



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



Mealtime Environment	
	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:

