



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRE/POST ASSESSMENT

Success in the Food Program

LIST 3 CHANGES TO THE FOOD PROGRAM

1. _____
2. _____
3. _____

IDENTIFYING REIMBURSABLE FOODS

Using the Ingredients List to the top right, Ritz Whole Wheat Crackers are (circle one):

- A. Reimbursable AND whole grain rich
- B. Reimbursable
- C. Not reimbursable

Use the Nutrition Facts Label to the middle right. Lucerne Low Fat Strawberry Yogurt meets the yogurt sugar limits.

- TRUE
 FALSE

Use the Nutrition Facts Label to the bottom right. Honey Nut Cheerios meet the sugar limit for cereal.

- TRUE
 FALSE

REMINDERS

- You can use the handouts you received.
- Take all the time you need.
- Your results don't affect your participation!

Ingredients: Unbleached Enriched Flour, Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially Hydrogenated Cotton seed Oil, Leavening, Salt, High Fructose Corn Syrup, Soy Lecithin.

Nutrition Facts

1 servings per container	
Serving size	8 oz
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 150mg	7%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 41g	
Includes 18g Added Sugars	35%
Protein 10g	20%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

22 servings per container	
Serving size	0.75 cup (28g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

We are the village that will raise healthy children.



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YMCA CHILDCARE RESOURCE SERVICE

WORKSHOP SURVEY

Directions: Please take a moment to provide feedback on the workshop that you received. When the survey is completed, leave it with your trainer.

Name of Location: Bonita-Sunnyside Library

Date: 07/08/17

Please indicate to what extent you agree with the following statements.

	YES!	Yes	Neutral	No	NO!
1. The workshop increased my knowledge of the changes in the Food Program (CACFP).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel confident I can implement the changes in the Food Program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I recommend that other providers attend this workshop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. The best features of this training were...

6. My suggestions for improvements are...

Thank you!