What is the Smarter Mealtime Scorecard?

- “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

---

**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:

<table>
<thead>
<tr>
<th>Menu Planning</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Foods served at breakfast and lunch have a variety of colors</td>
<td>Fresh fruit or vegetables is served once daily</td>
<td>Fruits and vegetables are served in kid-friendly ways</td>
<td>Vegetable options have been given descriptive names</td>
</tr>
<tr>
<td>Locally sourced foods are served at least once per month</td>
<td>Menu includes culturally relevant meals and snacks based on the childcare population</td>
<td>Higher-fat meats and entrées that are processed are served no more than once per week</td>
<td>Different entrées are served each day of the week</td>
</tr>
<tr>
<td>Menu includes culturally relevant meals and snacks based on the childcare population</td>
<td>Higher-fat meats and entrées that are processed are served no more than once per week</td>
<td>Different entrées are served each day of the week</td>
<td>Types, textures, and consistency of food is appropriate to decrease choking risk</td>
</tr>
<tr>
<td>Whole grain foods are served at least half the time</td>
<td>Legumes are served one or more times per week</td>
<td>Legumes are served one or more times per week</td>
<td>The menu is shared with children as part of daily routine</td>
</tr>
<tr>
<td>The menu is shared with children as part of daily routine</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Parent Communication and Involvement**

- Menus are posted and available
- Special celebrations are limited to non-food items brought from home
- Recipes, information, or activities are shared to promote new foods at home
- Invited to participate in the mealtime experience
- Have opportunity to share child’s mealtime preference
- Have the opportunity to provide input on menu items

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

<table>
<thead>
<tr>
<th>Mealtime Experience</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Children have enough time to eat without being rushed</td>
<td>Children decide if and how much to eat</td>
<td>Children are involved with mealtime set up and clean up routine</td>
<td></td>
</tr>
</tbody>
</table>
### 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 (e.g. caterpillar kabobs, delicious dippers, or cut in small pieces)
- 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 (e.g. hot dogs or chicken nuggets)
- Different entrees are served each day of the week
- Type, texture, and consistency of food is appropriate to decrease choking risk
- Whole grain foods are served at least half the time
- Legumes are served one or more times per week (e.g. black beans, hummus, or baked beans)
- The menu is shared with children as part of daily routine

### Parent Communication and Involvement

- Menus are posted and available
- Special celebrations are limited to non-food items brought from home (e.g. child’s birthday or holiday party)
- Recipes, information, or activities are shared to promote new foods at home
- Invited to participate in the mealtime experience
- Have opportunity to share child’s mealtime preference
- Have the opportunity to provide input on menu items
Assess the mealtime experience, environment and provider involvement in your childcare setting at lunch today.

<table>
<thead>
<tr>
<th>Mealtime Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children have enough time to eat without being rushed</td>
</tr>
<tr>
<td>Children decide if and how much to eat</td>
</tr>
<tr>
<td>Children are involved with mealtime set up and clean up routine</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Provider Involvement and Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greet children with a smile</td>
</tr>
<tr>
<td>Sit at the table with the children and eat the same food</td>
</tr>
<tr>
<td>Model appropriate mealtime behaviors</td>
</tr>
<tr>
<td>Encourage children to try new foods without pressure</td>
</tr>
<tr>
<td>Lead pleasant conversation with children during mealtime</td>
</tr>
<tr>
<td>Avoid making comments about how much or how little food is eaten</td>
</tr>
</tbody>
</table>
Smarter Mealtime Score: _________________ Date: _______

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

<table>
<thead>
<tr>
<th>Changes to Work On</th>
<th>Action Items to Complete</th>
<th>Date Completed:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Pilot Overview

- 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

- 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**

- 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

• 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

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

- All expenses must support Smarter Mealtime Scorecard activities
- Applications due May 13th
- 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

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

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

Questions?

Thank you!!