

Nutrition Self Assessment Tool for Child Care Providers

<i>Please read each statement or question carefully and check the response that best describes the food related activity or environment in your childcare centre or home. Your honest responses and comments will assist us in working with you to build a healthy nutrition environment.</i>		As noted below, you may find more information on each of these topic areas in Food Flair (FF) or Canada's Food Guide (CFG).	Comments
If You Provide Food <ul style="list-style-type: none"> ▪ Menus are on a cycle rotation? If yes, indicate number of weeks in comments. ▪ Menus reflect with seasonal change? ▪ Menus are posted or communicated to parents and with care providers? ▪ Weekly menus include a combination of both new and familiar foods? ▪ Weekly menus include foods from a variety of ethnic foods including local and aboriginal foods? 	Y N S Y N S Y N S Y N S Y N S	FF pgs. 31-33 FF pgs. 44-45 FF pgs 17-20, 28 FF pgs 21-45 FF pgs 21-45	
If Parents provide Food <ul style="list-style-type: none"> ▪ Families are encouraged to send nutritious meals and snacks? ▪ Guidelines are provided to parents for food brought in for special celebrations? 		FF pgs 21-45	
Food Groups – Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives <ul style="list-style-type: none"> ▪ Fruit (not including juice) is served? How many times a day or week? ▪ Fruit is served fresh, frozen or canned in its own juice? ▪ Vegetables are served? How many times a day or week? ▪ Vegetables served are dark green, red, orange or yellow in color? ▪ Menus include whole grain and high in fiber foods and at least half of the grain products are whole grain each day? ▪ Milk served to children younger than 2 years of age is whole milk (3.25%) and children older than 2 years of age is 2% or less? ▪ High Fat meats (i.e., sausage, bacon, hot dogs, bologna, etc.) are not served? ▪ Lean meats (baked or broiled) chicken, turkey or fish are served? 	Y N Y N Y N Y N Y N Y N Y N Y N	FF pg 39 + CFG FF pgs 22-25 + CFG FF pgs 22-25 + CFG FF pgs 22-25 + CFG FF pgs 22-25 + CFG FF pgs 22-25 + CFG FF pgs 22-25 + CFG FF pgs 22-25 + CFG	
Oils and Fats <ul style="list-style-type: none"> ▪ Fried or pre-fried foods fish are not served? (i.e., fish sticks, chicken nuggets, French fries, tater tots) are not served ▪ Small amounts (30 – 45 mL) are added each day. This includes oil (Canola, Olive and Soybean preferred) used for cooking, salad dressing, soft margarine and mayonnaise. 	Y N Y N	FF pg 25 + CFG FF pg 25 + CFG	

<p>Beverages</p> <ul style="list-style-type: none"> ▪ Safe drinking water is readily available? ▪ Sugary drinks (i.e., Kool-Aid, sports drinks, iced tea, punches & sodas) are not served? ▪ If fruit juice is served, it is 100% fruit juice. How many times a day or week? 	<p>Y N Y N Y N</p>	<p>FF pgs. 22, 36 FF pgs 26, 36, 39 FF pgs 23, 36, 39</p>	
<p>Feeding Relationship</p> <ul style="list-style-type: none"> ▪ The division of responsibility in feeding is respected & implemented in the childcare environment. The caregiver determines what, where and when and the children determine how much, if any, they will eat? ▪ Childcare providers observe children's skill levels and use the least intrusive level of assistance? ▪ Children who are picky eaters (able to eat a food but resisting) are given opportunities to try new or less favorite food? ▪ Childcare providers talk with children about the characteristics of food, especially new foods? ▪ There is appositive eating environment at mealtimes? ▪ Food is not used to reward desired behaviors? ▪ Food is not used to control behavior or withheld as punishment? ▪ Children and care providers sit down together for meals? ▪ Meals are served family style; children serve themselves with minimal help? ▪ Care providers consume the same food and drink as children? ▪ Care providers talk with children about trying and enjoying nutritious foods? 	<p>Y N Y N Y N Y N Y N Y N Y N Y N Y N Y N</p>	<p>FF pgs 17–20, 41-43, 57-61 " " " " FF pgs 29-30, 50-55 FF pgs 17–20, 41-43, 57-61 FF pgs 17–20, 41-43, 57-61 FF pgs 17–20, 41-43, 57-61</p>	
<p>Regular Meals & Snacks</p> <ul style="list-style-type: none"> ▪ A pattern of regular meals and planned snacks is implemented? ▪ Holidays are celebrated with mostly healthy foods or with non-food treats like stickers, etc.? ▪ Sweets or high fat, high salt foods (i.e., cookies, cakes, candy, chips, cheezies) are not served as snacks? ▪ Food is offered every 2½ to 3 hours? 	<p>Y N</p>	<p>FF pgs 31-34, 43 FF pg 27 FF pg 22 FF pgs 31-34, 43</p>	
<p>Nutrition Education for Children, Parents & Childcare Providers</p> <ul style="list-style-type: none"> ▪ Training opportunities on nutrition, provided by qualified professionals, are attended by childcare providers? ▪ Nutrition education opportunities are provided for the children? ▪ Nutrition education opportunities are offered to parents (i.e., workshops, handouts, activities)? 	<p>Y N Y N Y N</p>	<p>FF pgs 17-20, 30, 63-79 FF pgs 17-20, 30, 63-79</p>	
<p>Nutrition Policy</p> <ul style="list-style-type: none"> ▪ A written policy on nutrition and feeding is in place 	<p>Y N</p>		