

Attachment A

Healthier CACFP Recognition Award – General Information & Award Program Criteria

Updated 11.1.15

What is it?

The Healthier Child and Adult Food Program (CACFP) Recognition Award is a recognition system that supports the wellness efforts of child care centers participating in CACFP. Child care centers taking steps to improve the menus, physical activity, nutrition education and/or environment for children in their care can apply to win an award in one of more of these categories. Three award levels offered: Bronze, Silver, and Gold. **ALL applicants are REQUIRED to – at a minimum – make improvements to their menus according to the award level chosen and will use Rainbow in My Tummy® to improve menus. PLUS applicants will make improvements in at least one other area of wellness (e.g., physical activity, nutrition education, and/or environment).**

Why is it important?

With one in five children being overweight or obese by the age of six, child care centers play an essential role in the prevention of childhood obesity. Child caregivers have an opportunity to have a positive impact on children's healthy development by encouraging healthy habits at a young age, improving the quality of food served, instilling pride in their work as a CACFP provider and food service professional, recognizing CACFP centers importance, and easing the transition to the proposed CACFP meal pattern.

Am I eligible to apply?

Participation in the CACFP and compliance with CACFP regulations are required to be eligible to select the Healthier CACFP Recognition Award Program option when applying for a TDA 3E's grant. Meeting the award criteria and reaching an award level does not replace current CACFP requirements. Applicants are required to be in good standing with the CACFP, defined as having completed and implemented all corrective actions from the previous compliance review and having not been seriously deficient in the past two years, at the time of application.

How do I apply?

When an organization applies for a 3E's grant and selects the Healthier CACFP Recognition Award Program option, they should be fully aware of the expectations. The application allows applicants to select from program criteria in four categories: Menus, Physical Activity, Nutrition Education, and Environment. When the 3E's request for application (RFA) is released, complete the RFA based on the level and category(ies) for which you wish to apply. Applicants must choose the Menus category plus one or more of the remaining categories they would like to apply for and at which level. Please review the criteria prior to making your selection(s) on the 3E's application form. Once reviewed, an applicant can best describe which category to select based on their organization's level of readiness.

What do I get when I reach my Healthier CACFP Recognition Award level?

CACFP centers/sponsors will be recognized by the Texas Department of Agriculture (TDA) Food and Nutrition Division at the completion of the grant period. TDA will showcase the child care center's achievements at the CACFP State Conference. Award kits based on the award level achieved will be presented and include such items as a banner, certificate, a letter to parents, and award decal that can be posted to announce the award and the high wellness priority of the center.

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Menus Criteria

	Award Level General Requirements			Evaluation
Rainbow in My Tummy® used to improve menus.	Bronze	Silver	Gold	Quarterly Report
Menus for children over the age of one year.				Rainbow in My Tummy® used to improve menus.
Directions specific to this section: All “X” criteria are required. Add your choice of additional criteria to the award level.	Complete all “X” items.	Complete all “X” items.	Complete all “X” items.	
1. Reimbursable meals meet the USDA standards. All meals for one month of submitted menus meet the USDA meal patterns. Institution had a review within the last three (3) years, and all corrective actions have been completed.	X	X	X	Submit one (1) month of menus for meals claimed.
2. Different fruits ¹ and vegetables are served every day of the week at lunch ² .	X	X	X	Describe vegetables & fruits on menu (canned, fresh, or frozen). Identify homemade and baked items, if applicable.
<ul style="list-style-type: none"> One serving of dark green vegetables, red/orange vegetables³, and legumes per week. 		X	X	
<ul style="list-style-type: none"> Good, better, and best sources of Vitamin C are served each day³. 			X	
<ul style="list-style-type: none"> Fresh and/or frozen fruit or vegetables must be served each week. 	Total 2x/week	Total 3x/week	Total 5x/week	
<ul style="list-style-type: none"> Fried, breaded, or high fat vegetables not allowed. 	X	X	X	
3. Only plain non-flavored low-fat (1% or less) and/or fat-free (skim) milk served to participants age 2 years and older. Only whole milk served to children ages one to two.	X	X	X	Identify the type of milk and the age groups served on the menu.
4. Water is served as an extra item when two (2) non-beverage creditable food items are served at snacks.	X	X	X	List water on the menu when served.

¹ Fruit may be fresh, frozen, canned, or dried. Dried fruit must have no added sweetener. Canned fruit must be packed in juice or light syrup.

² Fruits and vegetables must be of appropriate texture based on the child’s development to prevent choking.

³ *Food Buying Guide for National School Lunch* (vegetable and fruit subgroup), Vitamin C fruits and vegetables identified as good, better, and best sources in Appendix B of *Building Blocks for Fun and Healthy Meals*.

Menus Criteria

	Award Level General Requirements			Evaluation
	Bronze	Silver	Gold	Quarterly Report
Rainbow in My Tummy® used to improve menus.				
Menus for children over the age of one year.				Rainbow in My Tummy® used to improve menus.
Directions specific to this section: All “X” criteria are required. Add your choice of additional criteria to the award level.	Complete all “X” items.	Complete all “X” items.	Complete all “X” items.	
5. Cooked dry beans ⁴ or split peas must be served each week (includes canned beans and canned split peas).	1x/week	2x/week	3x/week	Identify on menus. Submit purchase receipt(s).
6. 100% fruit juice is limited.	≤ 1x/week	≤ 2x/week	1x/week	Identify when juice is served on the menu.
7. Whole grain or whole grain rich ⁵ foods are served each day (not the same each day).				Identify whole grain items on menus.
<ul style="list-style-type: none"> Dry cereal is served at least once each week. Whole grain cereal may be counted toward the whole grain servings. 	Dry cereal 6 gm sugar/oz	Dry cereal 6 gm sugar/oz	Dry cereal 6 gm sugar/oz and 2 gm fiber/oz	Submit an ingredient list for whole grain items.
<ul style="list-style-type: none"> Grain based desserts⁶ are limited at breakfast and snacks to: 	2x/week	2x/week	1x/week	
8. Processed, preserved, and higher fat meats and entrees ⁷ (hot dogs, lunch meat, chicken nuggets) limited to:	≤ 1x/week	≤ 2x/month	≤ 1x/month	
9. Fried meats not allowed.	X	X	X	Identify homemade and baked items on menu.
10. Locally grown foods are purchased and served.	1x/month	2x/month	Every week	Identify locally grown items on the menus.
<ul style="list-style-type: none"> Seasonal fruits and vegetables are included on the menus: 	1x/month	2x/month	1x/week	Identify seasonal items on the menus.

⁴ Black beans, kidney beans, lentils, refried beans, pinto beans, navy beans, and great northern beans. Does not include green beans and green peas.

⁵ A serving of whole grain food is equal to a serving of Grains/Breads as defined in the *Food Buying Guide* (whole grain listed first on the ingredient statement). Scratch recipes must have whole grain as the primary ingredient by weight or measure.

⁶ Grain based desserts are noted with a footnote of 3 or 4 as defined on the grains/breads chart in the *Food Buying Guide*.

⁷ Hot dogs, bologna, sausages, salami, commercial combination foods, and breaded commercial meats such as fish sticks and chicken nuggets.

Physical Activity Criteria

	Award Level General Requirements			Evaluation Quarterly Report
	Bronze	Silver	Gold	
Directions specific to this section: All "X" criteria are required. Add your choice of additional criteria to the award level.	Complete all "X" items.	Complete all "X" items.	Complete all "X" items.	
1. Television, DVD, and video watching and computer use are prohibited for children under the age of two.	X	X	X	Submit a written policy.
2. Screen time* of educational/movement material is limited to no more than:	60 minutes/day	45-60 minutes/day	30-45 minutes/day	Submit copies of daily schedules.
3. Moderate to vigorous physical activity is provided during each full day of care (8- to 9-hour day) for at least:	45-60 minutes (¾ to 1 hour)	60-90 minutes (1 to 1½ hours)	90-120 minutes (1½ to 2 hours)	Submit copies of daily schedules.
4. Periods of inactivity (at one time), excluding nap time and meal time, are limited to:	≤ 30 minutes	≤30 minutes	≤ 15 minutes	Submit schedules of daily schedules.
5. The physical activity provided includes:				Submit a written policy and indicate the types of activity on a daily schedule.
• Both indoor and outdoor activities.	X	X	X	
• Unstructured physical activity (free play).	20 minutes	30 minutes	45 minutes	
• Structured physical activity (age appropriate activities guided by the caregiver).	20 minutes	30 minutes	45 minutes	
6. Active play time is not restricted as punishment.	X	X	X	Submit a written policy.
7. Physical activity ideas and resources are sent home with parents at least monthly.	X	X	X	Submit copies of the parent newsletters.
8. Outdoor learning environment (winding path for walking, riding tricycles, wagons with activities around the path for play)			X	Pictures and observation of outdoor play area.

*Television, DVD, video viewing and computer use.

Nutrition Education Criteria

	Award Level General Requirements			Evaluation
	Bronze	Silver	Gold	Quarterly Report
Directions specific to this section: All "X" criteria are required. Add your choice of additional criteria to the award level.	Complete all "X" items plus 3 additional.	Complete all "X" items plus 4 additional.	Complete all "X" items plus 5 additional.	
1. Caregivers participate in CACFP family-style meals and a staff member is seated at each dining table with the children and serve as role models at mealtime.	X	X	X	Submit a photo of a family-style meal. Submit the policy for family-style meal service.
2. Parents have knowledge of the center's participate in CACFP, and the CACFP meal pattern is shared with parents.	X	X	X	Submit a sample of parent communication.
3. Breastfeeding resources are promoted and available to parents.	X	X	X	Submit a sample of breastfeeding resources.
4. Quantities of foods served are enough to meet children's appetite and energy needs.	X	X	X	Submit one week of meal production records.
5. New foods are introduced with familiar foods, or familiar foods are prepared in new ways.	X	X	X	Submit a written narrative that describes examples of new foods and/or submit recipes.
6. Children are taught to eat appropriately for age and developmental ability.	X	X	X	Submit written examples of adapting mealtime to developmental readiness.
7. Nutrition education is woven into activities throughout the day and provided through a standardized curriculum (e.g., <i>Team Nutrition</i> ; <i>ChooseMyPlate</i> ; <i>Grow It, Try It, Like It</i> ; <i>Healthy Habits for Life Resource Kit</i>).	X	X	X	Submit a written narrative describing how much nutrition education is woven into the curriculum.
8. Caregivers have completed:				Submit copies of current caregiver training records.
• Training provided by TDA on the CACFP meal pattern	X	X	X	
• The ICN CARE connection Nutrition Education webinars at http://www.nfsmi.org/	X	X	X	
• Eilyn Satter's "Division of Responsibility in Feeding," www.ellynsatter.com (3 segments @ 1 hour each = 3 hours of training)		X	X	

Nutrition Education Criteria

	Award Level General Requirements			Evaluation
	Bronze	Silver	Gold	Quarterly Report
Directions specific to this section: All "X" criteria are required. Add your choice of additional criteria to the award level.	Complete all "X" items plus 3 additional.	Complete all "X" items plus 4 additional.	Complete all "X" items plus 5 additional.	
9. Ellyn Satter's "Division of Responsibility in Feeding" is communicated with parents.		X	X	Submit a sample of parent communication.
10. Policies for nutrition education are written for caregivers and parents and are reviewed annually.		X	X	Submit the nutrition education policy with a current review date.
11. Written documentation shows that all nutrition education policies are presented to caregivers, and caregivers have opportunities to learn and practice the policies. Policies are shared with parents.		X	X	Submit nutrition education policies and caregiver training records.
12. Parents are encouraged to volunteer/participate in mealtimes.		X	X	Submit the volunteer policy.
13. Visible support for good nutrition is provided in classrooms and common areas through posters, pictures, and display boards. Nutrition education involves multiple channels of communication, including the classroom and home/parents.		X	X	Submit a list of visible support for nutrition education.
14. Nutrition education is presented to parents at a minimum, two times per year.			X	Submit two (2) samples of nutrition education provided to parents.
15. Caregivers receive additional training opportunities on nutrition-related topics two (2) times per year.			X	Submit caregiver training records.
16. Children have the opportunity to see, identify, taste, and enjoy a variety of foods that are culturally significant and commonly available in local markets, such as fruits, vegetables, breads, grains, milk, meats, fish, beans, eggs, etc.			X	Submit a written narrative of cultural food activities. Submit a photo of cultural food activities.
17. Children are learning interactively about food and nutrition through books and by using food as a hands-on context for learning math, science, and social concepts.			X	Submit a written narrative with examples of interactive food activities.

Environment Criteria

	Award Level General Requirements			Evaluation
	Bronze	Silver	Gold	Quarterly Report
Directions specific to this section: All "X" criteria are required. Add your choice of additional criteria according to the award level.	Complete all "X" items plus 3 additional.	Complete all "X" items plus 4 additional.	Complete all "X" items plus 5 additional.	
1. The daily schedule promotes a relaxed and adequate period for meals and snacks. Children have ample time to set and practice social interaction skills, such as having a conversation.	X	X	X	Submit a daily schedule of activities including meal times.
2. Food is not used as an incentive or a punishment, and children are not punished or rewarded for what they choose to eat. Certain food is not withheld as punishment, and children are not forced to eat foods as a prerequisite to receiving an item or completing an activity.	X	X	X	Submit a written policy and explain what techniques are used to punish or reward.
3. Children are instructed in hand-washing techniques, and both children and staff wash their hands before meals and snacks.	X	X	X	Submit a written policy and provide details of the hand-washing techniques taught.
4. Children, including picky eaters (able to eat food but resisting), are gently encouraged by all staff to try new or less favorite foods. Staff members act as role models for tasting new foods, and food is never forced.	X	X	X	Submit a written policy that provides the process for gently encouraging picky eaters.
5. Menus are available and posted for staff and parents. Children and parents have opportunities to provide input on the food and menus.	X	X	X	Submit a parent handbook, policy, or newsletter showing that parents are encouraged to provide input.
6. Children serve themselves during meals and snacks with adult supervision. Some or all foods are served family-style to the maximum extent possible at each meal. Children help set the table and/or clear dishes after the meal is finished.	At least one (1) food item is served family-style at breakfast, lunch/supper, and snack.	At least two (2) food items are served family-style at meals and one (1) at snack.	All food items are served family-style at all meals and snack.	Submit written policy specifying food items served family-style. Submit photos of the meal service.
1A. Both children and staff members wash hands before and after meals.				Submit a written policy specifying that hand-washing takes place both before and after meals.

Environment Criteria

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	Bronze	Silver	Gold	Quarterly Report
Directions specific to this section: All "X" criteria are required. Add your choice of additional criteria according to the award level.	Complete all "X" items plus 3 additional.	Complete all "X" items plus 4 additional.	Complete all "X" items plus 5 additional.	
2A. Children and staff members sit down together for meals. Adults sit at the table and eat the same foods served to the children.				Submit a policy or employee handbook indicating staff member's roles during meal time. Submit photos of mealtime.
3A. The staff shows visible support for healthy nutrition and physical activity habits by using posters, pictures, or books about nutrition and physical activity in every room.				Submit photos and/or examples of materials posted or available in each room.
4A. Child-sized eating and serving utensils are available and used.				Submit a written policy. Submit a photo of children using utensils.
5A. Parents are encouraged to bring non-food items for celebrations. Holidays are celebrated with mostly healthy foods or with non-food treats, such as stickers.				Submit a parent handbook or policy regarding foods provided for celebrations.
6A. Fundraising activities, if applicable, involving children and families are supportive of physical activity and healthful eating. Foods sold should be nutritious, including snack bars and any foods sold to children.				Submit a list of items used for fundraising.
7A. Food and vending machines, if present, are located in areas not visible or accessible to children.				Submit a description of where vending machines are located. Submit a photo of where vending machines are located.
8A. If infant care is provided, breast-feeding is encouraged.				Submit a breastfeeding policy or parent handbook addressing breastfeeding.

Environment Criteria

	Award Level General Requirements			Evaluation
	Bronze	Silver	Gold	Quarterly Report
<p>Directions specific to this section: All "X" criteria are required. Add your choice of additional criteria according to the award level.</p>	<p>Complete all "X" items plus 3 additional.</p>	<p>Complete all "X" items plus 4 additional.</p>	<p>Complete all "X" items plus 5 additional.</p>	
<p>9A. If infant care is provided, breastfeeding mothers are accommodated with a separate area to breastfeed and/or pump breastmilk.</p>				<p>Submit a photo of the breastfeeding area.</p>