

**A+ Assessment:
Healthy Eating**



**A Toolkit for
Health Promotion
in Out-of-School
Time Programs**



Site Name _____

Date _____

A+ ASSESSMENT: HEALTHY EATING

Site Directors: Assess your site’s food and beverage practices and compare them to the NAA Healthy Eating Standards. Identify gaps and identify where you need to build capacity in order to close those gaps. We suggest a separate assessment for each program type (before school, after school, or full day program). For more detail on best practices, refer to the NAA standards themselves. This is NOT a report card! It is a planning tool.



GAP ASSESSMENT:

STEP 1: Program Practices. Using a menu from a previous month, assess your healthy eating program practices. If you don't have a menu, you can either create one and use it for a 4 week block; or, keep track of what you serve every day for 4 weeks. In either case, complete this Assessment AFTER the 4 weeks are over.

Write the number of days on the menu here:

GOAL: The number of days served should equal or be close to the number of days on the menu.	Number of days	Notes
1. We served a fruit and/or a vegetable, other than potatoes. Fruits or vegetables can be fresh, dried, canned or frozen.		
2. We offered water at the table.		
3. We offered skim or low fat milk that was unflavored.		
4. We did not serve sugar-sweetened beverages, such as sports drinks, fruit drinks, or juices with added sugar.		
5. We did not serve cookies, cakes, frozen treats, candy, and other dessert type foods.		
6. We did not serve fried salty snacks.		
7. We had healthy alternatives available for kids with dietary restrictions.		



STEP 2: Purchasing practices that put the NAA Healthy Eating Standards into action

If your site does not purchase or order its own snacks skip to Step 3.

GOAL: Striving for a checked YES box in every row.		Comments
1. When we purchase snacks, we always check the ingredient lists to make sure there are no trans fats or partially hydrogenated oils.	<input type="checkbox"/> yes <input type="checkbox"/> no	
2. When we purchase milk or yogurt, we always get low or non-fat versions.	<input type="checkbox"/> yes <input type="checkbox"/> no	
3. When we purchase fruit juice, it is always 100% juice without added sugar.	<input type="checkbox"/> yes <input type="checkbox"/> no	
4. When we purchase meats, we always buy lean products such as baked ham or turkey.	<input type="checkbox"/> yes <input type="checkbox"/> no	
5. When we purchase baked goods, we always check the ingredient list to make sure some items are made with whole grains (i.e. whole wheat, oats).	<input type="checkbox"/> yes <input type="checkbox"/> no	

STEP 3: Some additional best practices for supporting healthy eating:

GOAL: Striving for a checked YES box in every row.	
1. Parents are engaged in our healthy eating focus through written materials, events and meetings.	<input type="checkbox"/> yes <input type="checkbox"/> no
2. We use program time to talk to kids about why healthy eating is important. If relevant: we use a quality nutrition education curriculum that is evidence-based.	<input type="checkbox"/> yes <input type="checkbox"/> no
3. Staff model healthy eating behaviors.	<input type="checkbox"/> yes <input type="checkbox"/> no
4. Staff participate in quality training on healthy menu development.	<input type="checkbox"/> yes <input type="checkbox"/> no
5. The program budget appropriately supports healthy eating.	<input type="checkbox"/> yes <input type="checkbox"/> no
6. We do not use food as a reward or punishment.	<input type="checkbox"/> yes <input type="checkbox"/> no
7. We have adequate access to kitchens and storage.	<input type="checkbox"/> yes <input type="checkbox"/> no
8. We do not promote unhealthy foods through posters or access to vending machines.	<input type="checkbox"/> yes <input type="checkbox"/> no



STEP 4: Reflect on the information gathered. For each NAA Healthy Eating Standard, check (✓) your status.

<i>Check the appropriate box.</i>	We are meeting this standard.	We are meeting this standard but still want to improve.	We are not meeting this standard, but we are close.	We are not even close to meeting this standard.
Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include minimally processed foods made with whole grains and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.				
Staff regularly participate in learning about healthy eating grounded in effective training models using content that is evidence-based.				
Programs that offer nutrition education classes will ensure that materials presented to children are evidence-based, do not support a particular industry or food sector agenda, and are delivered by qualified personnel.				
The program creates a social environment, including positive relationships, that encourages children to enjoy healthy foods. Research shows that children's food choices are influenced not only by food appearance, taste and familiarity, but also by social factors including peers, role models, group dynamics, and having healthy options.				
Infrastructure supports healthy eating through management and budgeting practices.				
The program's physical environment supports healthy eating. Availability of vending machines, advertising and availability of kitchen facilities can all influence food choices and food availability.				



CAPACITY BUILDING ASSESSMENT:

**STEP 5: Where do you need to build capacity in order to meet the NAA Healthy Eating Standards?
Use the list below to identify capacity building needs. Feel free to add additional items.**

GENERAL

- I wasn't aware we had these Standards.
- I am not sure what we are supposed to do.
- Staff turnover makes implementing these Standards difficult.
- Having our program take place in borrowed space makes implementing these Standards difficult.
- We have to follow a different snack pattern because of licensing regulations, Child & Adult Care Food Program or because we get snack from the school district.
- We don't engage with parents around the topic of healthy eating.
- I wasn't aware there were curriculums such as Food & Fun or CATCH Kids, or that USDA Cooperative Extension Nutritionists can help.

SKILLS & BEHAVIOR

- We don't role model healthy behaviors.
- We don't serve healthy snacks at staff meetings.
- We have trouble communicating with parents about the healthy snacks we serve.
- We're not sure how to organize parent engagement opportunities related to child and family wellness.
- We don't involve kids in deciding about food selection, distribution, preparation, or clean-up.

STAFF KNOWLEDGE & ATTITUDES

- Staff don't understand why serving healthy snacks are important.
- Staff can't interpret nutrition labels.
- Staff don't know what a sugar-sweetened beverage is.
- (Site Director) I don't know what my budget is for purchasing snacks.
- (Site Director) I am not in communication with my vendor.
- (Site Director) I don't know what foods to buy.
- Some staff feel improving menu quality should not be a high priority.
- Implementing the Standards seems too hard.

BUDGET, SUPPORT, & PHYSICAL FACILITIES

- (Site Director) I don't have the authority to make program changes.
- (Site Director) I don't have purchasing power.
- (Site Director) I am not sure or don't think my budget will support buying healthier snacks.
- (Site Director) I am not in charge of ordering food and beverages.
- We don't have someone we can ask questions about nutrition content.
- We don't have adequate on-site storage for non-perishable foods.
- We don't have a refrigerator on-site for perishable foods.
- We don't have prep space for washing and slicing fruits and vegetables.
- We don't have anyone that can do the shopping.

ADD MORE:



SUMMARY: What did you learn about your gaps and capacity building needs for the NAA Healthy Eating Standards?

Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include minimally processed foods made with whole grains and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.

What is your status? Please check appropriate box.

We are meeting this standard and will maintain our current practices.

We are meeting this standard, but still want to improve.

We are not meeting this standard, but we are close.

We are not even close to meeting this standard.

Capacity Building Needs

Staff regularly participate in learning about healthy eating grounded in effective training models using content that is evidence-based.

What is your status? Please check appropriate box.

We are meeting this standard and will maintain our current practices.

We are meeting this standard, but still want to improve.

We are not meeting this standard, but we are close.

We are not even close to meeting this standard.

Capacity Building Needs

Programs that offer nutrition education classes will ensure that materials presented to children are evidence-based, do not support a particular industry or food sector agenda, and delivered by qualified personnel.

What is your status? Please check appropriate box.

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We are meeting this standard, but still want to improve.

We are not meeting this standard, but we are close.

We are not even close to meeting this standard.

Capacity Building Needs



The program creates a social environment, including positive relationships, that encourages children to enjoy healthy foods. Research shows that children's food choices are influenced not only by food appearance, taste and familiarity, but also by social factors including peers, role models, group dynamics, and having healthy options.

What is your status? Please check appropriate box.

Capacity Building Needs

We are meeting this standard and will maintain our current practices.

We are meeting this standard, but still want to improve.

We are not meeting this standard, but we are close.

We are not even close to meeting this standard.

Infrastructure supports healthy eating through management and budgeting practices.

What is your status? Please check appropriate box.

Capacity Building Needs

We are meeting this standard and will maintain our current practices.

We are meeting this standard, but still want to improve.

We are not meeting this standard, but we are close.

We are not even close to meeting this standard.

The program's physical environment supports healthy eating. Availability of vending machines, advertising, and availability of kitchen facilities can all influence food choices and food availability.

What is your status? Please check appropriate box.

Capacity Building Needs

We are meeting this standard and will maintain our current practices.

We are meeting this standard, but still want to improve.

We are not meeting this standard, but we are close.

We are not even close to meeting this standard.

