



Go NAP SACC

Self-Assessment Instrument

Date: _____

Program Name: _____

Enrollment ID#: _____



Child Nutrition

Go NAP SACC is based on a set of best practices that stem from the latest research and guidelines in the field. After completing this assessment, you will be able to see your program's strengths and areas for improvement, and use this information to plan healthy changes.

For this self-assessment, child nutrition topics include foods and beverages provided to children, the program's feeding environment, and teacher practices during meal times. Unless otherwise noted, all questions in this section relate to your program's practices for both toddlers and preschool children.

Before you begin:

- ✓ Gather menus, staff manuals, parent handbooks, and other documents that state your policies and guidelines about child nutrition.
- ✓ Recruit the help of key teachers and staff members who are familiar with day-to-day practices.

As you assess:

- ✓ Answer choices in parentheses () are for half-day programs. Full-day programs should use answer choices without parentheses.
- ✓ Definitions of key words are marked by asterisks (*).
- ✓ Answer each question as best you can. If none of the answer choices seem quite right, just pick the closest fit. If the question refers to an age group you do not serve, move to the next question.

Understanding your results:

- ✓ The answer choices in the right-hand column represent the best practice recommendations in this area. To interpret your results, compare your responses to these best practice recommendations. This will show you your strengths and the areas in which your program can improve.



Foods Provided

1. Our program offers fruit:*

- 3 times per week or less (Half-day: 2 times per week or less) 4 times per week (Half-day: 3 times per week) 1 time per day (Half-day: 4 times per week) 2 times per day or more (Half-day: 1 time per day or more)

* For this assessment, fruit does not include servings of fruit juice.

2. Our program offers fruit that is fresh, frozen, or canned in its own juice, not in syrup:

- Rarely or never Sometimes Often Every time fruit is offered

3. Our program offers vegetables:*

- 2 times per week or less (Half-day: 1 time per week or less) 3-4 times per week (Half-day: 2-3 times per week) 1 time per day (Half-day: 4 times per week) 2 times per day or more (Half-day: 1 time per day or more)

* For this assessment, vegetables do not include french fries, tater tots, hash browns, or dried beans.

4. Our program offers dark green, orange, red, or deep yellow vegetables*:

- 3 times per month or less 1-2 times per week 3-4 times per week 1 time per day or more

* This does not include servings of white potatoes or corn. These vegetables are not included because they have more starch and fewer vitamins and minerals than other vegetables.

5. Our program offers vegetables that are prepared with meat fat, margarine, or butter:

- Every time vegetables are served Often Sometimes Rarely or never

6. Our program offers fried or pre-fried potatoes:*

- 3 times per week or more 2 times per week 1 time per week Less than 1 time per week or never

* Fried or pre-fried potatoes include french fries, tator tots, and hash browns that are pre-fried, sold frozen, and prepared in the oven.

7. Our program offers fried or pre-fried meats or fish:*

- 3 times per week or more 2 times per week 1 time per week Less than 1 time per week or never

* Fried or pre-fried meats or fish include breaded and frozen chicken nuggets and fish sticks.

8. Our program offers high-fat meats:*

- 3 times per week or more 2 times per week 1 time per week Less than 1 time per week or never

* High-fat meats include sausage, bacon, hot dogs, bologna, and ground beef that is less than 93% lean.



9. Our program offers meats and meat alternatives that are lean or low fat:*

- 3 times per month or less 1-2 times per week 3-4 times per week Every time meats or meat alternatives are served

* Lean or low-fat meats include skinless, baked or broiled chicken; baked or broiled fish; and ground beef or turkey that is at least 93% lean and cooked in a low-fat way. Low-fat meat alternatives include low-fat dairy foods; baked, poached, or boiled eggs; and dried beans.

10. Our program offers high-fiber, whole grain foods:*

- 1 time per week or less (Half-day: 3 times per month or less) 2-4 times per week (Half-day: 1 time per week) 1 time per day (Half-day: 2-4 times per week) 2 times per day or more (Half-day: 1 time per day or more)

* High-fiber, whole grain foods include whole wheat bread, whole wheat crackers, oatmeal, brown rice, Cheerios, and whole grain pasta.

11. Our program offers high-sugar, high-fat foods:*

- 1 time per day or more 3-4 times per week 1-2 times per week Less than 1 time per week or never

* High-sugar, high-fat foods include cookies, cakes, doughnuts, muffins, ice cream, and pudding.

12. Our program offers high-salt, high-fat snacks:*

- 1 time per day or more 3-4 times per week 1-2 times per week Less than 1 time per week or never

* High-salt, high-fat snacks include chips, buttered popcorn, and Ritz crackers.

13. Children are given sweet or salty snacks outside of meal or snack times:

- 1 time per day or more 3-4 times per week 1-2 times per week Less than 1 time per week or never

Beverages Provided

14. Drinking water is available:

- Only when children ask Only when children ask and during water breaks Only indoors, where it is always visible and freely available Indoors and outdoors, where it is always visible and freely available

15. Our program offers a 4-6 oz. serving of 100% fruit juice:

- 2 times per day or more 1 time per day 3-4 times per week 2 times per week or less

16. Our program offers sugary drinks:*

- 1 time per month or more Less than 1 time per month 1-2 times per year Never

* Sugary drinks include Kool-Aid, fruit drinks, sweet tea, sports drinks, and soda.



17. For children ages 2 years and older,* our program offers milk that is:

- Whole or regular Reduced fat or 2% Low-fat or 1% Fat-free or skim

* This does not include children with milk allergies.

18. Our program offers flavored milk:

- 1 time per day or more 3-4 times per week 1-2 times per week Less than 1 time per week or never

Feeding Environment

19. Meals and snacks are served to preschool children by:

- Meals and snacks come to classrooms pre-plated with set portions of each food Teachers portion out servings to children Children are allowed to serve some foods themselves, while other foods are pre-plated or served by teachers Children are allowed to choose and serve all foods themselves

20. Television or videos are on during meal or snack times:

- Always Often Sometimes Never

21. When in classrooms during meal or snack times, teachers and staff eat and drink the same foods and beverages as children:

- Rarely or never Sometimes Often Always

22. Teachers enthusiastically role model* eating healthy foods served at meal and snack times:

- Rarely or never Sometimes Often Every meal or snack time

* Enthusiastic role modeling is when teachers eat healthy foods in front of children and show how much they enjoy them. For example, a teacher might say, "Mmm, these peas taste yummy!"

23. Teachers and staff eat or drink unhealthy foods or beverages in front of children:

- Always Often Sometimes Rarely or never

24. Describe the posters, books, toys, and other learning materials* that your program displays to promote healthy eating:

- There are few or no materials There are some materials, but limited variety There is a large variety of materials There is a large variety of materials with new items introduced often

* Learning materials can include books about healthy eating habits, posters of MyPlate, pictures of fruits and vegetables, healthy play foods, fruit or vegetable garden areas, and bowls of fruit.

25. Describe the posters, books, toys, and other learning materials* that your program displays featuring unhealthy foods:

- There is a large variety of materials with new items introduced often There is a large variety of materials There are some materials, but limited variety There are few or no materials

* Learning materials can include books or games about unhealthy foods, pictures or posters of unhealthy foods, unhealthy play foods, and bowls of candy.



26. Soda and other vending machines are located:

- In the entrance or front of building In public areas, but not entrances Out of sight of children and families There are no vending machines on site

Feeding Practices

27. During indoor and outdoor physically active playtime, teachers remind children to drink water:

- Rarely Sometimes Often At least 1 time per play period

28. Teachers praise children for trying new or less preferred foods:

- Rarely or never Sometimes Often Always

29. When children eat less than half of a meal or snack, teachers ask them if they are full before removing their plates:

- Rarely or never Sometimes Often Always

30. When children request seconds, teachers ask them if they are still hungry before serving more food:

- Rarely or never Sometimes Often Always

31. Teachers require that children sit at the table until they clean their plates:

- Every meal or snack time Often Sometimes Rarely or never

32. Teachers use an authoritative feeding style:*

- Rarely or never Sometimes Often Every meal or snack time

* An authoritative feeding style strikes a balance between encouraging children to eat healthy foods and allowing children to make their own food choices. To encourage children to eat their vegetables, caregivers may reason with them and talk about the importance of eating vegetables, rather than using bribes or threats.

33. Teachers use food to calm upset children or encourage appropriate behavior:

- Every day Often Sometimes Rarely or never

34. During meal and snack times, teachers praise and give hands-on help* to guide toddlers as they learn to feed themselves:

- Rarely or never Sometimes Often Always

* Praise and hands-on help includes encouraging finger-feeding, praising children for feeding themselves, and helping children use cups or other utensils.

35. For children ages 1 year and older who are developmentally ready, beverages are offered in open, child-sized cups:

- Rarely or never Sometimes Often Always

Menus & Variety

36. The length of our program's menu cycle is:

- 1 week or shorter 2 weeks 3 weeks or longer without seasonal change 3 weeks or longer with seasonal change



37. Weekly menus include a variety of healthy foods:

- Rarely or never Sometimes Often Always

Education & Professional Development

38. Teachers incorporate planned nutrition education* into their classroom routines:

- Rarely or never 1 time per month 2-3 times per month 1 time per week or more

* Planned nutrition education can include circle time lessons, story time, stations during center time, cooking activities, and gardening activities.

39. Teachers talk with children informally about healthy eating:

- Rarely or never Sometimes Often Each time they see an opportunity

40. Teachers and staff receive professional development on nutrition:

- Never Less than 1 time per year 1 time per year 2 times per year or more

* For this assessment, professional development on child nutrition does not include food safety and food program guidelines training. Professional development can include print materials, information presented at staff meetings, and in-person or online training for contact hours or continuing education credits.

41. Professional development on child nutrition includes the following topics:

See list and mark response below.

- Food and beverage recommendations for children
 - Serving sizes for children
 - Importance of variety in the child diet
 - Creating healthy mealtime environments*
 - Using positive feeding practices*
 - Communicating with families about child nutrition
 - Our program's policies on child nutrition
- None 1-3 topics 4-5 topics 6-7 topics

* In a healthy mealtime environment, children can choose what to eat from the foods offered, and teachers enthusiastically role model eating healthy foods.

* Positive feeding practices include praising children for trying new foods, asking children about hunger or fullness before taking their plates away or serving seconds, and avoiding the use of food to calm children or encourage appropriate behavior.

42. Families are offered education* on child nutrition:

- Never Less than 1 time per year 1 time per year 2 times per year or more

* Education can include brochures, tip sheets, links to trusted websites, and in-person educational sessions.



43. Education for families on child nutrition includes the following topics:

See list and mark response below.

- Food and beverage recommendations for children
- Serving sizes for children
- The importance of variety in the child diet
- Creating healthy mealtime environments
- Using positive feeding practices
- Our program's policies on child nutrition

None

1-2 topics

3-4 topics

5-6 topics

Policy

44. Our written policy* on child nutrition includes the following topics:

See list and mark response below.

- Foods provided
- Beverages provided
- Healthy mealtime environments
- Teacher practices to encourage healthy eating
- Not offering food to calm children or encourage appropriate behavior
- Professional development on child nutrition
- Education for families on child nutrition
- Planned and informal nutrition education for children
- Guidelines on food for holidays and celebrations
- Fundraising with non-food items

No written policy or
policy does not include
these topics

1-4 topics

5-8 topics

9-10 topics

* A written policy includes any written guidelines about your program's operations or expectations for teachers, staff, children, or families. Policies can be included in parent handbooks, staff manuals, and other documents.



Congratulations on completing the Go NAP SACC Child Nutrition Self-Assessment!

For more information about this and other Go NAP SACC tools, please visit: www.gonapsacc.org.



Ward DS, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzuca S, Hanson P, Ammerman A, Neelon SE, Sommers JK, Ball S. (2013). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill. Available at: www.gonapsacc.org.