



Nutrition and Physical Activity Self-Assessment for Child Care

Your Name: _____ Date: _____

Child Care Facility Name: _____

Please read each statement or question carefully and check the response that best fits your child care facility. Refer to the instruction sheet for clarification of question, examples, and definitions.

SECTION I: NUTRITION

(N1) Fruits and Vegetables

A. Fruit (not juice) is offered:	<input type="checkbox"/> 3 times per week or less	<input type="checkbox"/> 4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
B. Fruit is offered canned in own juice (no syrups), fresh, or frozen:	<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. Vegetables (not including French fries, tater tots, hash browns, or dried beans) are offered:	<input type="checkbox"/> 2 times per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
D. Vegetables, other than potatoes, corn, and green beans, are offered:	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day
E. Cooked vegetables are prepared with added meat fat, margarine or butter:	<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

(N2) Meats, Fats, and Grains

A. Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered:	<input type="checkbox"/> 3 or more times per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than once a week or never
B. Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered:	<input type="checkbox"/> 3 or more times per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than once a week or never
C. High fat meats (sausage, bacon, hot dogs, bologna, ground beef) are offered:	<input type="checkbox"/> 3 or more times per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than once a week or never

D. Beans or lean meats (baked or broiled chicken, turkey, or fish) are offered:	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day
E. High fiber, whole grain foods (whole wheat bread, oatmeal, brown rice, Cheerios®, etc) are offered:	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 times per day	<input type="checkbox"/> 2 or more times per day
F. Sweets or salty foods (cookies, cakes, muffins, chips, etc) are offered:	<input type="checkbox"/> 1 or more times per day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than once a week or never

(N3) Beverages

A. Drinking water outside is:	<input type="checkbox"/> Not visible	<input type="checkbox"/> Visible, but only available during designated water breaks	<input type="checkbox"/> Easily visible and available on request	<input type="checkbox"/> Easily visible and available for self-serve
B. Drinking water inside is:	<input type="checkbox"/> Not visible	<input type="checkbox"/> Visible, but only available during designated water breaks	<input type="checkbox"/> Easily visible and available on request	<input type="checkbox"/> Easily visible and available for self-serve
C. <u>100%</u> fruit juice is offered:	<input type="checkbox"/> 2 or more times per day	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 2 times per week or less
D. Sugary drinks (Kool-Aid™, sports drinks, sweet tea, punches, soda) other than 100% juice are offered:	<input type="checkbox"/> 1 or more times per week	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> Rarely or never
E. Milk served to children ages 2 years and older is usually:	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> 2% reduced fat	<input type="checkbox"/> 1% low-fat	<input type="checkbox"/> Skim/Non-fat
F. Soda and other vending machines are located:	<input type="checkbox"/> In entrance or front of building	<input type="checkbox"/> In public areas, but not entrance	<input type="checkbox"/> Out of sight of parents and children	<input type="checkbox"/> No vending machines on site

(N4) Menus and Variety

A. Menus used are:	<input type="checkbox"/> 1-week cycle	<input type="checkbox"/> 2-week cycle	<input type="checkbox"/> 3-week cycle or more without seasonal change	<input type="checkbox"/> 3-week cycle or more with seasonal change
B. Weekly menus include a combination of both new and familiar foods:	<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. Weekly menus include foods from a variety of cultures:	<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
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(N5) Feeding Practices

A. When children eat less than half of a meal or snack, the staff help determine if they are full before removing the plate:	<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
B. When children request seconds, staff help determine if they are still hungry before serving additional food:	<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. Children are encouraged by staff to try a new or less favorite food:	<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
D. Food is used to encourage positive behavior:	<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

(N6) Foods Offered Outside of Regular Meals and Snacks

A. Guidelines provided to parents for food brought in for holidays or celebrations are:	<input type="checkbox"/> Not available	<input type="checkbox"/> Loose guidelines with healthier options encouraged	<input type="checkbox"/> Written guidelines for healthier options that are not always enforced	<input type="checkbox"/> Written guidelines for healthier options that are usually enforced
B. Holidays are celebrated with mostly healthy foods or with non-food treats like stickers:	<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. Fundraising consists of selling only non-food items (like wrapping paper, coupon books or magazines):	<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

(N7) Supporting Healthy Eating

A. Staff join children at the table for meals:	<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
B. Meals are served family style (children serve themselves with limited help):	<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. Staff consume the same food and drinks as the children:	<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

D. Staff eat or drink less healthy foods (especially sweets, soda and fast food) in front of the children:	<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
E. Staff talk informally with children about trying and enjoying healthy foods:	<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
F. Support for good nutrition is visibly displayed in 2 to 5 year old classrooms and common areas by:	<input type="checkbox"/> No posters, pictures, or books about healthy food displayed	<input type="checkbox"/> A few posters, pictures, or books about healthy food displayed in a few rooms	<input type="checkbox"/> Posters, pictures, or books about healthy food displayed in most rooms	<input type="checkbox"/> Posters, pictures, or books about healthy food displayed in every room

(N8) Nutrition Education for Staff, Children, and Parents

A. Training opportunities on nutrition (other than food safety and food program guidelines) are provided for staff:	<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. Nutrition education is provided for children through a standardized curriculum:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 times per month	<input type="checkbox"/> 1 time per week or more
C. Nutrition education opportunities are offered to parents (workshops, activities and take home materials):	<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

(N9) Nutrition Policy

A. A written policy on nutrition and food service that covers most of the above topics:	<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 and followed
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SECTION II: PHYSICAL ACTIVITY

(PA1) Active Play and Inactive Time

A. Active play time is provided to all preschool children:	<input type="checkbox"/> 45 minutes or less each day	<input type="checkbox"/> 46-90 minutes each day	<input type="checkbox"/> 91-120 minutes each day	<input type="checkbox"/> More than 120 minutes each day
B. Teacher-led physical activity is provided to all preschool children:	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day

Ammerman, AS, Benjamin, SE, Sommers, JK, Ward, DS. 2004. The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) environmental self-assessment instrument. Division of Public Health, NC DHHS, Raleigh, NC, and the Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill. Revised May 2007.

C. Outdoor active play is provided for all preschool children:	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
D. Active play time is withheld for children who misbehave:	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never	<input type="checkbox"/> Never and we provide more active play time for good behavior
E. Preschool children are seated (excluding naps and meals) more than 30 minutes at a time:	<input type="checkbox"/> 1 or more times per day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than once a week or never

(PA2) Play Environment

A. Fixed play equipment (tunnels, balancing equipment, climbing equipment, overhead ladders) is:	<input type="checkbox"/> Unavailable at our site	<input type="checkbox"/> Only one type of equipment is available	<input type="checkbox"/> Different equipment available that suits most children	<input type="checkbox"/> Wide variety of equipment available and accommodates needs of all children
B. Portable play equipment (wheel toys, balls, hoops, ribbons) consists of:	<input type="checkbox"/> Little variety and children must take turns	<input type="checkbox"/> Some variety but children must take turns	<input type="checkbox"/> Good variety but children must take turns	<input type="checkbox"/> Lots of variety for children to use at the same time
C. Outdoor portable play equipment is:	<input type="checkbox"/> Available during special times only	<input type="checkbox"/> Located out of child sight and reach, staff must access	<input type="checkbox"/> Available on request	<input type="checkbox"/> Freely available by children at all times
D. Outdoor play space includes:	<input type="checkbox"/> No open running spaces or track/path for wheeled toys	<input type="checkbox"/> Very limited open running space, no track/path for wheeled toys	<input type="checkbox"/> Plenty of open running space, no track/path for wheeled toys	<input type="checkbox"/> Plenty of open running spaces and a track/path for wheeled toys
E. Indoor play space is available:	<input type="checkbox"/> For quiet play only	<input type="checkbox"/> For very limited movement (jumping and rolling)	<input type="checkbox"/> For some active play (jumping, rolling and skipping)	<input type="checkbox"/> For all activities, including running

(PA3) Supporting Physical Activity

A. During active play time staff:	<input type="checkbox"/> Supervise play only (mostly sit or stand)	<input type="checkbox"/> Sometimes encourage children to be active	<input type="checkbox"/> Sometimes encourage children to be active and join children in active play	<input type="checkbox"/> Often encourage children to be active and join children in active play
B. Support for physical activity is visibly displayed in 2 to 5 year old classrooms and common areas by:	<input type="checkbox"/> No posters, pictures, or books about physical activity displayed	<input type="checkbox"/> A few posters, pictures, or books about physical activity displayed in a few rooms	<input type="checkbox"/> Posters, pictures, or books about physical activity are displayed in most rooms	<input type="checkbox"/> Posters, pictures, or books about physical activity are displayed in every room

(PA4) Physical Activity Education for Staff, Children, and Parents

A. Training opportunities are provided for staff in physical activity (not including playground safety):	<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. Physical activity education (motor-skill development) is provided for children through a standardized curriculum:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 times per month	<input type="checkbox"/> 1 time per week or more
C. Physical activity education is offered to parents (workshops, activities and take home materials):	<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

(PA5) Physical Activity Policy

A. A written policy on physical activity that covers most of the above topics:	<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 and followed
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For more information about this self-assessment instrument and the NAP SACC project, please visit www.napsacc.org.

Please use the following citation when referencing this instrument: Ammerman, AS, Benjamin, SE, Sommers, JK, Ward, DS. 2004. The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) environmental self-assessment instrument. Division of Public Health, NC DHHS, Raleigh, NC, and the Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill. Revised May 2007.



Infant/Toddler Physical Activity

Short supervised periods of tummy time are provided for all infants, including those with special needs:	<input type="checkbox"/> Less than once per day	<input type="checkbox"/> Once per day, everyday	<input type="checkbox"/> 2 times per day, most days	<input type="checkbox"/> Several times each day
Use of swings, infants seats (e.g., exersaucers, car seats, molded seats) is limited to 15 minutes (or less):	<input type="checkbox"/> More than 4 times per day per child, or used for more than 15 minutes at a time	<input type="checkbox"/> 3-4 times per day per child	<input type="checkbox"/> 2-3 times per day per child	<input type="checkbox"/> 1-2 times per day per child
Infants , including those with special needs, are taken outside:	<input type="checkbox"/> Less than 1 time per day	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 1-2 times per day	<input type="checkbox"/> 2-3 times per day
When outdoors, infants are provided opportunities for exploration (e.g., rolling, scooting, crawling, walking):	<input type="checkbox"/> Less than 1 time per week or never	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times each day
Active play time (indoor and outdoor) is provided to all toddlers , including children with special needs:	<input type="checkbox"/> 15-30 minutes each day	<input type="checkbox"/> 31-45 minutes each day	<input type="checkbox"/> 46-60 minutes each day	<input type="checkbox"/> 60-90 minutes each day
Outdoor active play time is provided to all toddlers , including children with special needs:	<input type="checkbox"/> 1 time a day for 30 minutes or less	<input type="checkbox"/> 1 or more times a day for a total of 30-45 minutes	<input type="checkbox"/> 1 or more times a day for a total of 45-60 minutes or more	<input type="checkbox"/> 2 or more times each day for a total of 60 minutes or more

The Let's Move! Child Care Checklist is based on the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. Checklist 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.

Screen Time Provisions

Toddlers and infants are allowed to watch	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> Never
For preschool children, the amount of screen time allowed is:	<input type="checkbox"/> More than 2 hours per week of total screen time at child care.	<input type="checkbox"/> 2 hours or less per week of total screen time at child care.	<input type="checkbox"/> 1 hour or less per week for total screen time at child care.	<input type="checkbox"/> 30 minutes per week or less for total screen time at child care.
In preschool classrooms, televisions are:	<input type="checkbox"/> Located in every classroom	<input type="checkbox"/> Located in most classrooms	<input type="checkbox"/> Located in some classrooms	<input type="checkbox"/> Stored outside of classrooms, except for occasional use
For preschool children, television/DVD viewing includes:	<input type="checkbox"/> All types of programming and videos; with limited coordination with the curriculum	<input type="checkbox"/> Educational and some commercial programming and videos, some of which are integrated with the curriculum	<input type="checkbox"/> Mostly educational, age-appropriate programming and videos, many of which are integrated with the curriculum	<input type="checkbox"/> Only commercial-free, age-appropriate, educational programming that is integrated with the curriculum
For preschool children, television/DVD viewing during meals or snack time occurs:	<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
Television/video viewing is used as a reward in preschool children's classrooms:	<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
Among preschool children, computers are:	<input type="checkbox"/> Available for use all of the time, and time allowed per child is unlimited	<input type="checkbox"/> Available several times during the day, and each child is allowed between 30 and 45 minutes per day	<input type="checkbox"/> Available only during a set time of day, and each child is allowed between 15 and 30 minutes per day	<input type="checkbox"/> Available only during a set time of day, and each child is limited to 15 minutes per day

Provider Behaviors

During screen time activities with preschool children, providers supervise and watch with the children:	<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
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Education

Providers are offered training opportunities on screen time reduction and/or media literacy :	<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
Parents of preschool children are offered screen time reduction and/or media literacy education (e.g., special programs, newsletters, or 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

At our child care facility, a written policy on screen time that includes provider behaviors, education, and screen time use:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is generally followed but is not written	<input type="checkbox"/> Is written, generally followed, and sometimes shared with parents	<input type="checkbox"/> Is written, available, followed, and always shared with parents
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Breastfeeding Support

<p>A. A designated area for mothers, other than a bathroom, to breastfeed their infants is:</p>	<input type="checkbox"/> Not available	<input type="checkbox"/> Only available upon request	<input type="checkbox"/> Always available, has appropriate seating, but lacks either privacy or an electrical outlet.	<input type="checkbox"/> Always available, has appropriate seating, is shielded from view and free from intrusion, and has an electrical outlet.
<p>B. Culturally appropriate breastfeeding support materials including pictures, posters brochures, pamphlets and other resources (not those produced or supplied by commercial entities, including but not limited to, manufacturers of infant formula) are:</p>	<input type="checkbox"/> Not displayed.	<input type="checkbox"/> Displayed but are limited.	<input type="checkbox"/> Displayed and include most of the following: pictures, posters, brochures, pamphlets or other resources	<input type="checkbox"/> Displayed in several areas of the facility and include all of the following: pictures, posters, brochures, pamphlets or other resources.
<p>C. The facility provides:</p>	<input type="checkbox"/> No refrigerator or freezer space for mothers to store expressed milk.	<input type="checkbox"/> Limited refrigerator and freezer space is sometimes available for mothers to store expressed milk.	<input type="checkbox"/> Sufficient refrigerator and freezer space that is available most of the time for mothers to store expressed milk.	<input type="checkbox"/> Sufficient refrigerator and freezer space that is always available for mothers to store expressed milk.
<p>D. The facility provides learning and play materials for children which normalize breastfeeding, including books that contain pictures of breastfeeding and baby dolls that are nursing.</p>	<input type="checkbox"/> No toys and books portraying breastfeeding are available.	<input type="checkbox"/> A few toys and books portraying breastfeeding are available.	<input type="checkbox"/> Most classrooms have toys and books portraying breastfeeding.	<input type="checkbox"/> All classrooms have toys and books portraying breastfeeding.
<p>E. A feeding plan filled out by a parent/guardian and/or healthcare provider is:</p>	<input type="checkbox"/> Posted	<input type="checkbox"/> Posted but not updated regularly	<input type="checkbox"/> Posted and regularly updated.	<input type="checkbox"/> Posted, regularly updated, and a daily report made to parents.
<p>F. As part of the feeding plan, support for breastfeeding is:</p>	<input type="checkbox"/> Not explicitly included.	<input type="checkbox"/> Sometimes included, but relies on the caregiver to add additional information to standard form.	<input type="checkbox"/> Usually included, and part of the checklists/blanks to be filled in by parents and caregivers.	<input type="checkbox"/> Always included, covering age-appropriate introduction of solid food, feeding in response to baby's cues, and

				inviting the mother to come to the center to nurse her baby.
Parent and Staff Education				
A. Caregivers obtain training on age-appropriate infant feeding practices, including safe handling and storage of human milk.	<input type="checkbox"/> Rarely or never on these topics	<input type="checkbox"/> Only as a part of new staff orientation.	<input type="checkbox"/> 1 time per year on some of these topics	<input type="checkbox"/> 1 time per year on all these topics
B. Caregivers obtain training on promoting and supporting breastfeeding, including exclusive breastfeeding:	<input type="checkbox"/> Rarely or ever on these topics	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year on some of these topics	<input type="checkbox"/> 2 or more times per year on all of these topics
C. Breastfeeding families are instructed how to properly label and store human milk for use in the child care facility.	<input type="checkbox"/> Families rarely or never receive information on proper storage and handling of human milk.	<input type="checkbox"/> Families receive information on proper storage and handling of human milk informally and not in writing.	<input type="checkbox"/> Most families receive written guidelines on proper storage and handling of human milk for child care center use.	<input type="checkbox"/> All families receive written guidelines on proper storage and handling of human milk and all human milk in the facility is properly labeled.
Policy				
A. An explicit policy for promoting breastfeeding and supporting breastfeeding families:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Exists informally, but is not written regularly communicated to staff or parents	<input type="checkbox"/> Is written, but not always communicated to staff or parents.	<input type="checkbox"/> Is written, readily available, and regularly communicated to staff and parents.
B. The facility's breastfeeding-friendly policy is communicated to expectant mothers, families with infants and visitors.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes, if asked.	<input type="checkbox"/> Usually	<input type="checkbox"/> Always

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