

# Self-Assessment for Child Care Nutrition and Physical Activity Policies

## Policy Component 5: Communication and Promotion

This tool is intended to help child care programs assess their current nutrition and physical activity practices and identify areas in need of improvement, based on the policy recommendations of the Connecticut State Department of Education’s (CSDE) *Action Guide for Child Care Nutrition and Physical Activity Policies*. This document is one of six self-assessment tools available in the “[Documents/Forms](#)” section of the CSDE’s [Child Care Nutrition and Physical Activity Policies](#) webpage.



**Step 1 — Assessment.** Check the appropriate box to indicate whether each policy recommendation is fully implemented, partially implemented, or not implemented by the child care program. Refer to the child care program’s policies and guidelines. If a policy recommendation does not apply, check “NA” (not applicable). For example, the policy recommendations for infants do not apply to an afterschool program serving school-age children.

|   | Implementation |         |      |    |
|---|----------------|---------|------|----|
|   | Full           | Partial | None | NA |
| <b>Health advisory team</b>   |                |         |      |    |
| 1. The child care program maintains a health advisory team for the planning, operation, and evaluation of the program’s health services component, including nutrition and physical activity.   |                |         |      |    |
| 2. Membership includes parents, governing board members, program administrators, teachers, staff members, food service personnel, program consultants, community members, and other individuals as appropriate to local needs.  |                |         |      |    |
| <b>Consistent health messages</b>   |                |         |      |    |
| 3. The child care program actively promotes positive, motivating verbal and nonverbal messages about healthy eating and physical activity throughout the child care environment. All staff members help reinforce these positive messages.  |                |         |      |    |
| 4. To be consistent with healthy eating messages, all foods and beverages available on site meet the <a href="#">Connecticut Child Care Nutrition Standards (CCCNS)</a> .   |                |         |      |    |
| 5. Staff members do not use practices that contradict messages to promote and enjoy physical activity, such as withholding play time or using physical activity as punishment.  |                |         |      |    |
| <b>Promoting healthy foods</b>  |                |         |      |    |
| 6. The child care program promotes healthy food choices that meet the Child and Adult Care Food Program (CACFP) meal patterns for <a href="#">children</a> and <a href="#">infants</a> , the <a href="#">Dietary Guidelines for Americans</a> , and the CCCNS.  |                |         |      |    |
| 7. The child care program does not allow advertising or messages that promote less nutritious food and beverage choices. Food promotions and messages are consistent with nutrition education and health promotion, and emphasize nutrient-rich foods such as fruits, vegetables, whole grains, and low-fat dairy products. |                |         |      |    |

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| Engaging families   | Implementation |         |      |    |
|---|----------------|---------|------|----|
|   | Full           | Partial | None | NA |
| 8. The child care program encourages family involvement to support and promote children’s healthy eating and physical activity habits.  |                |         |      |    |
| 9. The child care program provides families with education and resources on nutrition and physical activity in language they can understand. Nutrition education is provided for parents at least twice a year.   |                |         |      |    |
| 10. The child care program supports families’ efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication strategies that share information from the child care program to home and from home to the child care program. |                |         |      |    |
| 11. The child care program communicates in ways that respect families’ cultures and customs.  |                |         |      |    |
| Partnering with community organizations   | Full           | Partial | None | NA |
| 12. The child care program partners with the community to provide consistent health messages and support activities that promote healthy eating and physical activity.  |                |         |      |    |

**Step 2 — Prioritize areas for change.** Review the areas rated “none” or “partial” and identify the priority areas for change in your child care program. For implementation strategies and resources, refer to the CSDE’s [Action Guide for Child Care Nutrition and Physical Activity Policies](#).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 3 — Develop an action plan for each priority area.** For more information, refer to the CSDE’s action planning form and sample completed action planning form in the “[Documents/Forms](#)” section of the CSDE’s [Child Care Nutrition and Physical Activity Policies](#) webpage.

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#### Resources

Action Guide for Child Care Nutrition and Physical Activity Policies (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Child\\_Care\\_Action\\_Guide.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Child_Care_Action_Guide.pdf)

CACFP Infant Meal Pattern (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Infants/Infant\\_Meal\\_Pattern\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Infants/Infant_Meal_Pattern_CACFP.pdf)

CACFP Meal Patterns for Children (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Child Care Nutrition and Physical Activity Policies (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Child-Care-Nutrition-and-Physical-Activity-Policies>

Feeding Infants in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Feeding-Infants-in-CACFP-Child-Care-Programs>

Feeding Infants in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program>

Resource List for Wellness Policies in Schools and Child Care (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources\\_Wellness\\_Policy.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Wellness_Policy.pdf)

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For more information, visit the CSDE's [Child Care Nutrition and Physical Activity Policies](#) webpage or contact the [CACFP staff](#) in the CSDE's Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess\\_Policies\\_Communication\\_Promotion.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/Assess_Policies_Communication_Promotion.pdf).

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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