



Go NAPSACC

Self-Assessment Instrument for Family Child Care



Date: _____

Your Name: _____

Child Care Program Name: _____



Child Nutrition

Go NAPSACC 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, as well as the environment and your daily 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 parent handbooks, menus, and other documents that state your policies and guidelines about child nutrition.

As you assess:

- ✓ Answer choices in parentheses () are for half-day programs. Full-day programs should use the answer choices without parentheses.
- ✓ Definitions of key words are marked by asterisks (*).
- ✓ Answer each question as best you can, thinking about your general practices. If none of the answer choices seem quite right, just pick the closest fit. If a question does not apply to your program, 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.



Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzucca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, Family Child Care Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill. Available at: www.gonapsacc.org.

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Foods Provided

1. My 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. My program offers fruit that is fresh, frozen, or canned in juice (not in syrup):

- Rarely or never Sometimes Often Every time fruit is served

3. My 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. My 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

* For this assessment, corn is not included as a deep yellow vegetable because it has more starch and fewer vitamins and minerals than other vegetables.

5. My program offers vegetables that are cooked or flavored with meat fat, margarine, or butter:

- Every time vegetables are served Often Sometimes Rarely or never

6. My 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, tater tots, and hash browns that are pre-fried, sold frozen, and prepared in the oven.

7. My 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 and fish include breaded and frozen chicken nuggets and fish sticks.

8. My 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. My program offers meats or 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. My 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. My 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. My 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. I give children sweet or salty snacks outside of meal and 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*

* Water that is “freely available” is always available to children but may or may not be self-serve. Water may be available from water bottles, pitchers, portable or stationary water coolers, or water fountains.

15. My program offers children 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

* A larger serving of juice counts as offering juice more than one time.



16. My program offers sugary drinks:*

- 1 time per month or more 1 time every few months 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,* my program offers milk that is:

- Whole (Regular) Reduced fat (2%) Low fat (1%) Fat free (Skim)

* This does not include those children with milk allergies.

18. My program offers flavored milk:

- 1 time per day or more 3–4 times per week 1–2 times per week Never

Feeding Environment

19. Meals and snacks are served to preschool children in the following way:

- I serve children their plates with set portions of each food I portion out servings to children at the table Children serve some foods themselves, while I plate or serve other foods Children* always choose and serve most or all foods themselves

* This refers to preschool children who are developmentally ready to choose and serve foods themselves.

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

- Always Often Sometimes Never

21. I eat and drink the same foods and beverages as children during meal and snack times:

- Rarely or never Sometimes Often Always

22. I eat or drink unhealthy foods or beverages in front of children:

- Always Often Sometimes Rarely or never

23. I enthusiastically role model* eating healthy foods served at meal and snack times:

- Rarely or never Sometimes Often Every meal and snack time

* Enthusiastic role modeling is when you eat healthy foods in front of children and show how much you enjoy them. For example, you might say, “Mmm, these peas taste yummy!”

24. My program’s collection of posters, books, and other learning materials* that promote healthy eating includes:

- Few or no materials Some materials with limited variety A variety of materials A large variety of materials with new items added or rotated seasonally

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



25. My program's collection of posters, books, and other learning materials* that promote unhealthy foods includes:

- A large variety of materials with new items added or rotated seasonally A variety of materials Some materials with limited variety Few or no materials

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

Feeding Practices

26. I praise children for trying new or less-preferred foods:

- Rarely or never Sometimes Often Always

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

- Rarely or never Sometimes Often Always

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

- Rarely or never Sometimes Often Always

29. I require that children sit at the table until they clean their plates:

- Every meal and snack time Often Sometimes Rarely or never

30. I use an authoritative feeding style:*

- Rarely or never Sometimes Often Every meal and 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. A provider might encourage a child to eat broccoli by reasoning with him/her about its taste and benefits, instead of using bribes or threats.

31. I use* children's preferred foods to encourage them to eat new or less-preferred foods:

- Every meal and snack time Often Sometimes Rarely or never

* This can include offering a treat only if a child finishes his/her vegetables, or taking away a treat if a child does not finish his/her vegetables.

32. I use food to calm upset children or encourage appropriate behavior:

- Every day Often Sometimes Rarely or never

33. During meal and snack times, I 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.

34. When toddlers are developmentally ready, I offer beverages in an open, child-sized cup:

- Rarely or never Sometimes Often Always



35. During indoor and outdoor physically active playtime, I remind children to drink water:

- Rarely or never Sometimes Often At least 1 time per play period

Menus & Variety

36. The length of my 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

* The length of the menu cycle is the length of time that it takes for the menu to repeat.

37. Weekly menus include a variety of healthy foods:

- Rarely or never Sometimes Often Always

Education & Professional Development

38. I lead planned nutrition education:*

- 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, and cooking and gardening activities.

39. I talk with children informally about healthy eating:

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

40. I complete professional development* on child nutrition (other than food safety and food program guidelines):

- Never Less than 1 time per year 1 time per year 2 times per year or more, including at least 1 in-person or online training, when available

* Professional development can include taking in-person or online training for contact hours or continuing education credits. It can also include reading brochures, books, or online articles from trusted organizations.

41. I have covered the following topics as part of this professional development:

See list and mark response below.

- Food and beverage recommendations for children
- Serving sizes for children
- Importance of variety in the child diet
- Creating a healthy mealtime environment*
- Using positive feeding practices[†]
- Talking with families about child nutrition

- None 1–2 topics 3–4 topics 5–6 topics

* In a healthy mealtime environment, children can choose what to eat from the foods offered, television and videos are turned off, and providers sit with children and enthusiastically role model eating healthy foods.

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



42. I offer families information* on child nutrition:

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

* Information can be offered through brochures, tip sheets, or your program’s newsletters, website, or bulletin board. Information can be offered informally or during meetings or educational sessions with families.

43. The information I offer families on child nutrition covers 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 a healthy mealtime environment
- Using positive feeding practices
- My program’s policies on child nutrition

- None 1–2 topics 3–4 topics 5–6 topics

Policy

44. My program’s written policy* on child nutrition includes the following topics:

See list and mark response below.

- Foods provided to children
- Beverages provided to children
- Creating a healthy mealtime environment
- Using positive feeding practices
- Not offering food to calm children or encourage appropriate behavior
- Planned and informal nutrition education for children
- My participation in professional development on child nutrition
- Education for families on child nutrition
- Guidelines for foods offered during holidays and celebrations

- No written policy or policy does not include these topics 1–2 topics 3–5 topics 6–9 topics

* A written policy can include any written guidelines about your program’s operations or expectations for assistants, children, and families. Policies can be included in parent handbooks and other documents.

