

Action Plan Worksheet



Start Date: January 2018

ECE Program Name:

Goal: Revise the menu over a three month period to align with best practices for fruits, vegetables, whole grains, and elimination of fried foods.

Child	Family	Program Staff	Program Environment	Program Policies
<p>Model curiosity and enjoyment of healthy foods during all meals and snacks (Ongoing, Program Staff)</p> <p>Discuss new menu changes with the children and how they help them grow up strong and healthy! (February, Program Staff)</p> <p>Develop taste tests and graph the results of the classroom preferences for new foods (February, Teachers)</p>	<p>Ask families for healthy food recipes to be included on the new menus (February, Teachers and Director)</p> <p>Work with families to develop an exciting taste test event for children, families, and staff to try and then vote on new menu items (February, Teachers and Program Director)</p> <p>Schedule quarterly events focused on healthy foods (Ongoing, Teachers)</p>	<p>Learn about best practices through training sessions (January, Program Director and Cook)</p> <p>Involve staff in DVD viewing and discussion about the importance of role modeling healthy eating (January, Program Director)</p> <p>See if families' healthy recipe ideas can be incorporated into menu (February, Program Director and Cook)</p> <p>Take photos of children enjoying healthy food and share with families (Ongoing, Teachers)</p>	<p>Develop display in lobby to share information, resources, and healthy recipes (January, Program Director)</p> <p>Post menus in lobby (Ongoing, Program Director)</p> <p>Develop systems for ordering, storing, and monitoring food (March, Program Director and Cook)</p> <p>Create and hang documentation of children engaged in healthy eating or nutrition activities (Ongoing, Teachers)</p>	<p>Include healthy eating as a required topic at family orientation (January, Program Director)</p> <p>Menus will align with LMCC goals for fruits, vegetables, whole grains, and fried foods (February and ongoing, Program Director and Cook)</p> <p>Include healthy eating policy and rationale in family and staff handbooks (March, Program Director)</p> <p>Create a healthy celebrations policy (March, Program Director)</p>

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