



Let's Move! Child Care

Beverages Served at Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

Recommendations for Beverages served at Child Care for Toddlers and Preschoolers 1-5 years:

- 1) Water is freely accessible both indoors and outdoors
- 2) 100% juice is limited to 4-6 oz. daily
- 3) Sugar-sweetened beverages are never served
- 4) Milk served to children over the age of 2 is low-fat or nonfat milk

| Water | | | | |
|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| A. Drinking water is available: | <input type="checkbox"/> Upon request | <input type="checkbox"/> Upon request or during designated water breaks | <input type="checkbox"/> Inside only, where it is visible and freely available | <input type="checkbox"/> Inside and outside, where it is visible and available for self-serve |
| B. During indoor and outdoor play, providers prompt children to drink water: | <input type="checkbox"/> Rarely or never | <input type="checkbox"/> Some of the time | <input type="checkbox"/> Most of the time | <input type="checkbox"/> All of the time |
| C. Water is offered to children over the age of 1 year, but not as a substitute for milk when it is a required food component: | <input type="checkbox"/> Rarely or never | <input type="checkbox"/> 1 time per week or less | <input type="checkbox"/> 2-4 times per week | <input type="checkbox"/> 1 time per day or more |

| Fruit Juice | | | | |
|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| A. <u>100%</u> fruit juice is offered: | <input type="checkbox"/> In unlimited portions more than once a day | <input type="checkbox"/> 2 or more times per day, but limited to 4-6 oz. each occasion | <input type="checkbox"/> No more than 4-6 oz. per day provided at child care | <input type="checkbox"/> No more than 4-6 oz. per day and parents are encouraged to support this limit. |
| B. Sugary drinks (Kool-Aid™, fruit drinks, sports drinks, sweet tea, soda) are offered: | <input type="checkbox"/> More than once a month | <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> Rarely, 1-2 times per year | <input type="checkbox"/> Never |

| Milk | | | | |
|-------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|----------------------------------------------------|
| A. Milk served to children ages 2 years and older is: | <input type="checkbox"/> Whole or regular | <input type="checkbox"/> Only 2% reduced fat | <input type="checkbox"/> Always 1-2% low-fat | <input type="checkbox"/> Always 1% or skim/non-fat |
| B. Flavored milk is served to children: | <input type="checkbox"/> More than once a month | <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> Rarely, 1-2 times per year | <input type="checkbox"/> Never |

| Provider Behaviors | | | | |
|-----------------------------------------------------------------------|------------------------------------------|-------------------------------------------|-------------------------------------------|------------------------------------------|
| A. Beverages offered to toddlers over 1 year are offered in a bottle: | <input type="checkbox"/> All of the time | <input type="checkbox"/> Most of the time | <input type="checkbox"/> Some of the time | <input type="checkbox"/> Rarely or never |

Education

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|----------------------------------------------------|------------------------------------------|---------------------------------------------------|
| A. Training opportunities on juice and other beverage recommendations for toddlers and preschoolers are offered to providers: | <input type="checkbox"/> Rarely or never | <input type="checkbox"/> Less than 1 time per year | <input type="checkbox"/> 1 time per year | <input type="checkbox"/> 2 times per year or more |
| B. Parents of toddlers and preschoolers are offered education on juice and other beverages recommendations (e.g., special programs, newsletters, information sheets): | <input type="checkbox"/> Rarely or never | <input type="checkbox"/> Less than 1 time per year | <input type="checkbox"/> 1 time per year | <input type="checkbox"/> 2 times per year or more |

Policy

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|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| A. At our child care facility, a written policy on beverages for toddlers and preschoolers that includes staff behaviors, education, and beverage use: | <input type="checkbox"/> Does not exist | <input type="checkbox"/> Exists informally, but is not written or followed | <input type="checkbox"/> Is written, but not always followed | <input type="checkbox"/> Is written, available, followed, and shared with parents and staff |
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The Let's Move! Child Care Checklist Quiz is based on the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. Quiz development was led by Dr. Dianne S. Ward, with the assistance of her research team, including Temitope Erinosh, Christina McWilliams, Amber Vaughn, Chris Ford, and Phil Hanson; and in consultation with the Centers for Disease Control and Prevention and expert reviewers, including (in alphabetical order) the Carolina Global Breast Feeding Institute, Marsha Dowda, Sybille Kranz, Sara Switzer, Stewart Trost, and Heather Wasser.