**Assessment:** CHOICE

**Instructions:** Read through the assessment material and overview provided in the folder. Prepare a two-three minute overview of the assessment to teach back to the class by answering the following questions:

- Describe the length of the assessment tool.
- What are the positives of this assessment tool?
- What are the limitations of this assessment tool?
- Who would you recommend use this tool?

**Overview:** CHOICE stands for Creating Healthy Opportunities in Child Care Environments. This tool was developed by the Contra Costa Child Care Council with support from NEOP funding. This manual was developed to help you assess the child care environment and, using best practices, successfully write and implement nutrition and physical activity guidelines.

The Self-assessment Questionnaire gives you an opportunity to review your existing nutrition and physical activity practices, provides a starting point for staff training and parent education, AND can help you develop policies that can make your child care program healthier for children.

Who can benefit from the Self-assessment Questionnaire?

- Family child care providers, and child care center directors, teachers and staff who want to make the child care environment healthier for the children in their care.

- Parents who want to gain information about best practices for nutrition and physical activity in child care.

- Child and Adult Care Food Program (CACFP) sponsors and monitors who want to train providers in best practices.

- Resource and Referral staff who want to better understand nutrition and physical activity best practices in child care.

The CHOICE manual can be downloaded from the [Nutrition Education and Obesity Prevention Branch - Early Care and Education website](http://www.cdph.ca.gov/programs/NEOPB/Documents/EC-CHOICE_Manual_2011_v6.pdf) at:
Assessment: Go NAP SACC

Instructions: Read through the assessment material and overview provided in the folder. Prepare a two-three minute overview of the assessment to teach back to the class by answering the following questions:

- Describe the length of the assessment tool.
- What are the positives of this assessment tool?
- What are the limitations of this assessment tool?
- Who would you recommend use this tool?

Overview: Go NAP SACC provides early care and education programs with quality, evidence-informed materials. The Go NAP SACC self-assessments help early care and education programs compare their nutrition and physical activity practices to best practice standards. The assessments employ the most up-to-date research on how early care and education programs can help children ages 0 to 5 develop healthy eating and activity habits.

There are two sets of full assessments. The first set covers centers, school-based, and Head Start sites. The second covers Family Child Care Homes.

Each set contains the following self-assessments:

- Breastfeeding & Infant Feeding
- Child and Nutrition
- Infant and Child Physical Activity
- Outdoor Play & Learning
- Screen Time

The self-assessments can be downloaded from the NAP SACC website at: https://gonapsacc.org/resources/nap-sacc-materials
Assessment: Let’s Move Child Care

Instructions: Read through the assessment material and overview provided in the folder. Prepare a two-three minute overview of the assessment to teach back to the class by answering the following questions:

- Describe the length of the assessment tool.
- What are the positives of this assessment tool?
- What are the limitations of this assessment tool?
- Who would you recommend use this tool?

Overview: The let’s move child care program is a great tool that is very simple to use. It is all done online. The five goals of the Let’s Move Child Care Program are as follows:

- Physical Activity - Provide 1-2 hours of PA throughout the day, including inside and outside play when possible.
- Screen time: No screen time for children under 2. Limit of 30 minutes of quality screen time for children 2 and older.
- Food: Serve Fruits or vegetables at every meal, eat meals family-style whenever possible and don’t serve fried goods.
- Beverages: Provide access to water throughout the day and don’t serve SS drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk and one 4-6 oz serving of 100% juice per day.
- Infant Feeding: For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents’ decisions about infant feeding.

The last step of the Let’s Move Child Care tool is to get on the map! The program recognizes providers who have self-reported they meet the goals and best practices outlined in the Let’s Move Child Care checklist quiz. California has 84 recognized providers!
Let's Move! Child Care Checklist Quiz

The Let's Move! Child Care best practices are listed on the left. Please check the box under the statement that best describes your current situation.

Date Completed: ____________________________

<table>
<thead>
<tr>
<th>Best Practices</th>
<th>Yes, fully meeting this best practice</th>
<th>Making progress on meeting this best practice</th>
<th>Ready to get started on meeting this best practice</th>
<th>Unable to work on meeting this best practice right now</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answer if you serve TODDLERS or PRESCHOOLERS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drinking water is visible and available inside and outside for self-serve</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
</tr>
<tr>
<td>100% fruit juice is limited to no more than 4-6 oz. per day per child and parents are encouraged to support this limit</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
</tr>
<tr>
<td>Sugary drinks, including fruit drinks, sports drinks, sweet tea, and soda, are never offered</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
</tr>
<tr>
<td>Children 2 years and older are served only 1% or skim/non-fat milk (unless otherwise directed by the child’s health provider)</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
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</tr>
<tr>
<td>Fruit (not juice) and/or a vegetable is served to toddlers and preschoolers at every meal (French fries, tater tots, and hash browns don’t count as vegetables)</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
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</tr>
<tr>
<td>French fries, tatertots, hash browns, potato chips, or other fried or pre-fried potatoes are offered to toddlers and preschoolers no more than once a month (Baked fries are okay)</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
</tr>
<tr>
<td>Chicken nuggets, fish sticks, and other fried or pre-fried forms of frozen and breaded meats or fish are offered to toddlers and preschoolers no more than once a month</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
</tr>
<tr>
<td>Answer if you serve PRESCHOOLERS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All meals to preschoolers are served family style so that children are encouraged to serve themselves with limited help</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
<td>❑</td>
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</tbody>
</table>
### Part 4: Content Implementation – Learning Session 1

<table>
<thead>
<tr>
<th>Best Practices</th>
<th>Yes, fully meeting this best practice</th>
<th>Making progress on meeting this best practice</th>
<th>Ready to get started on meeting this best practice</th>
<th>Unable to work on meeting this best practice right now</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Answer if you serve PRESCHOOLERS</strong> (continued)</td>
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<tr>
<td>Preschoolers, including children with special needs, are provided with 120 minutes or more of active play time every day, both indoor and outdoor</td>
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<td>☐</td>
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<tr>
<td>(for half-day programs, 60 minutes or more is provided for active play every day)</td>
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<tr>
<td>We strive to limit total screen time (e.g., TV and DVD viewing, computer use) to no more than 30 minutes for preschoolers at child care per week or never, and we work with parents/caregivers to ensure that children have no more than 1-2 hours per day</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>(for half-day programs, we strive to limit total screen time to no more than 15 minutes per week or never)</td>
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<tr>
<td>Parents of preschoolers are provided screen time reduction and/or media literacy education such as special programs, newsletters, or information sheets, 2 or more times per year</td>
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<td>☐</td>
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<td>☐</td>
</tr>
<tr>
<td><strong>Answer if you serve TODDLERS</strong></td>
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<tr>
<td>Toddlers, including children with special needs, are provided with 60-90 minutes or more of active play time every day, both indoor and outdoor</td>
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<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>(for half-day programs, 30 minutes or more is provided for active play every day)</td>
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<td></td>
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</tr>
<tr>
<td><strong>Answer if you serve INFANTS or TODDLERS</strong></td>
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</tr>
<tr>
<td>Screen time for toddlers and infants is limited to no more than 3-4 times per year or is never allowed</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Answer if you serve INFANTS</strong></td>
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</tr>
<tr>
<td>Breastfeeding mothers are provided access to a private room for breastfeeding or pumping, other than a bathroom, with appropriate seating and privacy</td>
<td>☐</td>
<td>☐</td>
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</tr>
<tr>
<td>Short supervised periods of tummy time are provided for all infants, including those with special needs several times each day</td>
<td>☐</td>
<td>☐</td>
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</tbody>
</table>
Assessment: Preschool's SHINE

Instructions: Read through the assessment material and overview provided in the folder. Prepare a two-three minute overview of the assessment to teach back to the class by answering the following questions:

- Describe the length of the assessment tool.
- What are the positives of this assessment tool?
- What are the limitations of this assessment tool?
- Who would you recommend use this tool?

Overview: Shaping Healthy Impressions through Nutrition and Exercise (SHINE), a statewide recognition program run by the California Department of Education, Nutrition Services Division. The program showcases the outstanding work that many California child care and development programs do every day to promote the health and well-being of young children. It consists of 10 elements that foster healthy habits during the early years of growth and development.

The ten elements of SHINE are:

1. Federal Child Nutrition Program Participation
2. Meal Quality
3. Mealtime Environment
4. Nutrition Education
5. Edible Gardening
6. Physical Activity
7. Professional Development
8. Wellness Policies
9. Partnerships
10. Leadership Team

For each of these elements, there is a fact sheet on the Healthy Preschoolers site. You can apply online to have your site qualify – It includes a series of verification. The program is structured so all child care sites can achieve a beginning certification level (bronze), and then over time, make additional improvements to the site’s wellness environment in order to reach higher and higher certification levels (silver and gold). Four required baseline elements must be implemented to apply for any level of SHINE certification:

- Element 1: Participation in a Federal CNP
- Element 4: Nutrition Education
- Element 7: Professional Development
- Element 10: Leadership Team
Bronze: 2 additional certifications - Silver: 4 additional (total 8) - Gold: 6 additional (all ten!)

The Preschool’s SHINE elements can be downloaded from the Healthy & Active Preschoolers website at: http://www.healthypreschoolers.com/?page_id=5345