

Self-Assessment Questionnaire

Nutrition	Never	Sometimes	Always	Comments
Feeding Practices				
Parents receive written nutrition policies upon enrollment.				
We communicate with parents about what their children are eating.				
Meals and snacks are scheduled at regular times.				
Portion sizes are developmentally and age appropriate.				
Mealtimes are relaxed and calm.				
Menus are posted for parents to see.				
Children decide how much and whether they will eat.				
Food is used as an incentive or reward.				
Food is withheld or used as punishment.				
Food is served in a form that young children can eat with minimum assistance and without choking.				
At mealtimes, children serve themselves.				
Children with special needs have their nutrition needs taken into account.				
During mealtime adults sit and eat the same foods as children.				
Special occasions and holidays are celebrated with mostly healthy foods or with non food treats.				
Parents are provided with guidelines for food brought from home.				
Food Served				
100% fruit juice is offered:	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3-4 times per day	<input type="checkbox"/> Never
Chicken nuggets, fish sticks, hot dogs, corn dogs, bologna or other lunch meat, sausage or bacon are offered:	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 3 or more times per week	<input type="checkbox"/> Never
Whole grain bread, oatmeal, brown rice, whole wheat tortillas or corn tortillas are offered:	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3 times per day	<input type="checkbox"/> Never
Vegetables including fresh, frozen or canned, are served:	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3 times per day	<input type="checkbox"/> Never
Fruit, including fresh, canned in water or own juice, frozen or dried is served:	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3 times per day	<input type="checkbox"/> Never
Milk served to children ages 2 years and older is usually:	<input type="checkbox"/> whole or regular	<input type="checkbox"/> 2% reduced fat	<input type="checkbox"/> 1% reduced fat	<input type="checkbox"/> skim or non-fat

Physical Activity	Never	Sometimes	Always	Comments
Parents receive written physical activity policy upon enrollment.				
Our program includes play and planned movement experiences both indoors and outdoors.				
We communicate with parents about their children's physical activity choices while in our care.				
Adults join physical activities with children while providing adequate supervision.				
Children have access to drinking water both indoors and outdoors.				
Staff restricts active play time for children who misbehave at child care.				
Our activities, equipment and facilities are developmentally appropriate and safe.				
Children watch TV, videos or play electronic games at child care.				
Staff and Parent Training	Never	Sometimes	Always	Comments
Training opportunities are provided for staff on physical activity for children.				
Training opportunities are provided for staff on child nutrition.				
We provide parents with information to encourage children's physical activity at home.				
We provide parents with child nutrition information.				

Designed by the Contra Costa Child Care Council

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