



## NUTRITION AND PHYSICAL ACTIVITY-CENTERS

Level 1	Level 2	Level 3	Level 4	Level 5
<p><b>Food Safety</b> If self-prep, ServSafe <b>(cook)</b> <b>OR</b> If vended, a minimum of 4 hours of food safety &amp; sanitation training for center <b>staff responsible for food preparation, service,</b> and clean up – Institute of Child Nutrition online training or training from other DHS approved organization.</p> <p><b>AND</b> <b>All staff who supervise meals</b> must receive basic food safety and sanitation training*</p> <p><b>AND</b> Let's Move Assessment</p> <p><b>AND FOR CENTERS SERVING 0-24 MONTHS</b></p> <ul style="list-style-type: none"> <li>• All infant room staff must receive additional food safety training*</li> </ul> <p>*DE will develop online modules with printable certificates as documentation on topics the board wants included.</p>	<p><b>Participate in CACFP</b> <b>OR</b> CACFP Meal Pattern Training for <b>menu planner and person responsible for supervising them</b><sup>1</sup>- <b>AND</b> Infant Feeding Training for <b>infant staff and person responsible for supervising them</b><sup>2</sup> <b>AND</b> Meal-time supervision Training for <b>all staff responsible for supervising children during mealtime and person responsible for supervising</b><sup>3</sup></p> <p><b>AND</b></p> <p><b>Based on the Let's Move Assessment, create policies and implement these practices:</b></p> <p><b>Let's Move Goals Regarding Beverages:</b></p> <ol style="list-style-type: none"> <li>1. Have water visible and available inside and outside for self-serve at all times.</li> <li>2. Serve children two</li> </ol>	<p><b>Participate in CACFP</b> <b>OR if exempt</b> <b>Choose 2 out of 8 options :</b></p> <ol style="list-style-type: none"> <li>1. <b>NAP SACC</b></li> <li>2. <b>DE Team Nutrition Online Training</b> (choose one for all staff) <ul style="list-style-type: none"> <li>• Healthy Menu Makeover</li> <li>• Farm to Childcare</li> <li>• Trying New Food</li> <li>• Nutrition Education in the Child Care Setting</li> <li>• Providing Opportunities For Active Play</li> </ul> </li> <li>3. <b>Farm to Child Care Activity</b> (choose one) <ul style="list-style-type: none"> <li>• Purchasing local and regional foods for meals</li> <li>• Incorporating agricultural education such as Grow It, Try It, Like It</li> <li>• Taste testing local foods</li> <li>• Harvest of the Month</li> <li>• Center garden</li> <li>• Field trip to farmer's market or farm</li> </ul> </li> </ol>	<p><b>Participate in CACFP plus accomplish one goal below</b> <b>OR if exempt</b> <b>Choose 2 in addition to the 2 selected for level 3 (total of 4 below):</b></p> <ol style="list-style-type: none"> <li>1. <b>Healthier CACFP Award</b><sup>1</sup></li> <li>2. <b>Let's Move</b><sup>2</sup>- Serve all meals to preschoolers and school-aged children family-style.</li> <li>3. <b>Let's Move</b><sup>2</sup>- Serve a fruit and/or a vegetable at every meal.</li> <li>4. <b>Let's Move</b><sup>2</sup>-Offer fried or pre-fried foods no more than once a month.</li> <li>5. <b>Let's Move</b><sup>2</sup>- Screen Time</li> <li>6. <b>Let's Move</b><sup>2</sup>- Breast Feeding Support</li> <li>7. <b>Let's Move</b><sup>2</sup>- Physical Activity</li> </ol> <p><sup>1</sup>Choose an area or if already an awardee, another area (physical activity, nutrition education and environment) or move up a level with menus. (Must be on CACFP)</p>	<p><b>Participate in CACFP accomplish plus two goals below (total 3),</b> including one physical activity focused goal <b>OR if exempt</b> <b>Choose 2 in addition to the 4 selected for levels 3 &amp; 4 (total of 6 below):</b></p> <ol style="list-style-type: none"> <li>1. <b>Healthier CACFP Award</b><sup>1</sup></li> <li>2. <b>Let's Move</b><sup>2</sup>- Serve all meals to preschoolers and school-aged children family-style.</li> <li>3. <b>Let's Move</b><sup>2</sup>- Serve a fruit and/or a vegetable at every meal.</li> <li>4. <b>Let's Move</b><sup>2</sup>-Offer fried or pre-fried foods no more than once a month.</li> <li>5. <b>Let's Move</b><sup>2</sup>- Screen Time</li> <li>6. <b>Let's Move</b><sup>2</sup>- Breast Feeding Support</li> <li>7. <b>Let's Move</b><sup>2</sup>- Physical Activity</li> </ol> <p><sup>1</sup>Choose an area or if already an awardee, another area (physical activity, nutrition education and</p>

	<p>years and older only 1%, skim or non-fat milk.</p> <p>3. For children one to two years old, serve whole milk.</p> <p>4. Infants receive only breast milk and/or formula.</p> <p>5. Serve only 100% fruit juice.</p> <p>6. Serve juice no more than one time per day.</p> <p><sup>1</sup>CACFP Module 2 available on-line with certificate  <sup>2</sup>CACFP Module 15 available on-line with 2 certificates  <sup>3</sup> DE is developing and online Module "Meaningful Mealtimes" with certificate</p> <p>Documentation is policies to show implementation of practice</p> <p>Documentation may include menus and receipts.</p>	<p>4. Let's Move<sup>2</sup>- Serve all meals to preschoolers and school-aged children family-style.</p> <p>5. Let's Move<sup>2</sup>- Screen Time</p> <p>6. Let's Move<sup>2</sup>- Breast Feeding Support</p> <p>7. Let's Move<sup>2</sup>- Physical Activity</p> <p><b>8. BMER (Building Mealtimes Environments and Relationships – University of Idaho (for preschool programs only)</b></p> <p><sup>2</sup>See checklist for requirements and documentation.</p>	<p><sup>2</sup>See checklist for requirements and documentation (needs to be developed).</p>	<p>environment) or move up a level with menus. (Must be on CACFP)</p> <p><sup>2</sup>See checklist for requirements and documentation (needs to be developed).</p>
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