

Preschools Shaping Healthy Impressions Through Nutrition and Exercise Self-Assessment

Preschools Shaping Healthy Impressions through Nutrition and Exercise (SHINE) sites must exemplify high-quality standards and practices to support children's health, well-being, and readiness to learn. The self-assessment is designed for a site to evaluate the nutrition and physical activity environment to identify strengths and areas for improvement so that a plan of action can be developed.

Child Care Site Name:

Date:



Overview

This self-assessment is divided into the following 10 elements regarding nutrition and physical activity in preschool classrooms and family child care home environments for children ages two through five:

1. CACFP Participation
2. Promoting Quality Meals
3. Mealtime Environment
4. Nutrition Education
5. Edible Gardening
6. Physical Activity
7. Professional Development
8. Wellness Policies
9. Partnerships
10. Leadership Team

Directions

Read each indicator on the pages that follow. The numbers express the degree to which an indicator is evident at a site. Select the appropriate number (degree) in the dropdown box according to the key shown below.

Key

1. **None of the time** - This is not a practice in our center or home. We recognize that it is important and will address it in the future. We have a lot of work to do.
2. **A little of the time** - Our center or home is just beginning to work on this practice and has made this a focus for our administrative, teaching, and nutrition staff.
3. **Some of the time** - Our center or home has done some work in this area, but the practice is implemented only occasionally. More staff commitment and work are needed to improve this area.
4. **Most of the time** - Our center or home is good at this practice. However, it is not done consistently. We need to do additional work to be outstanding in this area.
5. **All the time** - Our center or home is outstanding and consistent in implementing this practice. Our center or home can serve as an example for others.

Element 1: CACFP Participation

Indicator		Degree	
1.1	Does the site participate in the Child and Adult Care Food Program?	Yes	No
1.2	Is the site in compliance with state and federal requirements?	Yes	No

Element 2: Promoting Quality Meals

Indicator		Degree	
2.1	Does the site implement Smarter Mealtimes strategies from the Smarter Mealtimes Scorecard, accessible at Smarter Lunchtimes of CA into the preschool program?		
2.2	Does the site display Smarter Mealtimes in Child Care signage, accessible at Smarter Lunchtimes of CA to promote quality meals?		

Element 3: Mealtime Environment

Indicator		Degree	
3.1	Does the site serve a minimum of one meal or snack family-style each day?		
3.2	Does the site provide children with adequate time to eat a meal or snack (at least 20 minutes for a meal)?		
3.3	Does the site practice Ellyn Satter's Division of Responsibility in Feeding principles, accessible at Raise a healthy child who is a joy to feed?		
3.4	Does the site follow the mealtime environment best practices listed in the Preschools SHINE Element 3 web page?		

Element 4: Nutrition Education

	Indicator	Degree
4.1	Does the site provide nutrition education experiences a minimum of twice monthly using a curriculum, such as the U.S. Department of Agriculture Grow It, Try It, Like It! Education Kit Featuring MyPlate?	
4.2	Does the site promote healthy foods and beverages by displaying posters, having storybooks that highlight healthy foods, taking field trips to farms, providing cooking activities, etc.?	
4.3	Does the site create a culturally inclusive food environment by showcasing a variety of cultural flavor profiles in foods served to children, inviting parents to share healthy cultural recipes, etc.?	

Element 5: Edible Gardening

	Indicator	Degree
5.1	Does the site have an edible indoor or outdoor garden?	
5.2	Does the site provide enriching gardening activities for children a minimum of once each month, such as using gardening curriculum and having the children participate in gardening activities?	

Element 6: Physical Activity

	Indicator	Degree
6.1	Does the site provide opportunities for structured physical activity for 60 minutes every day for full-day programs and 30 minutes every day for half-day programs?	
6.2	Does the site provide opportunities for unstructured physical activity for 60 minutes every day for full-day programs and 30 minutes every day for half-day programs?	
6.3	Does the site integrate physical activity into school-readiness activities?	
6.4	Does the site ensure that children are not sedentary for more than 60 minutes at a time?	
6.5	Does the site limit screen-time to one hour per week of high-quality programming?	
6.6	Does the site follow the physical activity best practices listed in the Preschools SHINE Element 6 web page?	

Element 7: Professional Development

	Indicator	Degree
7.1	Has the site identified key staff that should participate in nutrition, physical activity, and wellness professional development?	
7.2	Has key staff at the site, as a whole, completed 15 hours of professional development in areas related to nutrition, physical activity, and wellness within the past three years?	

Element 8: Wellness Policies

8.1	Has the site identified a team to draft the wellness policy?	
8.2	Has the wellness policy team reviewed current nutrition and physical activity guidelines, as listed the Preschools SHINE Element 8 web page?	
8.3	Has the team completed an assessment current policies and program practices prior to developing new policies?	
8.4	Does the site have policies in language that is clear and covers all areas in the program?	

Element 9: Partnerships

	Indicator	Degree
9.1	Has the site established partnerships with families to support a healthy eating and physical activity environment at the site, such as inviting parents to participate in cooking activities and sending home literature on nutrition?	
9.2	Has the site established national, state, or local partnerships to support a healthy eating and physical activity environment at the site, such as requesting nutrition and physical activity educational materials?	

Element 10: Leadership Team

10.1	Has the site established a Preschools SHINE leadership team with a minimum of two preschool staff?
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