



OFFICE OF THE STATE SUPERINTENDENT OF EDUCATION

WELLNESS GUIDELINES FOR CHILD DEVELOPMENT FACILITIES: SELF-ASSESSMENT

*D.C. Child Care Licensing Requirement

SERVING TASTY HEALTHY MEALS				
Wellness Guidelines	Yes, fully implementing	In the process of implementing	Not started, interested in implementing	No, unable to implement
Meals Served				
All foods served meet, at minimum, the requirements of the Child and Adult Care Food Program (CACFP). M1*				
The facility provides meals for infants. M2				
The facility provides meals for children. M3				
If needed, the facility supplements parent-provided meals so that they meet CACFP requirements. M4				
Infants				
Infants are fed on demand. M5				
Infants are allowed to stop eating on their own. M6				
Infants are held during bottle feeding. Bottles are not propped during feeding. M7*				
Facility consults with parents when introducing age-appropriate solid foods. M8				
Facility introduces breast-feeding infants gradually to iron-fortified foods no sooner than 4 months, preferable at 6 months. M9				
Infants are not fed infant formula mixed with cereal, juice or other foods without written instructions from primary care physician. M10				
Fruit juice is not served to infants. M11				
Breastfeeding mothers are provided access to a private room for breastfeeding or pumping, other than a bathroom, with appropriate seating and privacy. M12*				
Children				
100% fruit juice is limited to no more than 4-6 ounces per day per children 1 – 6 years old. M13*				
When fats and oils are needed in cooking, only plant-based oil used. M14				

Milk for 12-23 month olds: Serve whole unflavored milk to children in this age group who are not breast fed or serve reduced-fat milk to those at risk for high cholesterol or obesity. (<i>Lactose-free or lactose-reduced milk are allowed</i>). M15*				
Milk for children 2 to 5 years old: Serve unflavored fat-free or low-fat (1%) milk to children in this age group. (<i>Lactose-free or lactose-reduced milk are allowed</i>). M16*				
One to two grains per day are 100% whole grain or whole grain-rich. M17*				
(Whole grain-rich = a food containing at least 50% whole and the rest are enriched.)				
Red/orange vegetables are provided 2-3 times each week. M18				
Dark green vegetables are provided 3-4 times each week. M19				
Each week, at least one serving of beans/peas is provided. M20				
The facility does not serve the same fruit and vegetable more than one time a day. M21				
Each day, at least one component of the snack is a fruit or vegetable. M22				
Meats served are minimally processed and free from additives and other artificial substances. M23				
100% real cheese is served. M24				
Limit excess sugar, e.g., does not serve candy or serve yogurt with no more than 23 grams of sugar per 6 ounces. M25*				
Salt intake is limited by avoiding salty foods (e.g. chips, pretzels). M26				
No sugary cereals served, i.e. containing 6 or fewer grams of sugar per ounce. M27*				
No deep-fat fried and commercially pre-fried meats/meat alternates are served. M28				
No deep-fat fried and commercially pre-fried vegetables are served. M29				
Sugary drinks, including fruit drinks, sports drinks, sweet tea, and soda are never offered. M30				
Indoors, drinking water is continuously available to all children and is served on demand. M31*				
Outdoors, drinking water is continuously available to all children and is served on demand. M32*				
Serving Food Safely				
The facility works to prevent choking by cutting infant foods into pieces one-quarter inch or smaller and by cutting toddlers foods into pieces one-half inch or smaller. In addition to the food monitoring, children are always seated when eating to reduce choking hazards. M33				
The facility ensures that all foods consumed are presented in a developmentally-appropriate texture and form. M34				
The facility maintains written instructions and trains staff on the process to ensure children with allergies do not come into contact with the food allergen. M35*				

Local Foods/ Seasonal Foods				
Contract with food service vendors that utilize locally grown, and locally processed and unprocessed foods from growers engaged in sustainable agriculture practices. M36				
Locally grown and locally processed and unprocessed foods are served at least once per week. M37				
Menus incorporate seasonal foods at least one time a week. M38				

PROMOTING PHYSICAL ACTIVITY

Wellness Guidelines	Yes, fully implementing	In the process of implementing	Not started, interested in implementing	No, unable to implement
Infants				
Engaging activities for Tummy Time with all infants are offered at least 2-3 times per day while the child is awake. Staff responds promptly to cues for frustration, boredom or fatigue. PA1				
To support infant development, swings, bouncy chairs and other confining equipment (except high chairs and strollers) are not used in the infant classroom at any time. PA2				
Restrictive infant equipment (swings, bouncy chairs and other confining equipment except high chairs and strollers) are only used for up to 30 minutes twice a day. PA3*				
Children				
Toddlers (12 months-3 years old) engage in physical activity for 60 to 90 minutes per 8-hour day. PA4*				
Preschoolers (3-5 years old) engage in physical activity for 120 minutes per 8-hour day. PA5*				
Infants and children participate in two or more structured or caregiver/teacher/adult-led activities or games that promote movement each day. PA6*				
Children 2 years and older are not engaged in sedentary activities or activities requiring them to sit passively for more than 30 minutes continuously, except during scheduled rest or nap time. PA7*				
Screen Time				
Children 2 and younger do not have screen time. PA8 (Screen time includes TA and DVD viewing, video games, recreational computer use, internet surfing and other electron devices.)*				
Children 2 years and older are engaged in no more than 30 minutes of screen time per week. (Screen time includes TA and DVD viewing, video games, recreational computer use, internet surfing and other electron devices.) PA9				
Children 2 years and older are engaged in no more than 60 minutes of high-quality educational or physical activity media time per day. PA10*				
For children 2 years and older, screen time is used for educational purposes or physical activity only. PA11				

Supportive Environment				
Staff role model positive behaviors by being physically active with children, both indoors and outdoors. PA12				
Active play is not withheld from children who misbehave. PA13*				
Adequate space is available for indoor active play. PA14				
Adequate space is available for outdoor active play. PA15				

ENHANCING FACILITY ENVIRONMENTAL SUSTAINABILITY

Wellness Guidelines	Yes, fully implementing	In the process of implementing	Not started, interested in implementing	No, unable to implement
There is a facility-wide recycling program. ES1				
The facility has clearly marked containers for recycling. ES2				
The facility does not use <i>Styrofoam™</i> in any parts of its food service. ES3				
Facility uses reusable age-appropriate sized plates, bowls, cups, utensils and serving pieces for meal/snack times. ES4				
Lights are turned off when a room is not in use. ES5				
The facility welcomes daylight. Blinds are opened to let in natural light. In the summer when sunlight can make rooms too warm, the facility takes comfort into consideration first. ES6				
The facility uses energy-efficient compact light bulbs, like compact florescent light bulbs (CFLs) or light-emitting diode (LED) bulbs. ES7				
The facility powers down electronics by enabling the sleep setting on all computers and copiers. ES8				
The facility always turns off computer monitors when not in use. (They are responsible for two-thirds of desktop computer consumption.) ES9				
The facility unplugs appliances that aren't being used during breaks/vacations. (Even appliances that are plugged-in but not "on" still suck electricity.) ES10				
HVAC temperature setbacks: The facility turns down the thermostat to 70 degrees during colder months and 75/76 degrees during warmer months. ES11 - <i>DC Green Schools - Energy Conservation Tips</i> (You can save up to 5% in heating costs for every degree you lower the temperature following this best practice.)				
The facility unblocks vents to allow warm or cool air to properly circulate throughout the room. ES12 (Prevent airflow blockage by moving bookcases and other bulky items away from the heating and cooling units.)				

PROVIDING EFFECTIVE NUTRITION AND HEALTHY EATING EDUCATION

Wellness Guidelines	Yes, fully implementing	In the process of implementing	Not started, interested in implementing	No, unable to implement
Nutrition Education Delivery				
Nutrition education helps children to understand that foods have different nutritional values. NE1				
Nutrition education is offered through a standardized, evidence-based curriculum. NE2				
Nutrition education is included with other subjects such as sensory development, language, science, math, and dramatic play. NE3				
Children are taught about healthy foods and the pleasure of eating through formal opportunities (e.g. circle time). NE4				
Children are taught about healthy foods and the pleasure of eating through informal opportunities (e.g. mealtime conversation). NE5				
At least once per month, lesson plans include nutrition education that gives children the knowledge and skills they need to make healthy food choices. NE6				
Nutrition education programming involves parents/guardians. NE7				
Child care providers teach children about the taste, smell, and texture of foods as well as the benefits of eating healthy foods. They teach vocabulary and language skills about food and eating. NE8				
Child care providers promote breastfeeding as optimum source of infant nutrition through posters, handouts, education, and a supportive environment. NE9				
Gardening programs are included in the facility’s nutrition education strategy. NE10				
Farm-to-child care programs are included in the nutrition education strategy. NE11				
Family-style Meal Service				
All meals to preschoolers are served family-style. When it becomes developmentally appropriate, children are encouraged to serve themselves with limited help. NE12				
Facility uses reusable age-appropriate sized plates, bowls, cups, utensils, and serving pieces for meal/snack times. NE13				
Facility teaches children appropriate portion sizes by using plates, bowls, and cups that are developmentally appropriate to nutritional needs. NE14				
Staff role model healthy eating and family-style meal service by sitting and eating with the children at snack and lunch times. NE15				
Role Modeling				
All staff role model healthy eating by eating foods that do not match wellness standards in the staff break area, away from view of children. NE16				
All staff role model healthy eating by transferring all beverages from their original container to cups that do not expose food company logos. NE17				

Supportive Environment				
Foods and beverages are not used as rewards or punishments. NE18				
Children are not forced or bribed to eat. NE19				
Every child care provider, including directors, food service workers and frontline staff, share the responsibility of providing nutrition education. NE20				
Wellness Policy				
The facility has a wellness policy. NE21				
The wellness policy includes realistic and measurable goals. NE22				
At least once a year, the facility checks the progress on implementing the wellness policy. NE23				
The facility has a Wellness Advisory Council that includes a teacher, parent/family and community member. NE24				

ENSURING WELLNESS PROFESSIONAL DEVELOPMENT FOR STAFF

Wellness Guidelines	Yes, fully implementing	In the process of implementing	Not started, interested in implementing	No, unable to implement
Nutrition education/Physical Activity/Wellness PD				
Staff attends internal and/or external training on nutrition/ healthy eating at least 2 times per year. (This is separate from food safety trainings.) PD1				
Staff attends internal and/or external training opportunities that teach age-appropriate gross motor activities and games that promote physical activity at least 2 times per year. PD2				
Child care providers' professional development includes available evidence-based materials that can be used to teach a basic knowledge of nutrition to children. PD3				
Professional development includes training on breast-feeding for all new employees and at least once per year thereafter. PD4				
Staff wellness				
Facility has a staff wellness policy. PD5				
Facility offers its staff resources and/or trainings on how to increase their personal wellness through physical activity at least 1 time per year. PD6				
Facility offers its staff resources and/or trainings on stress reduction and stress management. PD7				
Facility offers its staff resources and/or trainings on how to increase their personal wellness through healthful eating/ chronic disease prevention at least 2 times per year. PD8				

PARTNERING WITH FAMILIES TO PROMOTE FACILITY WELLNESS

Wellness Guidelines	Yes, fully implementing	In the process of implementing	Not started, interested in implementing	No, unable to implement
Families are educated on the Child and Adult Care Food Program (CACFP) meal requirements. FFW1				
Families receive information about the program's nutrition, breastfeeding, physical activity and screen time policies when they enroll their infants/children. FFW2				
Families are provided with information in the appropriate language about how to foster healthy eating, encourage physical activity and limit screen time at home. FFW3				
<i>Families are offered nutrition education by child care facilities (workshops, special programs, newsletters). FFW4</i>				
Families are encouraged to participate in the program's Wellness Advisory Council. (At least one family will participate.) FFW5				
Nutrition education is offered to parents at least twice yearly. Evidence based, peer reviewed, culturally appropriate materials are written in a language and at a level the families can understand. FFW6				
In all communication with parents/guardians/families, the child care providers show respect for the families' cultures and customs. FFW7				
All families are welcomed and encouraged to participate in program activities. FFW8				

