



# Smarter Mealtimes Scorecard



Date \_\_\_\_\_ Site Name \_\_\_\_\_ Completed by \_\_\_\_\_

The Smarter Mealtimes Scorecard is a list of simple, inexpensive strategies to promote healthy eating in half- or full-day programs that serve young children. These strategies work in childcare centers, Head Start programs, and family homecare settings.

## Instructions

1. Review the scorecard.
2. Observe meal and snack times throughout a single day. Check off statements that are completely true on the observed day. (Check with caregivers about daily routines.)
3. Add up the Scorecard total to determine your award level.
4. Go to [SmarterLunchrooms.org/Smarter-Mealtimes](http://SmarterLunchrooms.org/Smarter-Mealtimes) for information, tips, recipes, links to signs and labels, and other helpful advice for implementing the strategies.
5. Choose 2-3 unchecked strategies to incorporate into your daily routine. Use the Smarter Mealtimes Challenge worksheet to track your progress.
6. Once the new strategies are part of the daily routine, excellent! Keep it up! Fill out a new Scorecard and repeat this process at least once per year.

For more information visit:

[SmarterLunchrooms.org/Smarter-Mealtimes](http://SmarterLunchrooms.org/Smarter-Mealtimes)

- During at least one meal per day, children are given a choice between at least two types of fruit. Fruits can be fresh, frozen, canned, or dried.\*
- During at least one meal per day, children are given a choice between at least two types of vegetable. Vegetables can be fresh, frozen, canned, or dried.\*
- Sliced or cut fruit is offered.
- Fruit is offered in attractive bowls or baskets.
- Fruits and vegetables are offered first and at least one additional time during each meal.
- Fruits are called or labeled with fun, creative names.
- Vegetables are called or labeled with fun, creative names.
- Fresh, cut vegetables are frequently paired with a healthy dip.
- The main dish (or featured entree) is called or labeled with a fun, creative name.
- Taste tests of fruits, vegetables, and main dishes are provided at least once per year.
- Children are given opportunities to learn about food and gardening (planting a garden, seed planting, farm tours, nutrition education, etc.) at least once per year.
- Popular characters (such as Elmo) are used to promote healthy foods using labels or stickers.
- Meals are offered family style.
- Caregivers model healthy eating habits such as sitting with children during meals and eating the provided foods.
- Caregivers announce the menu as part of the daily routine.
- Attractive, healthful food signage (posters, stickers, or clings) is displayed in the child care environment.
- A weekly or monthly menu is provided to all families.
- Children are encouraged to help with the mealtime set-up and clean-up routine.
- All lights in the eating area work and are turned on during meals.
- To help decide what foods are offered, children and families are asked to provide feedback.



Scorecard Total \_\_\_\_\_



\*The Child and Adult Care Food Program (CACFP) provides serving size guidance for meals and snacks.



## Award Level

- Bronze 6-10**
- Silver 11-15**
- Gold 16-20**