

## TOP Star Pre-Assessment

Please complete the following assessment. Complete the section(s) that best describes your facility. Once you have completed the assessment, please return it to your TOP Star representative for the next step in the endorsement process.

**Complete section 1 if you are a Drop-In Child Care**

- *Children are only in your care for an hour or two and you don't offer full food service (e.g., a gym)*

**Complete sections 1 & 2 if you are a Preschool**

- *Children come daily but you do not offer full food service, just snacks*

**Complete sections 1, 2, & 3 if you are a Full-Service Child Care/Preschool WITHOUT infants**

- *Children attend daily and you offer full food service, but do not accept infants*

**Complete sections 1, 2, 3, & 4 if you are a Full-Service Child Care/Preschool WITH infants**

- *Children attend daily and you offer full food service*

Main contact		Facility name				
Facility address		City			Zip	
Email	Phone number			Are you licensed?		Yes No
Are you located in a business setting? Yes No If yes, what agency?						
Type of facility	Drop-in child care	Preschool	Center	Home	Head Start	Age of children?
Number of children accepted?		Number of children enrolled?		Children under age 6?		
Number of staff members <i>(including yourself)</i> ?				Number of classrooms?		
Food offered	Breakfast	Lunch	Dinner	Snacks	Parents bring food	None
As of today, how many staff members have completed the online TOP Star training?						
How did you hear about the TOP Star program?						
Do you allow time and space for staff to breastfeed/express milk? Yes No						
Do you buy local produce either directly from a local farmer or at a farmers market for your facility? Yes No						
Do you have access to or utilize produce at a local community garden? Yes No						
Do you have a fruit/vegetable garden at your facility? Yes No						
If you do have a fruit/vegetable garden at your facility, list success and barriers below.						

## Section 1

1. <sup>TP</sup> Vending machines ( <i>food or drinks</i> ) and/or concession stands:	<input type="checkbox"/> Are in public areas <input type="checkbox"/> Are out of sight of parents and children <input type="checkbox"/> Only offer 100% healthy items <input type="checkbox"/> No vending or concessions stands are on site
2. <sup>TP</sup> Support for good nutrition is visibly displayed in classrooms and common areas using posters, pictures, books, games, etc.:	<input type="checkbox"/> No support is visible <input type="checkbox"/> Is visible in some rooms <input type="checkbox"/> Is visible in almost all rooms <input type="checkbox"/> Is visible in every room
3. <sup>TP</sup> Nutrition education lessons that include hands-on games or activities ( <i>My Plate, food models, etc.</i> ) that cover healthy foods and eating habits are taught to children:	<input type="checkbox"/> Never/no nutrition education lessons taught <input type="checkbox"/> A few times per year <input type="checkbox"/> A few times per month <input type="checkbox"/> 1+ times per week
4. <sup>TP</sup> Education on nutrition is offered to parents via workshops, activities, newsletters, recipes, take-home materials, newsletters, etc.:	<input type="checkbox"/> Never <input type="checkbox"/> Every few years <input type="checkbox"/> A few times a year <input type="checkbox"/> Monthly
5. <sup>TP</sup> Holidays are celebrated with mostly healthy foods, a fun activity, or age-appropriate non-food items ( <i>stickers, bubbles, books, etc.</i> ):	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
6. <sup>HMP7</sup> Staff use force or bribe children to eat:	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Never
7. <sup>HMP8</sup> Staff use food as a reward or punishment:	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Never
8. <sup>TP</sup> Nutrition education is provided for children through a credible curriculum:	<input type="checkbox"/> Never <input type="checkbox"/> A few times per year <input type="checkbox"/> A few times per month <input type="checkbox"/> 1+ times per week
9. <sup>NS13</sup> Drinking water is accessible ( <i>inside &amp; outside</i> ):	<input type="checkbox"/> Not accessible <input type="checkbox"/> But only available during water breaks <input type="checkbox"/> Easily, and available on request <input type="checkbox"/> Easily, and available for self-serve at anytime
10. <sup>TP</sup> A written policy on nutrition and food service:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written and is always followed
11. <sup>TP</sup> A written policy on nutrition and food service is available and communicated to staff and parents:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Is available or not communicated <input type="checkbox"/> Is available and sometimes communicated <input type="checkbox"/> Is available and regularly communicated

12. <sup>TP</sup> A written policy on items brought into the facility for celebrations encourages healthy food or non-food items:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Is available or not communicated <input type="checkbox"/> Is available and sometimes communicated <input type="checkbox"/> Is available and regularly communicated
13. <sup>PA1</sup> Provide children with adequate space for both inside and outside play:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
14. <sup>PA7</sup> Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
15. <sup>PA8</sup> Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
16. <sup>PA9</sup> Provide daily two or more structured or teacher/adult led activities or games that promote movement over the course of the day are provided to all infants <u>and</u> children indoors and outdoors:	<input type="checkbox"/> Never <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily
17. <sup>PA4</sup> Require staff to promote children's active play, and participate in children's active games at times when they can safely do so:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
18. <sup>TP</sup> Children three years and under participate in planned lessons meant to develop gross motor skills:	<input type="checkbox"/> Never <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily
19. <sup>TP</sup> Teachers include physical activity in their regular classroom routine and activities:	<input type="checkbox"/> Never <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily
20. <sup>PA5</sup> Active play time is withheld for children who misbehave:	<input type="checkbox"/> Always <input type="checkbox"/> Sometimes <input type="checkbox"/> Never <input type="checkbox"/> Never and we provide more active play for good behavior
21. <sup>TP</sup> During active play time, staff:	<input type="checkbox"/> Never encourage children to participate in active play <input type="checkbox"/> Supervise children while mostly standing or sitting <input type="checkbox"/> Sometimes join and encourage children in active play <input type="checkbox"/> Often/always join and encourage children in active play
22. <sup>TP</sup> Our facility has access to permanent play equipment ( <i>swings, slides, playgrounds, etc.</i> ):	<input type="checkbox"/> No access <input type="checkbox"/> Access to, but it is not easily accessible <input type="checkbox"/> Access on nearby property, such as a park <input type="checkbox"/> Access on our property

23. TPChildren at our facility use permanent play equipment ( <i>swings, slides, playgrounds, etc.</i> ):	<input type="checkbox"/> Do not use permanent play equipment <input type="checkbox"/> Use permanent play equipment monthly <input type="checkbox"/> Use permanent play equipment weekly <input type="checkbox"/> Use permanent play equipment daily
24. TPIndoor and outdoor portable play equipment ( <i>wheel toys, balls, hoops, ribbons, etc.</i> ) consists of:	<input type="checkbox"/> Does not have/no variety <input type="checkbox"/> Little variety <input type="checkbox"/> Some variety <input type="checkbox"/> Lots of variety
25. TPOutdoor portable play equipment ( <i>bases, steppingstones, parachute, etc.</i> ) is:	<input type="checkbox"/> Not available <input type="checkbox"/> Available at certain times only <input type="checkbox"/> Always available but located out of children’s sight and reach; staff must access <input type="checkbox"/> Always available for children at anytime
26. TPIndoor play space is available:	<input type="checkbox"/> Not available <input type="checkbox"/> For quiet play only <input type="checkbox"/> For some active play <input type="checkbox"/> For all/most play activities
27. TPIndoor portable play equipment ( <i>climbers, slides, tunnels, etc.</i> ) is available:	<input type="checkbox"/> Never/no space <input type="checkbox"/> Sometimes <input type="checkbox"/> Always but located out of children’s sight and reach; staff must access <input type="checkbox"/> Always for children at anytime
28. TPOutdoor play space includes:	<input type="checkbox"/> No open running spaces or track/path for riding wheeled toys <input type="checkbox"/> Limited open running space, <u>no</u> track/path for riding wheeled toys <input type="checkbox"/> Plenty of open running space, <u>no</u> track/path for riding wheeled toys <input type="checkbox"/> Plenty of open running space and track/path for riding wheeled toys
29. PA6Provide daily for all children, birth to 6 years, 2 to 3 occasions of active play outdoors, weather permitting:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
30. TPSupport for physical activity is visibly displayed in classrooms and common areas using posters, pictures, books, games, etc.:	<input type="checkbox"/> No support is visible <input type="checkbox"/> Support is visible in some rooms <input type="checkbox"/> Support is visible in almost all rooms <input type="checkbox"/> Support is visible in all rooms
31. TPProfessional development training on physical activity ( <i>not including playground safety</i> ) is provided for staff:	<input type="checkbox"/> Never <input type="checkbox"/> Every few years <input type="checkbox"/> 1 time per year <input type="checkbox"/> 2+ times per year
32. PA2Orientation and training opportunities are provided for staff to learn about age-appropriate gross motor activities and games that promote children’s physical activity:	<input type="checkbox"/> Never <input type="checkbox"/> Every few years <input type="checkbox"/> 1 time per year <input type="checkbox"/> 2+ times per year
33. TPPhysical activity education ( <i>motor-skill development</i> ) is provided for children through evidence-based curriculum:	<input type="checkbox"/> Never <input type="checkbox"/> A few times per year <input type="checkbox"/> A few times per month <input type="checkbox"/> 1+ times per week

34. <sup>TP</sup> Education opportunities on physical activity are offered to parents via workshops, activities, take-home materials, newsletters, etc.:	<input type="checkbox"/> Never <input type="checkbox"/> Every few years <input type="checkbox"/> A few times a year <input type="checkbox"/> Monthly or more
35. <sup>TP</sup> A written policy on physical activity:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written, available and is always followed
36. <sup>PA3</sup> Written policies for the <u>promotion of physical activity</u> and the <u>removal of potential barriers</u> to physical activity participation:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written, available and is always followed
37. <sup>TP</sup> A written policy on physical activity is available and communicated to staff and parents:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Is available or not communicated <input type="checkbox"/> Is available and sometimes communicated <input type="checkbox"/> Is available and regularly communicated
38. <sup>ST1</sup> Screen media viewing ( <i>television, videos, DVDs, and computers</i> ) is used for children <u>younger than two years</u> :	<input type="checkbox"/> 5+ hours per week <input type="checkbox"/> 3 - 4 hours per week <input type="checkbox"/> 1 - 2 hours per week <input type="checkbox"/> never used
39. <sup>ST2</sup> Total media time ( <i>television, video, DVDs, and computers</i> ) is used for children <u>two years and older</u> :	<input type="checkbox"/> 5 + hours per week <input type="checkbox"/> 3 - 4 hours per week <input type="checkbox"/> 31 minutes - 2 hours per week <input type="checkbox"/> 30 minutes or less per week
40. <sup>ST4</sup> Screen media ( <i>television, video, DVD</i> ) viewing is used during meal or snack time:	<input type="checkbox"/> Always <input type="checkbox"/> Most of the time <input type="checkbox"/> Sometimes <input type="checkbox"/> Never <input type="checkbox"/> No snacks are served*
41. <sup>ST3</sup> Screen media is used for children two and older only for educational purposes or physical activity:	<input type="checkbox"/> Is not used for physical activity/educational purposes <input type="checkbox"/> Is used sometimes for physical activity/educational purposes <input type="checkbox"/> Is used most of the time for physical activity/educational purposes <input type="checkbox"/> Is used only for physical activity or educational purposes
42. <sup>TP</sup> The facility has comfortable common area place(s) that make it easy for any staff member or nursing mother to breastfeed:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
43. <sup>TP</sup> A written policy on breastfeeding for <u>staff</u> :	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written, available and is always followed

44. <sup>TP</sup> A written policy on breastfeeding for <u>parents</u> :	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written, available and is always followed
45. <sup>TP</sup> A written policy on breastfeeding is available and communicated to staff and parents:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Is not available or not communicated <input type="checkbox"/> Is available and sometimes communicated <input type="checkbox"/> Is available and regularly communicated
46. <sup>TP</sup> Staff receive training on promoting and supporting breastfeeding for families:	<input type="checkbox"/> Never <input type="checkbox"/> Upon enrollment only <input type="checkbox"/> Annually <input type="checkbox"/> 2+ times per year
47. <sup>TP</sup> Breastfeeding education opportunities are offered to parents and families via workshops, activities, take-home materials, newsletters, etc.:	<input type="checkbox"/> Never/every few years <input type="checkbox"/> Once a year <input type="checkbox"/> A few times a year <input type="checkbox"/> Monthly or more
48. <sup>TP</sup> Support for breastfeeding is visibly displayed in classrooms and common areas using posters, pictures, books, games, promotional materials, etc.:	<input type="checkbox"/> No support is visible <input type="checkbox"/> Is visible in some rooms <input type="checkbox"/> Is visible in almost all rooms <input type="checkbox"/> Is visible in all rooms
<b>Section 2</b>	
1. <sup>HMP5</sup> Sweet or salty foods and snacks ( <i>cookies, cakes, muffins, chips, pretzels, etc.</i> ) are offered:	<input type="checkbox"/> Daily <input type="checkbox"/> 3 - 4 times per week <input type="checkbox"/> 1 - 2 times per week <input type="checkbox"/> 1 - 2 times a month/never/no food served
2. <sup>HMP6</sup> Sugar products including concentrated sweets such as candy, soda, sweetened drink, fruit nectar, sweet tea, punches, flavored milk, soda are offered:	<input type="checkbox"/> 1+ times per week <input type="checkbox"/> A few times per month <input type="checkbox"/> A few times per year <input type="checkbox"/> Never
3. <sup>TP</sup> Staff join children at the table for meals/snacks:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
4. <sup>TP</sup> Meals/snacks are pre-plated for children with <u>appropriate portions</u> :	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
5. <sup>TP</sup> Food is served to children family-style to allow children to serve themselves seconds if requested:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
6. <sup>TP</sup> Staff eat or drink less healthy foods ( <i>especially sweets, soda, and/or fast food</i> ) in front of the children:	<input type="checkbox"/> Always <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never

7. <sup>HMP2</sup> Facilities require adults eating meals with children to eat items that meet nutrition standards:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
8. <sup>NSS</sup> Facility serves skim or 1% pasteurized milk to children 2 years of age and older:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
9. <sup>TP</sup> When a new food is introduced, children are encouraged by staff to try it:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
10. <sup>HMP3</sup> Small-sized, age appropriate portions are served:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
11. <sup>HMP1</sup> Children are taught portion sizes during mealtimes and nutrition lessons using plates, cups, bowls, and other nutritional tools that are developmentally appropriate:	<input type="checkbox"/> Never <input type="checkbox"/> A few times per year <input type="checkbox"/> A few times per month <input type="checkbox"/> 1+ times per week
12. <sup>TP</sup> Staff talk informally during meals/snacks with children about trying and enjoying healthy foods:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
13. <sup>HMP4</sup> Children are permitted to have one or more additional servings of nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
14. <sup>HMP4</sup> Staff teach children, who require limited portions, about portion sizes and staff monitor them:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
15. <sup>TP</sup> When fundraising, items offered are non-food items only ( <i>examples- wrapping paper, coupon books, wreaths, etc.</i> ):	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always <input type="checkbox"/> We do not fundraise*
16. <sup>PA7</sup> Allow toddlers ( <i>about 1-3 years</i> ) moderate to vigorous physical activity ( <i>active Play</i> ) per 8-hour day:	<input type="checkbox"/> Less than 30 minutes each day <input type="checkbox"/> 30 - 59 minutes each day <input type="checkbox"/> 60 - 90 minutes each day <input type="checkbox"/> More than 90 minutes each day <input type="checkbox"/> We do not have infants*

17. <sup>PA8</sup> Allow preschoolers ( <i>about 3-5 years</i> ) moderate to vigorous physical activity per 8-hour day:	<input type="checkbox"/> Less than 45 minutes each day <input type="checkbox"/> 45 - 89 minutes each day <input type="checkbox"/> 90 - 120 minutes each day <input type="checkbox"/> More than 120+ minutes each day
18. <sup>AG</sup> Active play time of any intensity ( <i>light, moderate, or vigorous intensity</i> ) is provided to all children, ages 3-5 year, per an 8-hour day:	<input type="checkbox"/> Less than 45 minutes each day <input type="checkbox"/> 45 - 89 minutes each day <input type="checkbox"/> 1.5 hours to less than 3 hours each day <input type="checkbox"/> More than 3 hours per day
19. <sup>TP</sup> If there is inclement weather or poor air quality, and children are unable to play outside, children are given the same amount of time to play inside:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
20. <sup>TP</sup> Staff speak informally with children about the importance of physical activity:	<input type="checkbox"/> Never <input type="checkbox"/> A few times per year <input type="checkbox"/> A few times per month <input type="checkbox"/> 1+ times per week
21. <sup>TP</sup> Facility allows flexible break times for breastfeeding staff to express their milk:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
22. <sup>TP</sup> Facility has a private space ( <i>with lock</i> ) for nursing mothers to express milk ( <i>other than a restroom</i> ):	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
23. <sup>TP</sup> Facility provides adequate refrigerator/freezer space for mothers and staff to store expressed breast milk:	<input type="checkbox"/> Is not available <input type="checkbox"/> Is sometimes available <input type="checkbox"/> Is often available <input type="checkbox"/> Is always available
24. <sup>BS1</sup> Encourage and support breastfeeding and feeding of breastmilk by making arrangement for mothers to feed their children comfortably on-site:	<input type="checkbox"/> Does not have <input type="checkbox"/> Sometimes has <input type="checkbox"/> Always has <input type="checkbox"/> Always has and it in common area
<b>Section 3</b>	
1. <sup>TP</sup> Fruit is offered:	<input type="checkbox"/> Less than 3 times per week <input type="checkbox"/> 4 times per week <input type="checkbox"/> 1 time per day <input type="checkbox"/> 2+ times per day
2. <sup>NS9</sup> When fruit juice is served, it is 100% fruit juice, with no added sweeteners -it can be fresh, frozen, or canned:	<input type="checkbox"/> When served, it has added sweeteners <input type="checkbox"/> When served, it is usually 100% <input type="checkbox"/> When served, it is always 100% <input type="checkbox"/> We don't serve any fruit juice
3. <sup>NS10</sup> 100% juice is served:	<input type="checkbox"/> Anytime throughout the day <input type="checkbox"/> Only with meals and snacks <input type="checkbox"/> Only with meals <input type="checkbox"/> Is never served



4. <sup>NS8</sup> A variety of fruits, especially whole fruits, are offered:	<input type="checkbox"/> Less than 3 times per week <input type="checkbox"/> 3 - 4 times per week <input type="checkbox"/> 1 time per day <input type="checkbox"/> 2+ times per day
5. <sup>TP</sup> Vegetables are offered:	<input type="checkbox"/> Less than 3 times per week <input type="checkbox"/> 3 - 4 times per week <input type="checkbox"/> 1 time per day <input type="checkbox"/> 2+ times per day
6. <sup>NS7</sup> Vegetables, especially dark green, orange, deep yellow, or root vegetables, are served:	<input type="checkbox"/> Once a week or less <input type="checkbox"/> 2 times per week <input type="checkbox"/> 3 - 4 times per week <input type="checkbox"/> 1+ times per day
7. <sup>TP</sup> Vegetables are cooked with butter, margarine, or meat fat:	<input type="checkbox"/> Always <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never
8. <sup>TP</sup> Fried or pre-fried potatoes ( <i>French fries, tater tots, hash browns</i> ) are offered:	<input type="checkbox"/> 3+ times per week <input type="checkbox"/> 2 times per week <input type="checkbox"/> 1 time per week <input type="checkbox"/> Never
9. <sup>TP</sup> Fried/pre-fried frozen or breaded meats/fish ( <i>chicken nuggets or fish sticks</i> ) are offered:	<input type="checkbox"/> 3+ times per week <input type="checkbox"/> 2 times per week <input type="checkbox"/> 1 time per week <input type="checkbox"/> 1 - 2 times a month/never
10. <sup>NS1</sup> Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturate fats and fried foods:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
11. <sup>NS3</sup> Serve milk equivalent products such as yogurt and cottage cheese, using low-fat varieties for children 2 years of age and older:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
12. <sup>NS2</sup> Serve legumes ( <i>beans, dried peas, lentils, etc.</i> ) and/or non-fried meats ( <i>chicken, fish, lean meat</i> ):	<input type="checkbox"/> Never <input type="checkbox"/> 1 - 2 times a month <input type="checkbox"/> 1 - 2 times per week <input type="checkbox"/> 3+ times per week
13. <sup>TP</sup> Our facility serves meat-less meals on the menu to all children:	<input type="checkbox"/> Never <input type="checkbox"/> Once a month <input type="checkbox"/> 2 - 3 times per month <input type="checkbox"/> 1+ times per week
14. <sup>NS6</sup> Whole grain foods ( <i>whole wheat bread, cereal, pasta, oatmeal, brown rice, finger cereals, etc.</i> ) are offered:	<input type="checkbox"/> Once a week or less <input type="checkbox"/> 2 - 4 times per week <input type="checkbox"/> One time per day <input type="checkbox"/> 2+ more times per day

15. <sup>TP</sup> When children eat less than half a meal or snack, the staff talk with the child and help determine if they are full before removing the plate, but do not force children to eat:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
16. <sup>TP</sup> When children are allowed to feed themselves, they are encouraged to stop eating when they are full and taught to pay attention to fullness cues:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
17. <sup>TP</sup> Fruit juice:	<input type="checkbox"/> Is served as a fruit juice substitute ( <i>Capri Sun, Sunny Delight, etc.</i> ) <input type="checkbox"/> If served, is sometimes 100% <input type="checkbox"/> If served, is always 100% <input type="checkbox"/> Is never served
18. <sup>NS11</sup> Children ages 1-6 years receive:	<input type="checkbox"/> 12 oz or more of 100% juice a day <input type="checkbox"/> 6 - <12 oz of 100% juice a day <input type="checkbox"/> 4 - <6 oz of 100% juice a day <input type="checkbox"/> Juice is never served
19. <sup>NS12</sup> Children ages 7-12 years receive:	<input type="checkbox"/> 18 oz or more of 100% juice a day <input type="checkbox"/> 8 - <18 oz of 100% juice a day <input type="checkbox"/> 8 <8 oz of 100% juice a day <input type="checkbox"/> Juice is never served <input type="checkbox"/> Our facility does not have children ages 7-12*
20. <sup>TP</sup> The facility uses a:	<input type="checkbox"/> 1-week cycle menu <input type="checkbox"/> 2-week cycle menu <input type="checkbox"/> 3+ week cycle menu without seasonal changes <input type="checkbox"/> 3+ week cycle menu with seasonal changes
21. <sup>TP</sup> Weekly cycle menus include both familiar foods and foods that may be new to the children:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
<b>Section 4</b>	
1. <sup>IFP9</sup> Whole fruit, mashed or pureed, for infants 7 months up to 1 year, is served:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
2. <sup>TP</sup> Whole vegetable, mashed or pureed, for infants 7 months up to 1 year, is served:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
3. <sup>IF10</sup> Fruit juice is offered to children younger than 12 months of age:	<input type="checkbox"/> Always <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never

4. <sup>NS4</sup> Whole pasteurized milk is served to 12- to 24-month-old children who are not on human milk or prescribed formula ( <i>or have dietary exceptions</i> ):	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
5. <sup>NS4</sup> Reduced fat (2%) pasteurized milk is served to 12- to 24-month-old children who are at risk for high cholesterol or obesity:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
6. <sup>TP</sup> Children are seated ( <i>excluding naps and meals</i> ) for more than 30 minutes at a time:	<input type="checkbox"/> Always <input type="checkbox"/> Often <input type="checkbox"/> Sometimes <input type="checkbox"/> Never
7. <sup>PA11</sup> Infant equipment ( <i>swings, seats, stationary activity centers, etc.</i> ) are used:	<input type="checkbox"/> 4+ hours per day <input type="checkbox"/> 2 - 3 hours per day <input type="checkbox"/> 1 - 2 hours per day <input type="checkbox"/> Only for short periods or never
8. <sup>PA10</sup> Infants have supervised interactive tummy time when they are awake:	<input type="checkbox"/> Never <input type="checkbox"/> A few times a month <input type="checkbox"/> A few times each week <input type="checkbox"/> Daily
9. <sup>TP</sup> Appropriate portable play equipment is provided for all infants, including those with special needs:	<input type="checkbox"/> Never <input type="checkbox"/> A few times a month <input type="checkbox"/> A few times each week <input type="checkbox"/> Daily
10. <sup>TP</sup> Each breastfeeding infant has a written feeding and communication plan on file, to address their individual feeding needs:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written, available and is always followed
11. <sup>IF2</sup> Infants are fed according to responsive cues:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
12. <sup>IF3</sup> Staff do not feed infants beyond satiety and according to responsive cues, and allow infant to control or stop the feeding:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
13. <sup>IF4</sup> Infants are held while bottle feeding:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
14. <sup>IF8</sup> Do not feed an infant formula mixed with cereal, fruit juice or other foods without the primary care provider's written instruction:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always

15. <sup>INS</sup> Develop a plan for introducing age-appropriate solid foods in consultation with the child's parent/guardian and primary care providers ( <i>includes food preferences, intolerance, allergies</i> ):	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written, available and is always followed
16. <sup>TP</sup> Staff assist and encourage older infants as they learn to feed themselves:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
17. <sup>TP</sup> Professional development training on infant breastfeeding and nutrition is provided for teachers and staff:	<input type="checkbox"/> Never <input type="checkbox"/> Every few years <input type="checkbox"/> 1 time per year <input type="checkbox"/> 2+ times per year
18. <sup>TP</sup> Education opportunities on infant feeding and nutrition are offered to parents and families via workshops, activities, newsletters, take-home materials, newsletters, etc.:	<input type="checkbox"/> Never <input type="checkbox"/> Every few years <input type="checkbox"/> A few times a year <input type="checkbox"/> Monthly or more
19. <sup>TP</sup> Facilities with enrolled children provide breastfeeding information to pregnant women and families:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
20. <sup>TP</sup> Facilities promote breastfeeding to expecting mothers/families at all stages ( <i>prenatal, postpartum, infants</i> ) at their facility:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/> Always
21. <sup>TP</sup> Staff are trained in breastfeeding:	<input type="checkbox"/> Never <input type="checkbox"/> Every few years <input type="checkbox"/> 1 time per year <input type="checkbox"/> 2+ times per year
22. <sup>IF7</sup> Breastfed infants are gradually introduced to iron-fortified foods at:	<input type="checkbox"/> Less than four months of age <input type="checkbox"/> Four months of age <input type="checkbox"/> Five months of age <input type="checkbox"/> Six months of age or older
23. <sup>IF6</sup> Infants are fed age-appropriate solid foods at:	<input type="checkbox"/> Less than four months of age <input type="checkbox"/> Four months of age <input type="checkbox"/> Five months of age <input type="checkbox"/> Six months of age or older
24. <sup>TP</sup> A written policy on infant feeding:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written, available and is always followed
25. <sup>TP</sup> A written policy on infant feeding is available and communicated to staff and parents:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Is available or not communicated <input type="checkbox"/> Is available and sometimes communicated <input type="checkbox"/> Is available and regularly communicated

26. <sup>IF1</sup> Human milk or infant formula ( <i>not cow's milk</i> ) is served to at least age 12 months, unless written exception is provided by the primary care provider and parent/guardian:	<input type="checkbox"/> We don't obtain written permission <input type="checkbox"/> We obtain written permission only from the parent/guardian <input type="checkbox"/> We obtain written permission only from the provider <input type="checkbox"/> We obtain written permission from both
27. <sup>TP</sup> Staff support and encourage women to meet the recommendations of the American Academy of Pediatrics to exclusively breastfeed their baby for the first six months:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
28. <sup>TP</sup> Staff support and encourage women to meet the recommendations of the World Health Association to breastfeed their child for a minimum of 2 years, or thereafter until mutually desired:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
29. <sup>TP</sup> Families are taught how to properly store and label the mother's breast milk for their child's use in the facility:	<input type="checkbox"/> Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Most of the time <input type="checkbox"/> Always
30. <sup>TP</sup> Procedures are in place to properly prepare, feed, and store mothers' milk; and staff are trained on these procedures upon hire:	<input type="checkbox"/> Does not exist <input type="checkbox"/> Not written but concepts followed <input type="checkbox"/> Is written but not always followed <input type="checkbox"/> Is written, available and is always followed

**Total Score** \_\_\_\_\_

Endorsement Level	Section 1	Section 1-2	Section 1-3	Section 1-4
<b>5 Star (~93%)</b>	134-144 Points	201-216 Points	259-279 Points	318-342 Points
<b>4 Star (~83%)</b>	120-133 Points	179-200 Points	232-258 Points	284-317 Points
<b>3 Star (~74%)</b>	107-119 Points	160-178 Points	206-231 Points	253-283 Points
<b>2 Star (~67%)</b>	96-106 Points	145-159 Points	187-205 Points	229-252 Points
<b>1 Star (~60%)</b>	86-95 Points	130-144 Points	167-186 Points	205-228 Points

Number indicates CDC's 47 Standards (Indicators)

BS – Breastfeeding Support, IFP - Infant Feeding Practices, NS – Nutrition Standards, HMP – Health Mealtime Practices, PA – Physical Activity, ST – Screen Time, TS – TOP Star, AG – American Guidelines for Physical Activity

Note: some CDC indicators are broken out into two questions, some have the question content in the answer selection, some have more points (or answer options) than what the CDC included. When evaluating, assign points to reflect this.

Section 3, Q2 - tricky interpretation since no juice served is best but didn't capture that in this question. But it is better captured in Q3 by "it is never served."

\*This answer offers 3 points so facility isn't penalized since they don't conduct this activity.