

# Healthy Start Score Card

**Directions:** Please circle the number in each column that corresponds to your site's rating.

**3** This standard is fully in place, 100% of the time.

**2** This standard is partially in place

**1** This standard is rarely in place

**0** This standard is not in place at all

Health Standards	Fully in place, 100% of the time	Partially in place	Rarely in place	Not in place at all, 0% of the time
Sample: The children participate in more than 1 cooking activity per week	3	2	1	0
<b>Beverages</b>				
No more than 6 ounces of 100% juice per day is allowed.	3	2	1	0
Water shall be made available throughout the day, including at meals.	3	2	1	0
<b>Meals Brought into the Center</b>				
National guidelines must be distributed to parents for food and drink brought into the child care center from other sources.	3	2	1	0
<b>Physical Activity &amp; Nutrition Education</b>				
Physical activity is promoted in the classroom daily.	3	2	1	0
<b>Purchased Foods</b>				
Fruit must be canned in unsweetened juice or water. No fruit canned in syrup.	3	2	1	0
A minimum of 2 servings of fruits and vegetables are required per meal for lunch and dinner.	3	2	1	0
<b>Meal and Snack Standards</b>				
The size and number of servings should reflect individual children's needs. Specific portion sizes for meal and snack components vary by	3	2	1	0
<b>Celebrations</b>				
Have a written policy that addresses meals and snacks for special occasions.	3	2	1	0
<b>Mealtime Environment</b>				
Child care services should provide a variety of foods that broaden children's experience with foods and should take into account cultural and other preferences and requirements.	3	2	1	0
Opportunities should be provided for children to be involved in activities related to food service, such as simple food preparation, setting the table, serving food to others or self, and cleaning up. These activities should be closely supervised to assure safe food handling.	3	2	1	0