Policy Considerations from Healthy Apple Self-Assessments

Nutrition

- Foods provided
  - How often do you offer fried foods?
  - How are fruits and vegetables usually prepared (if consistent)?
  - Are any fruits or vegetables consistently fresh or frozen or canned?
  - What types of protein are staples on your menu?

- Beverages provided
  - Is water always available? Can children self-serve water?
  - Do you offer spa water?
  - Do you offer juice? If so, what kind?
  - Do you offer milk? If so, what percent?
  - Do you prohibit (or limit) any other kinds of beverages (e.g. sugary beverages)?

- Is anything not allowed?

- Creating a healthy mealtime environment
  - Is food served family style?
  - Can children watch TV or videos while eating?
  - How do you determine the timing of meals?
  - Does staff engage in enthusiastic role modeling?
  - Do children choose what to eat from what’s offered?

- Using positive feeding practices
  - Does staff praise children for trying new foods?
  - Do you ask about hunger/fullness before serving seconds or taking a plate away?
  - Do you make it a point not to bribe when it comes to food?

- Do you complete professional development on child nutrition (e.g. Healthy Apple workshops)?

- Do you have any planned family education (e.g. brochures, tip sheets, links/resources, in-person sessions) on child nutrition?

- Do you have any planned or informal nutrition education for children (e.g. stories about health/nutrition/food, circle time lessons, gardening activities, cooking activities, talking about food/nutrition at mealtimes)?

- Do you enforce guidelines for foods offered during holidays/celebrations?

Breastfeeding Policy

- Do you provide space for mothers to breastfeed or pump?
- Do you provide refrigerator/freezer space to store expressed breast milk?
- Does staff complete professional development (workshops, use resources) on breastfeeding?
- Do you provide families information (brochures, tip sheets, websites) on breastfeeding?

Infant Feeding Policy

- Is there added salt/sugar in the food you provide to infants?
- What’s your policy on Formula (do you offer a specific brand or does it need to be provided by parent?) vs. breast?
- Can families provide instructions for feeding infants whose mothers wish to breastfeed or provide breast milk?
- Do you employ any special infant feeding practices (e.g. timing, ending feeding, responsive feeding techniques)?
- Do you have parents complete written infant feeding plans? What’s on it?
- Do staff complete in professional development on infant feeding and nutrition?
- Are families offered education on infant feeding and nutrition?
Policy Considerations from Healthy Apple Self-Assessments

**Physical Activity**
- How much time is provided each day for indoor and outdoor PA?
- Do you limit long periods of seated time for children?
- Do you have recommendations of shoes and clothes that allow children to actively participate in PA in all seasons?
- Are there staff practices that encourage PA (e.g. adult-led activities, Staff participation)?
- Do you have a policy of NOT withholding PA as a punishment?
- Planned and informal PA education – How do you talk to kids about PA? Do you have any posters, books, or other learning materials that promote PA?
- Does staff complete professional development (e.g. HA workshops, resources) on children’s PA and outdoor play and learning?
- Are families offered education (brochures/tip sheets/websites) on children’s PA and outdoor play and learning?
- Do you ensure adequate active time on bad weather days? How?
- Safe sun exposure
  - Do children have access to shaded areas?
  - Is there self-serve water available outdoors?
  - Do you have a policy for using/applying sunscreen?
- Screen Time Policy – Your program’s practices on what’s allowed and not allowed
  - Amount of time allowed (if limited)
  - Types of programming allowed (if any)
  - Not offering screen time as a reward or withholding it as punishment
  - Does staff complete professional development on screen time?
  - Are families offered education on screen time?