

Step 3

Nutrition and Active Physical Play Checklist of Practice



Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice.
			1. Children serve themselves at least part of the meal with appropriate serving utensils.
			2. Infants are fed on demand, rather than on a schedule.
			3. Enough food is available to satisfy individual children's hunger.
			4. Meal planning is based on nutritionally sound meal patterns (i.e. MyPlate or USDA Child Care Meal Pattern Guidelines)
			5. Children are not required to eat either a set amount of food or a particular food.
			6. Food is offered at least every three hours so that children's hunger does not overwhelm their ability to self-regulate intake.
			7. Adults sit at the table with children.
			8. A policy supporting breastfeeding is developed and provisions are made to store expressed milk, and for the caregiver to feed expressed milk to support breastfeeding mothers and their babies.



			9. Menus are created on at least a two-week cycle, include a variety of foods, and are posted for staff and parents.
			10. A variety of equipment is available for moderate and vigorous play, including: pedaling; climbing; running; lifting; carrying; pushing and pulling; digging; crawling; hanging using upper body; jumping for distance; balancing; aiming; throwing; kicking; bouncing; hopping; and sliding.
			11. Each day, children have an opportunity to play in structured outdoor and indoor physical activities (teacher-directed), and spontaneous, unstructured play (child-chosen).
			12. A variety of play equipment is accessible.
			13. Children have access to drinking water during mealtimes, snack times, and during periods of active physical play.
			14. Daily routines and activities include scheduled active physical play indoors and outdoors with well-defined goals and objectives.
			15. Appropriate attire is available for staff and for each child to play comfortably outside MOST days.