



Healthier CACFP Award Home Provider Application



Recognizing Excellence in
Nutrition and Physical Activity in Child Care



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Table of Contents

General Information	pg. 3
Application Cover Sheet	pg. 4
Menus Criteria	pg. 5-6
Physical Activity Criteria	pg. 7
Nutrition Education Criteria	pg. 8
Environment Criteria	pg. 9-10
Verification Form	pg. 11



Healthier CACFP Award Application

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General Information

What is it?

The Healthier Child and Adult Care Food Program (CACFP) Award is a recognition system that supports the wellness efforts of child care homes participating in CACFP. Child care homes taking steps to improve the nutrition, physical activity, nutrition education and/or environment for children in their care can apply to win an award in one or more of these categories. Three award levels are offered: Honors, High Honors and Highest Honors

Why is it important?

With one in five children being overweight or obese by the age of 6, child care providers play an essential role in the prevention of childhood obesity. Child caregivers have an opportunity to positively impact children's healthy development by encouraging children to develop healthy habits at a young age.

Am I eligible to apply?

Participation in the CACFP and compliance with CACFP regulations is required to be eligible for the award. Meeting the award criteria and winning an award does not replace CACFP requirements. Applicants are required to be in good standing with the CACFP, defined as having completed and implemented all corrective actions from the previous compliance monitoring review and having not been seriously deficient in the past two years, at the time of application.

How do I apply?

The program application includes criteria in four categories: Menus, Physical Activity, Nutrition Education, and Environment. Applicants can choose which category(ies) they would like to apply for and at which level, and then submit the application to their Home Sponsor. The Home Sponsor will review the application, approve it, and submit the application to the State Child Nutrition agency. Applications must include submission of the requested support documentation as listed in the "Evaluation" column in the application. Instructions should be read carefully in each category to determine which criteria need to be met to achieve the different award levels. "Provider" is inclusive of the co-provider present in the home. It is highly recommended that applicants utilize the Healthier CACFP Award Resource Book, which explains "why" and "how to" for each criterion and provides guidance and tools to assist with implementing the criteria.

What do I win?

Winners are recognized with certificates issued by the State agency that showcase the child care home provider's achievement in the community. Specific awards are based on the award level achieved and include certificates, and award letters that can be posted to announce the high wellness priority of the home child care.



Healthier CACFP Award Application

Recognizing Excellence in
Nutrition and Physical Activity in Child Care

Application Cover Sheet

Award level applying for:

Honors

High Honors

Highest Honors

Application for (check all categories applying for):

Menus

Nutrition Education

Physical Activity

Environment

Home Provider Name: _____

Child Care Home Address: _____

City _____ State _____ Zip _____

Age range of children in care: _____

Home Provider's Name: _____

Home Provider's Phone Number & Email: _____

Date Submitted to Home Sponsor: _____

Home Sponsor

Approved by Home Sponsor: _____

Signature

Date

State

Reviewed by: _____

Approved by Bureau Chief: _____

Signature

Date

Award Issue Date: _____



Healthier CACFP Award Application

Recognizing Excellence in
Nutrition and Physical Activity in Child Care

Category 1: Menus	Award Level General Requirements			Evaluation
	Honors	High Honors	Highest Honors	
MENUS for children over the age of one year				
Reimbursable meals meet the USDA standards. All meals for one month submitted menus meet the USDA meal patterns. Provider had required home reviews within the last year and all corrective actions have been completed, if applicable.	√	√	√	Submit one month menus for meals claimed.
Reviewed menus meet the criteria below:				
A. Different fruits¹ and different vegetables every day of the week at lunch² <ul style="list-style-type: none"> ○ Good, better, best source of vitamin A three or more times per week³ ○ Good, better, best source of vitamin C each day³ ○ Fresh and/or frozen fruit or vegetables must be served each week ○ Fried, breaded or high fat vegetables are limited (i.e., tater tots, French Fries) to: 	√	√	√	<ul style="list-style-type: none"> • Describe on menu as canned, fresh or frozen. • Identify vegetables as home-made and baked, if applicable.
	Total 2x/week ≤ 3x/month	Total 3x/week ≤ 2x/month	Total 5x/week Not on menu	
B. Only low-fat (1% or less) and/or fat-free (skim) milk are served to participants over age 2. Only whole milk is served to participants between the ages 1 and 2.	√	√	√	Identify type of milk and age groups served on menu.
C. Water is served as an extra item when two non-beverage creditable food items are served at snack.	√	√	√	Identify when served on menu.
D. Cooked dry beans⁴ or split peas must be served each week; snacks count (includes canned beans and canned split peas)⁵.	Total 1x/week	Total 2x/week	Total 3x/week	Identify on menus.

¹ Fruit may be fresh, frozen, canned or dried. Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.

² Fruits and vegetables must be of appropriate texture based on the child's development to prevent choking.

³ Vitamin A & C fruits and vegetables identified as good, better and best sources in Appendix B of Building Blocks for Fun and Healthy Meals (<http://www.fns.usda.gov/tn/resources/buildingblocks.html>).

⁴ Includes but is not limited to black beans, kidney beans, lentils, refried beans, pinto beans, navy beans, and great northern beans.

⁵ Does not include green beans and green peas.



Healthier CACFP Award Application

Recognizing Excellence in Nutrition and Physical Activity in Child Care

E. 100% fruit juice is limited to:	\leq 1x/day	\leq 3x/week	\leq 2x/week	Identify when served on menu.
F. Whole grain foods ⁶ are served each week (not the same each day). <ul style="list-style-type: none"> ○ Dry cereal is served at least once each week. Whole grain cereal may be counted toward the weekly whole grain servings. ○ Sweet grain/breads⁷ are limited at breakfast and snack to: 	At least 3x/week Any dry cereal \leq 2x/week	At least 5x/week Dry cereal with sugar limited to 6 gm/oz. \leq 1x/week	At least 7x/week Dry cereal with sugar limited to 6 gm/oz. and has at least 2 gm fiber/oz \leq 2x/month	<ul style="list-style-type: none"> • Identify whole grain items on menus. • Submit ingredient list for whole grain items. • Submit recipe for home-made items.
G. Higher fat meats and entrees that are processed and preserved ⁸ are limited to: Fried meats are limited to: Locally grown foods are purchased and served:	\leq 1x/week \leq 1x/week 1x/month	\leq 2x/month \leq 2x/month 2x/month	\leq 1x/month Not on menu \leq 3x/month	Identify on menu if the items are home-made and baked. Identify locally grown items on menu.
H. Seasonal fruits and vegetables are included on menus:	√	√	√	Identify seasonal items on menu.

⁶ A serving of whole grain food is equal to a serving of Grains/Breads as defined in the *Handy Guide to Creditable Foods* (http://educateiowa.gov/index.php?option=com_content&view=article&id=1375&Itemid=2952), pages 4-6. To count as a whole grain, the food products served must have whole grain listed first on the ingredient statement. Scratch recipes must have whole grain as the primary ingredient by weight or measure.

⁷ Sweet grains and breads are noted with a footnote of 3 or 4 as defined on the grains/breads chart in the *Handy Guide to Creditable Foods*.

⁸ Includes hot dogs, bologna, commercially prepared combination foods, sausages, salami, and breaded commercially-prepared meats such as fish sticks and chicken nuggets.



Healthier CACFP Award Application

Recognizing Excellence in Nutrition and Physical Activity in Child Care

Category 2: Physical Activity	Award Level General Requirements			Evaluation
	Honors	High Honors	Highest Honors	
A. Television, DVD and video watching, and computer use is prohibited for children under the age of 2.	√	√	√	Submit written narrative description
B. Screen time* of educational/movement material is limited to:	No more than 60 minutes/day	No more than 45-60 minutes/day	No more than 30-45 minutes/day	Submit copies of weekly schedules.
C. Moderate to vigorous physical activity is provided during each full day of care (8 to 9 hour day) for at least:	45-60 minutes (3/4 to 1 hour)	60-90 minutes (1 to 1½ hours)	90-120 minutes (1½ to 2 hours)	Submit copies of weekly schedules.
D. Periods of inactivity (at one time), excluding nap time, meal times, story time, and circle time are limited to:	≤ 30 minutes on 2 occasions/day; or ≤ 60 minutes on 1 occasion/day	≤ 30 minutes on 1 occasion/day	≤ 15 minutes at a time	Submit copies of weekly schedules.
E. The physical activity provided includes: <ul style="list-style-type: none"> ○ Both indoor and outdoor activities, ○ Unstructured physical activity (free play), and ○ Structured physical activity (age appropriate activities guided by the caregiver) 	√ At least 20 minutes At least 20 minutes	√ At least 30 minutes At least 30 minutes	√ At least 45 minutes At least 45 minutes	Submit written narrative description and indicate the types of activity on weekly schedules.
F. Active play time is not restricted as punishment.	√	√	√	Submit written policy.

*Television, DVD and video watching, and computer use.



Healthier CACFP Award Application

Recognizing Excellence in Nutrition and Physical Activity in Child Care

Category 3: Nutrition Education	Award Level General Requirements			Evaluation
	Honors	High Honors	Highest Honors	
Directions specific to this section: All checked criteria are required according to each award level.	Complete all checked items	Complete all checked items	Complete all checked items	
A. Home provider participates in CACFP family-style meals and is seated at each dining table with the children. Home provider eats the CACFP meals with children and serves as a role model at mealtime.	√	√	√	Submit photo of family-style meal or submit policy for family-style meal service.
B. Parents have knowledge of home provider's participation in CACFP and the CACFP meal pattern is shared with parents.	√	√	√	Submit sample of parent communication.
C. Breastfeeding resources are promoted and available to parents.	√	√	√	Submit sample of breastfeeding resources.
D. Quantities of foods served are enough to meet children's appetite and energy needs.	√	√	√	Submit written narrative description
E. New foods are introduced with familiar foods or familiar foods are prepared in new ways.	√	√	√	Submit written narrative describing new food examples and/or submit recipes.
F. Children are taught to eat appropriately for age and developmental ability.	√	√	√	Submit written examples of adapting mealtime to developmental readiness.
G. Nutrition education is woven into activities throughout the day (i.e. Team Nutrition; Choose MyPlate; Grow it, Try it, Like it; Healthy Habits for Life Resource Kit).	At least 1x/month	At least 2x/month	At least 1x/week	Submit written narrative describing how nutrition education is woven into activities.
H. Children have the opportunity to see, identify, taste and enjoy a variety of foods that are culturally significant and commonly available in local markets, such as fruits, vegetables, breads, grains, milk, meats, fish, beans, eggs, etc.			√	Submit written narrative of cultural food activities and submit a photo.
I. Children are learning interactively about food and nutrition through books and by using food as a hands-on context for learning math, science and social concepts.			√	Submit written narrative of interactive food activities.



Healthier CACFP Award Application

Recognizing Excellence in Nutrition and Physical Activity in Child Care

Category 4: Environment	Award Level General Requirements			Evaluation
	Honors	High Honors	Highest Honors	
Directions specific to this section: All checked criteria are required, then <u>add your choice of additional criteria according to the award level:</u>	All checked <u>plus 3</u> additional	All checked <u>plus 4</u> additional	All checked <u>plus 5</u> additional	
A. The daily schedule promotes a relaxed and adequate period for meals and snacks. Children have ample time to eat and practice social interaction skills, such as having a conversation.	√	√	√	Submit written description of meal time activities.
B. Food is not used as incentive or punishment and children are not punished or rewarded for what they choose to eat. Certain food is not withheld as punishment and children are not forced to eat foods as a prerequisite to receiving an item or completing an activity.	√	√	√	Submit written narrative of non-food rewards.
C. Children are instructed in hand washing techniques and both children and provider wash their hands before meals and snack.	√	√	√	Submit written narrative describing details of the hand washing techniques taught to children.
D. Children, including picky eaters (able to eat food but resisting), are gently encouraged by provider to try new or less favorite foods. Provider is a role model for tasting new foods, and food is never forced.	√	√	√	Submit written narrative that explains process for gently encouraging picky eaters.
E. Menus are available and posted for parents. Children and parents have opportunities to provide input on the food and menus.	√	√	√	Submit written narrative describing menu sharing and development.
F. Children serve themselves during meals and snacks with adult supervision. Some or all foods are served family style to the maximum extent possible at each meal. Children help set the table and/or clear dishes after the meal is finished.	At least 1 food item is served family style at breakfast, lunch/supper and snack	At least 2 food items are served family style at meals, and 1 at snack.	All food items are served family style at all meals	Submit written narrative specifying the number of food items served family style. Submit photos of the meal service.
G. Both children and provider wash hands before <u>and after</u> meals.				Submit written narrative specifying that hand washing takes place both before and after meals.



Healthier CACFP Award Application

Recognizing Excellence in Nutrition and Physical Activity in Child Care

<p>H. Children and provider sit down together for meals. Provider sits at the table and eats the same foods served to the children.</p>				<p>Submit policy or handbook indicating provider's role during meal time. Submit photos of meal time.</p>
<p>I. Child-sized eating and serving utensils are available and used.</p>				<p>Submit written narrative and a photo of children using utensils.</p>
<p>J. Holidays are celebrated with mostly healthy foods or with non-food treats, such as stickers.</p>				<p>Submit written narrative regarding foods provided for celebrations.</p>
<p>K. If infant care is provided, breastfeeding is encouraged.</p>				<p>Submit written narrative describing breastfeeding support.</p>
<p>L. If infant care is provided breastfeeding mothers are accommodated with a separate area to breastfeed and/or pump breast milk.</p>				<p>Submit a photo of the breastfeeding area.</p>



Healthier CACFP Award Application

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Application Verification Form

Please read the following and obtain the signatures listed below, as applicable*:

I attest to the accuracy of the information provided in this application. I agree to maintain the nutrition excellence and physical activity standards and procedures indicated in this application in accordance with my certification as Honors, High Honors, or Highest Honors award. Furthermore, I agree to cooperate with USDA and other organizations upon request to publicize my efforts.

Home Provider _____

Co-Provider (if applicable) _____

*If you are unsure which signature(s) must be included, please contact your Home Sponsor.

Please submit your completed application and documentation to your Home Sponsor.

Thank you for applying for the Healthier CACFP Award!



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