



# NATIONAL SMARTER MEALTIMES FOR CHILD CARE SETTINGS SCORECARD



For more information visit: [SmarterLunchrooms.org/Smarter-Mealtimes](http://SmarterLunchrooms.org/Smarter-Mealtimes)

Date \_\_\_\_\_ Site Name \_\_\_\_\_ Completed by \_\_\_\_\_

The Smarter Mealtimes Scorecard is a list of simple, inexpensive strategies to promote healthy eating in half- or full-day programs that serve young children. These strategies work in childcare centers, Head Start programs, and family homecare settings.

## INSTRUCTIONS

1. Review the scorecard.
2. Observe meal and snack times throughout a single day. Check off statements that are completely true on the observed day *and every day*. (Check with caregivers about daily routines.)
3. Add up the Scorecard total to determine your award level.



4. Go to [smarterlunchrooms.org/smarter-mealtimes](http://smarterlunchrooms.org/smarter-mealtimes) for information, tips, recipes, links to signs and labels, and other helpful advice for implementing the strategies.
5. Choose 2-3 unchecked strategies to incorporate into your routine.
6. Once the new strategies are part of the daily routine, excellent! Keep it up! Fill out a new Scorecard and repeat this process at least once per year.

- At least two types of fruit are offered and can be fresh, frozen, canned, or dried.\*
- At least two types of vegetables are offered and can be fresh, frozen, canned, or dried.\*
- Sliced or cut fruit is offered.
- Fruit is offered in attractive bowls or baskets.
- Fruits and vegetables are offered first and at least one additional time during each meal.
- Fruits are called or labeled with fun, creative names.
- Vegetables are called or labeled with fun, creative names.
- Fresh, cut vegetables are frequently paired with a healthy dip.
- The main dish (or featured entree) is called or labeled with a fun, creative name.
- Taste tests of fruits, vegetables, and main dishes are provided at least once per year.
- Children are given opportunities to learn about food and gardening (planting a garden, seed planting, farm tours, nutrition education, etc.) at least once per year.
- Popular characters (such as Elmo) are used to promote healthy foods using labels or stickers.
- Meals are offered family style.
- Caregivers model healthy eating habits such as sitting with children during meals and eating the provided foods.
- Caregivers announce the menu as part of the daily routine.
- Attractive, healthful food signage (posters, stickers, or clings) is displayed in the child care environment.
- A weekly or monthly menu is provided to all families.
- Children are encouraged to help with the mealtime set-up and clean-up routine.
- All lights in the eating area work and are turned on during meals.
- To help decide what foods are offered, children and families are asked to provide feedback.

Scorecard Total \_\_\_\_\_



\*The Child and Adult Care Food Program (CACFP) provides serving size guidance for meals and snacks.



## AWARD LEVEL

 **Bronze 6-10**

 **Silver 11-15**

 **Gold 16-20**