

# Smarter Mealtime Scorecard for CACFP

PATTI DELGER AND CARRIE SCHEIDEL

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**TEAM NUTRITION**  **IOWA™**



# What is the Smarter Mealtime Scorecard?



## TEAM NUTRITION IOWA™ Smarter Mealtime Scorecard for CACFP

Name of Center/Provider/Classroom \_\_\_\_\_

- Indicate whether the "Best Practice" statement is true by checking the box to the left
- Total the number of checked boxes and write the number at the bottom
- The unchecked boxes are areas to work on and implement in the future

Assess your practices for Menu Planning and Parent Communication Sections for the past month:

Menu Planning	
<input type="checkbox"/>	Foods served at breakfast and lunch have a variety of colors
<input type="checkbox"/>	Fresh fruit or vegetable is served once daily
<input type="checkbox"/>	Fruits and vegetables are served in kid-friendly ways <i>(e.g. caterpillar kabobs, delicious dippers, or cut in small pieces)</i>
<input type="checkbox"/>	Vegetable options have been given creative or descriptive names
<input type="checkbox"/>	Locally sourced foods are served at least once per month
<input type="checkbox"/>	Menu includes culturally relevant meals and snacks based on the childcare population
<input type="checkbox"/>	Higher fat meats and entrees that are processed are served no more than once per week <i>(e.g. hot dogs or chicken nuggets)</i>
<input type="checkbox"/>	Different entrees are served each day of the week
<input type="checkbox"/>	Type, texture, and consistency of food is appropriate to decrease choking risk
<input type="checkbox"/>	Whole grain foods are served at least half the time
<input type="checkbox"/>	Legumes are served one or more times per week <i>(e.g. black beans, hummus, or baked beans)</i>
<input type="checkbox"/>	The menu is shared with children as part of daily routine
Parent Communication and Involvement	
<input type="checkbox"/>	Menus are posted and available
<input type="checkbox"/>	Special celebrations are limited to non-food items brought from home <i>(e.g. child's birthday or holiday party)</i>
<input type="checkbox"/>	Recipes, information, or activities are shared to promote new foods at home
<input type="checkbox"/>	Invited to participate in the mealtime experience
<input type="checkbox"/>	Have opportunity to share child's mealtime preference
<input type="checkbox"/>	Have the opportunity to provide input on menu items



Assess the mealtime experience, environment and provider involvement in your childcare setting at lunch today.

Mealtime Experience	
<input type="checkbox"/>	Children have enough time to eat without being rushed
<input type="checkbox"/>	Children decide if and how much to eat
<input type="checkbox"/>	Children are involved with mealtime set up and clean up routine

- “Best Practices”
- Check the box if it is true
- Unchecked boxes are areas to work on
- Create an action plan for the top 3 areas to work on

Assess your practices for Menu Planning and Parent Communication Sections for the past month:

Menu Planning	
	Foods served at breakfast and lunch have a variety of colors
	Fresh fruit or vegetable is served once daily
	Fruits and vegetables are served in kid-friendly ways <i>(e.g. caterpillar kabobs, delicious dippers, or cut in small pieces)</i>
	Vegetable options have been given creative or descriptive names
	Locally sourced foods are served at least once per month
	Menu includes culturally relevant meals and snacks based on the childcare population
	Higher fat meats and entrees that are processed are served no more than once per week <i>(e.g. hot dogs or chicken nuggets)</i>
	Different entrees are served each day of the week
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Assess the mealtime experience, environment and provider involvement in your childcare setting at lunch today.

Mealtime Experience	
	Children have enough time to eat without being rushed
	Children decide if and how much to eat
	Children are involved with mealtime set up and clean up routine

	Meals are served family-style	
	Serving utensils are age appropriate	
	Eating utensils are age appropriate	
	Eating utensils are suitable for the meal being served	
	The dining area is bright, colorful, and free of clutter	
	Tables are washed and sanitized before and after meals	
	All food is on the table or plate at the beginning of the mealtime	
	Posters or pictures promoting healthy food and physical activity, including children's art work are visible in the dining area	
	Hand washing takes place before and after the meal	
	Drinking water is available at the table	

Provider Involvement and Support		
	Greet children with a smile	
	Sit at the table with the children and eat the same food	
	Model appropriate mealtime behaviors	
	Encourage children to try new foods without pressure	
	Lead pleasant conversation with children during mealtime	
	Avoid making comments about how much or how little food is eaten	

Smarter Mealtime Score: \_\_\_\_\_

Date: \_\_\_\_\_



Create an action plan for the top three areas to work on and implement:

Changes to Work On	Action Items to Complete	Date Completed:

# Pilot Overview

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- Time period was a 4-week period, February 2016
- Identified three changes to work on
- Estimated the time necessary to complete the scorecard
- Worked on changes to improve mealtime experience
- Completed survey about scorecard design, helpfulness, and practicality,
- Scorecard was modified based on pilot process

# 10 Center/Home Providers

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- Bottles to Backpacks - Val Rhoads
- Positive Parenting at Trinity - Michele Hancock or Angela
- ACPC-Ames Community Preschool Center - Sandee Bodholdt
- Wolf Creek Child Care & Preschool Inc. - Dana R. Brown
- Polk County Community Family and Youth Services-CACFP - Gina Lewis, Home Provider
- ISU Extension Clarke County CACFP - Amanda Oswald, Home Provider
- Mediapolis Childcare & Preschool - Kassia Nollen
- Melrose Daycare and Preschool - Amanda Lower
- DMACC Child Development Center and Early Childhood Education - Sherri Sciarrotta
- West Union Head Start - Janet Scroggins

# Action Steps of Pilot Centers

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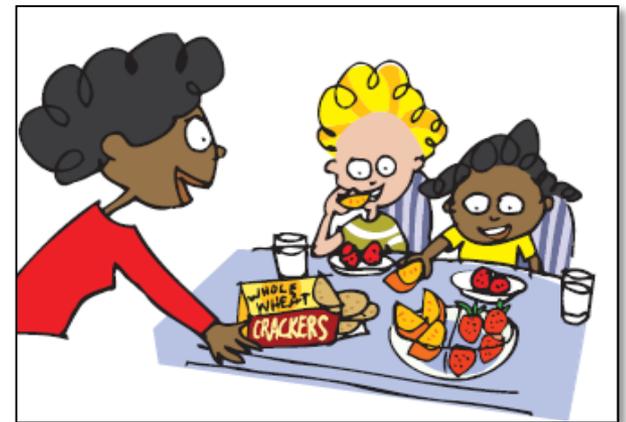
- Purchasing smaller serving utensils
- Post menu on white board so can be reviewed with the children
- More fresh fruit and vegetables at snack time
- Serving fresh fruit and vegetable daily
- Add posters to the dining area
- Communicate with parents
- Pleasant conversation during meal time
- More seasonal fresh fruit and veggies
- Really enforcing good hand-washing



# Val Rhoads – Bottles two Backpacks

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- Did you find the Scorecard useful?
- What did it help you discover?
- Did your staff buy into the assessment process?
- What changes did you try to make? Were you successful?
- How much time did it take?
- What advice would you give to others who want to use the Scorecard?



# Elbow Partner

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Work with your elbow partner to review the Smarter Mealtime Scorecard.

What areas may your Center need to work on?

Do you think your staff will participate in using this tool?

How might you present the Scorecard to your staff?



# \$250 Sub-Grant

**Smarter Mealtime Scorecard**

**\$250 Sub-Grant Award Application**

**Sub-Grant Requirements:**

- ✓ All activities and expenses must support Smarter Mealtime Scorecard activities
- ✓ Application must be completed electronically. Gray boxes expand, please be thorough.

Ⓞ Applications are due: **May 13, 2016**

Ⓞ Announcement of grantees: **May 20, 2016**

Ⓞ Final report due: **July 8, 2016**

**Name of CACFP Center:**

**Address:**

**City:** \_\_\_\_\_ **State:** IA **Zip Code:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_ **Position:** \_\_\_\_\_

**Contact E-mail:** \_\_\_\_\_ **Contact Phone:** \_\_\_\_\_

Please put checkmarks by the activities your Center is interested in implementing, as a part of this Smarter Mealtime Scorecard sub-grant (check all that apply):

- Taste testing of healthy foods
- Signage, posters, parent communication, nutrition education materials
- Items to promote and support family-style meals
- Farm to School efforts: school garden, taste test of local foods
- Staff time reimbursement for planning and implementing of Smarter Mealtime activities
- Other: \_\_\_\_\_

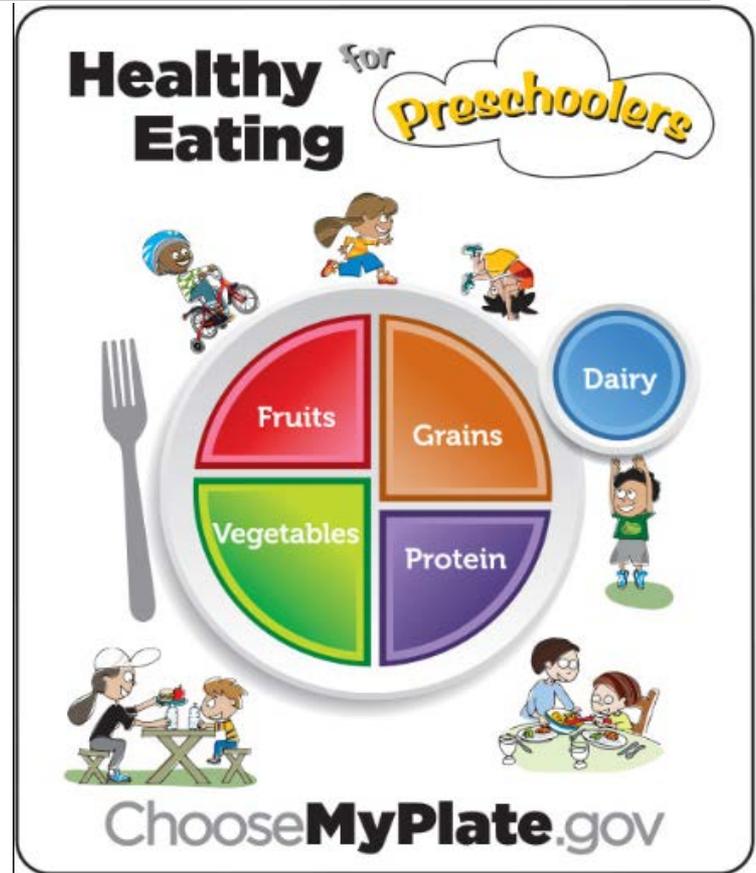
**TEAM NUTRITION IOWA™**

**Please submit completed application to:**  
Patti Delger - [patti.delger@iowa.gov](mailto:patti.delger@iowa.gov)  
Grimes State Office Building  
400 E. 14<sup>th</sup> St. - Des Moines, Iowa 50319  
515.281.5676 (phone) - 515.242.5988 (fax)

- All expenses must support Smarter Mealtime Scorecard activities
- Applications due May 13<sup>th</sup>
- Funds can be used for taste testing, nutrition education, posters, and staff time
- Final Report due July 8, 2016

# Sub-Grant Expenditures

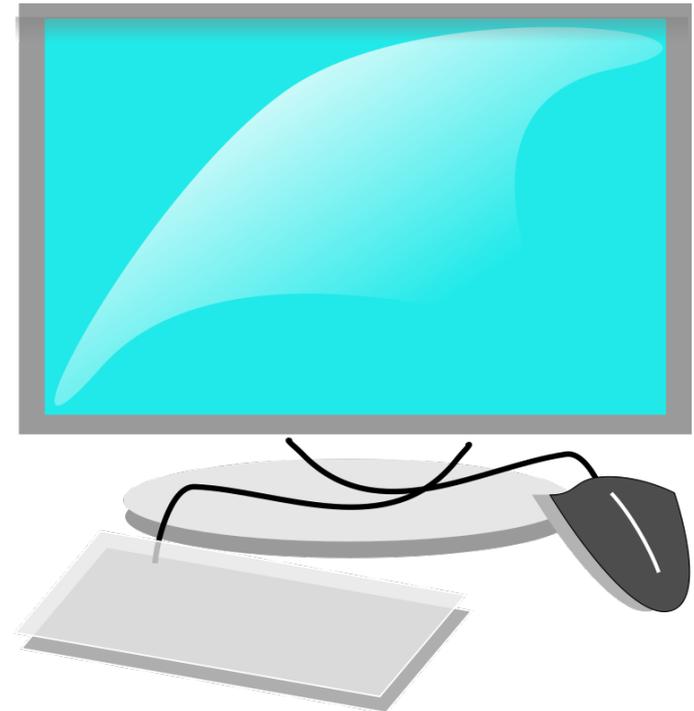
- Taste testing of healthy foods
- Signage, posters, parent communication, nutrition education materials
- Items to promote and support family-style meals
- Farm to School efforts: school garden, taste test of local foods
- Staff time reimbursement for planning and implementing of Smarter Mealtime activities



# Team Nutrition On-Line Modules

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- Farm to CACFP
- Meaningful Mealtimes
- Trying New Foods
- Providing Opportunities for Active Play
- Nutrition Education in the a Childcare Setting



# NEW Team Nutrition Resources

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Poster sets (visuals of the new meal pattern)

Nibbles for Health – will be updated to coincide with new meal pattern, Dietary Guidelines and My Plate

Afterschool cooking curriculum to teach basic cooking skills for 8-12 year olds

Grow it , Try it Like it (revised)

The Nutrition and Wellness Handbook will be updated: Encourage Healthful Foods; Create a positive meal environment; and Family Style Meal service (reimbursable meals, tips and myth busters)

TN Graphics Library with nutrition messages



# Team Nutrition



Emergent Reader Mini Book

Look and Cook Recipes

**Friendship Pocket**

- 1 Pick a Protein Food**  
Fold a slice of turkey or ham. Put it in the pita pocket.
- 2 Veggie Time**  
Tear lettuce or spinach.
- 3 Greens Are Good**  
Add greens to pita.
- 4 Choose a Cheese**  
Put cheese inside pita.
- 5 Fruit Is Fun**  
Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

**Ingredients**

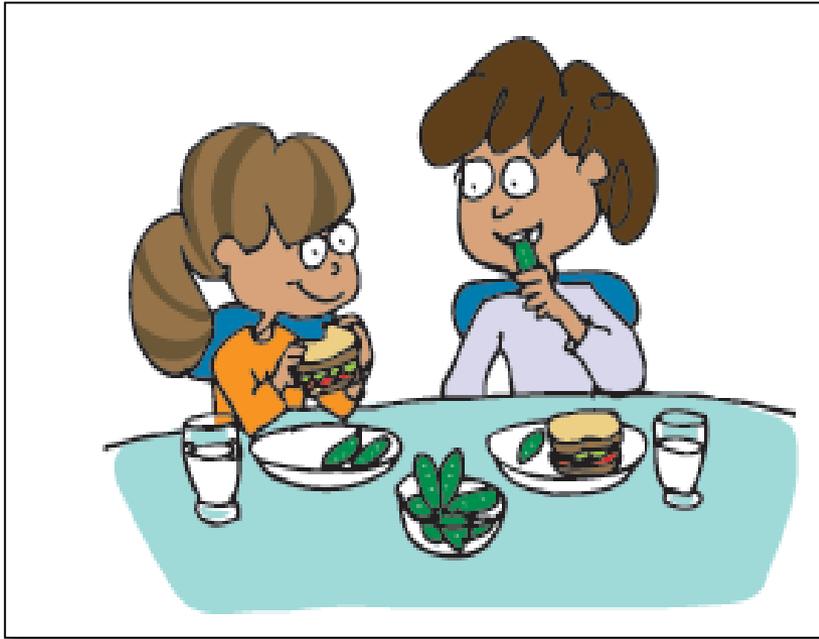
- Grain**: whole wheat pita bread
- Protein Food**: turkey or ham
- Vegetable**: lettuce or spinach
- Dairy**: low fat milk or white cheese
- Fruit**: apple slices or grapes

By 2015, 80% of all children will have a meal with a protein, a vegetable, and a fruit. © 2014 MyPlate - <http://teamnutrition.usda.gov>

<http://pueblo.gpo.gov/TN/TNPubs.php>

# Questions?

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Patti Delger

[patti.delger@iowa.gov](mailto:patti.delger@iowa.gov)

Carrie Scheidel

[carrie.Scheidel@iowa.gov](mailto:carrie.Scheidel@iowa.gov)

Thank you!!