> No	<input checked="" type="radio"/> Congratulations! <input type="radio"/> Action Plan for 2015-16: