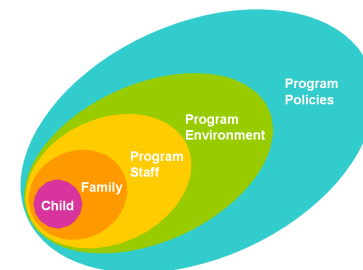


Action Plan Worksheet



Start Date: January 2018

Provider 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	Provider	Environment	Policies
<p>Model curiosity and enjoyment of healthy foods during all meals and snacks (Ongoing)</p> <p>Discuss new menu changes with the children and how they help them grow up strong and healthy! (February)</p> <p>Develop taste tests and graph the results of the children's preferences for new foods (February)</p>	<p>Ask families for healthy food recipes to be included on the new menus (February)</p> <p>Work with families to develop an exciting taste test event for children and families to try and then vote on new menu items (February)</p> <p>Send home resources of ways families can promote healthy habits at home (Ongoing)</p>	<p>Learn about best practices through training sessions (January)</p> <p>See if families' healthy recipe ideas can be incorporated into menu (February)</p> <p>Take photos of children enjoying healthy food and share with families (Ongoing)</p>	<p>Develop a bulletin board to share information, resources, and healthy recipes (January)</p> <p>Post menus in home (Ongoing)</p> <p>Develop systems for ordering, storing, and monitoring food (March)</p> <p>Create and hang documentation of children engaged in healthy eating or nutrition activities (Ongoing)</p>	<p>Menus will align with LMCC goals for fruits, vegetables, whole grains, and fried foods (February and ongoing)</p> <p>Include healthy eating policy and rationale in family handbooks (March)</p> <p>Create a healthy celebrations policy (March)</p>