



NATIONAL SMARTER MEALTIMES FOR CHILD CARE SETTINGS SCORECARD



Share your scorecard results with us at www.cacfp.org for a chance to win a \$100 gift certificate.

Date _____ Site Name _____ Completed by _____

The Smarter Mealtimes in Child Care Settings Scorecard is a list of simple, no-cost or low-cost strategies that ensures the eating environment promotes healthy choices. The Scorecard can be used in half or full day early care and education programs and is geared towards eating environments serving children ages 2-5 years old. The strategies are designed to work for family child care homes, child care centers, and Head Start programs.

INSTRUCTIONS



1. Review the scorecard before beginning.
2. Observe meal and snack times throughout a single day. Check off statements that reflect the eating environment.
3. Tally the score.
4. Choose unchecked strategies to implement in the future.
5. Complete the Scorecard at least annually; more frequently if you are actively making improvements.

- At least two types of fruit are offered daily.*
- At least two types of vegetables are offered daily.*
- Sliced or cut fruit is available daily.
- Fruit is offered in attractive bowls or baskets.
- Fruits and vegetables are offered first and last (in service line or passed twice - first and last-in family style).
- Fruits are presented with fun, creative, descriptive names (verbally or labeled).
- Vegetables are presented with fun, creative, descriptive names (verbally or labeled).
- Cut vegetables, when offered, are frequently paired with a low-fat dip such as ranch, hummus, or salsa.
- Featured entrees are presented with fun, creative, descriptive names (verbally or labeled).
- Taste tests of fruits, vegetables, and entrees are provided at least annually.
- Children are provided opportunities to learn about food and gardening (planting a garden, seed planting, farm tours, nutrition education, etc.).
- Popular characters (e.g. Elmo) are used to promote healthy options using labels or stickers.
- Meals are offered family style.**
- Staff role models healthful eating behavior (e.g. sits at the table with children and eats the same food).
- Staff members announce the menu in daily routine.
- Attractive, healthful food signage (posters, stickers, or clings) are displayed in the child care environment.
- A weekly or monthly menu is provided to all families.
- Children are involved with the mealtime set-up and clean-up routine.
- All lights in the eating area work and are turned on.
- Children and families are asked to provide feedback on the foods served to inform menu development.

Scorecard Total _____

*If your child care site participates in the Child and Adult Care Food Program (CACFP), check out the CACFP Child Meal Pattern for appropriate serving sizes of vegetables and fruit to offer at meals and snacks.

** Visit https://www.fns.usda.gov/sites/default/files/tn/Supplement_E.PDF for more information on family style meals.

AWARD LEVEL

 **Bronze 6-10**

 **Silver 11-15**

 **Gold 16-20**

