

Nutrition Checklist

Yes No

- Are dated menus posted for all meals and snacks served?
- Do meals served matched the written menu?
- Are the USDA required meal components being met with adequate portions:

| | | | | |
|-----------------------|--------------------------------|--------------------------------|---|---|
| Breakfast | <u>Milk</u> | <u>Fruit or Veg</u> | <u>Grain</u> | <u>Meat/Meat alternate</u> |
| 1-2 years | <input type="checkbox"/> ½ cup | <input type="checkbox"/> ¼ cup | <input type="checkbox"/> ½ slice, ¼ cup | <i>Not required for breakfast</i> |
| 3-5 years | <input type="checkbox"/> ¾ cup | <input type="checkbox"/> ½ cup | <input type="checkbox"/> ½ slice, ¼-⅓ cup | |
| 6-12 years | <input type="checkbox"/> 1 cup | <input type="checkbox"/> ½ cup | <input type="checkbox"/> 1 slice, ½-¾ cup | |
| Lunch / Supper | <u>Milk</u> | <u>Fruit & Veg</u> | <u>Grain</u> | <u>Meat/Meat alternate</u> |
| 1-2 years | <input type="checkbox"/> ½ cup | <input type="checkbox"/> ¼ cup | <input type="checkbox"/> ½ slice, ¼ cup | <input type="checkbox"/> 1 oz meat, ½ egg, ¼ c beans |
| 3-5 years | <input type="checkbox"/> ¾ cup | <input type="checkbox"/> ½ cup | <input type="checkbox"/> ½ slice, ¼-⅓ cup | <input type="checkbox"/> 1.5 oz meat, ¾ egg, ⅓ c beans |
| 6-12 years | <input type="checkbox"/> 1 cup | <input type="checkbox"/> ¾ cup | <input type="checkbox"/> 1 slice, ½-¾ cup | <input type="checkbox"/> 2 oz meat, 1 egg, ½ cup beans |
| Snack (2 of 4) | <u>Milk</u> | <u>Fruit & Veg</u> | <u>Grain</u> | <u>Meat/Meat alternate</u> |
| 1-2 years | <input type="checkbox"/> ½ cup | <input type="checkbox"/> ½ cup | <input type="checkbox"/> ½ slice, ¼ cup | <input type="checkbox"/> ½ oz meat, 1 T nut butter, 2 oz yogurt |
| 3-5 years | <input type="checkbox"/> ½ cup | <input type="checkbox"/> ½ cup | <input type="checkbox"/> ½ slice, ¼-⅓ cup | <input type="checkbox"/> ½ oz meat, 1 T nut butter, 2 oz yogurt |
| 6-12 years | <input type="checkbox"/> 1 cup | <input type="checkbox"/> ¾ cup | <input type="checkbox"/> 1 slice, ½-¾ cup | <input type="checkbox"/> 1 oz meat, 2 T nut butter, 4 oz yogurt |

- When 2 snacks are offered, does at least 1 snack include milk or calcium equivalent?
- Are accommodations made for children with special needs (allergies, preferences)?
- Is there adequate time for children to eat, and spacing between meal times?
- Is the environment calm and pleasant during meals?
- Is the food developmentally appropriate and safe?
- Are age appropriate furniture and utensils used for meal times?
- Does food look appealing and fresh?
- Are newly introduced foods carefully selected?
- Food is not used as a reward or punishment.
- Children and servers wash hands before handling food.

Referral

Name of School / Program: _____

Contact Person: _____ Phone #: _____

Licensing Worker: _____ Phone #: _____

Please fax [808-956-6457], email [hccnp@hawaii.edu] or mail [Hawaii Child Care Nutrition Program, 1955 East-West Road #306, Honolulu, HI 96822] referral. For more information, please contact Kimberly at (808) 956-4124 or via email at hccnp@hawaii.edu.