

Physical Activity Supports Checklist

Complete the checklist based on your current practices or practices your center is interested in establishing. Your CNP educator will tally each column after this scan is submitted.

Best Practices	Sustaining	Fully meeting	Making progress	Interest/ready to start	Unable to do
Preschoolers are provided with 120 minutes or more of active play time every day, both indoor and outdoor (for half-day programs, 60 minutes or more is provided for active play daily)					
Toddlers are provided with 60-90 minutes or more of active play time every day, both indoor and outdoor (for half-day programs, 30 minutes or more is provided for active play daily)					
Short supervised periods of tummy time are provided for all infants several times each day					
Screen time (e.g., TV and DVD viewing, computer use) is limited to no more than 30 minutes per week for preschoolers (for half-day programs, screen time is limited to no more than 15 minutes per week or never)					
No screen time for toddlers and infants					
Parents are offered screen time reduction or media literacy education 2 times per year or more					
Do not use physical activity time as punishment					
Install Playground Stencils					
Uses Physical Activity Booklet and/or kits					
Total					
Total Sustained & New Changes (9 possible) Put this number in the Checklist Score table on page 5 and enter it in your PEARS PSE Site Activity module				<--- CNP Educator will complete this section	

Nutrition Supports Checklist

Complete the checklist based on your current practices or practices your center is interested in establishing.

Best Practices	Sustaining	Fully meeting	Making progress	Interest/ready to start	Unable to work
Drinking water is visible and available inside and outside for self-serve					
100% fruit juice is served no more than twice a week in 4-6 oz. portions or never served					
Sugary drinks, such as fruit drinks, sports drinks, sweet tea, and soda, are never served					
Children 2 years and older are served only 1% or skim/non-fat milk (unless otherwise directed by the child's health provider)					
Fruits and/or vegetables are served at every meal (French fries, tator tots, and hash browns don't count as vegetables)					
French fries, tator tots, hash browns, potato chips, or other fried or pre-fried potatoes are served no more than once a month or never					
Chicken nuggets, fish sticks, and other fried or pre-fried frozen and breaded meats or fish are served no more than once a month or never					
Processed meats are served no more than once a week or less often					
All meals are served family style and children are encouraged to serve themselves with limited help					
Adequate time is allowed for meals and snacks					
Breastfeeding mothers have access to a private room for breastfeeding or pumping, other than a bathroom (the room should have appropriate seating and privacy)					
Parents are allowed to bring in breastmilk for infants and safe storage is available for breastmilk					

Nutrition Supports Checklist continued on the next page

Nutrition Supports Checklist, Continued

Best Practices	Sustaining	Fully meeting	Making progress	Interest/ready to start	Unable to work
One-time Cent\$ible Nutrition Program presentations are offered to center staff several times a year					
One-time Cent\$ible Nutrition Program presentations are offered to parents several times a year					
One-time Cent\$ible Nutrition Program presentations are offered to ECE children several times a year					
CNP posters promoting health foods are hung where students eat					
Restrictions on mealtime or rewards are not used					
Using culturally relevant food (WRIR, possible others)					
Parent letters and/or recipe sent home to parents promoting CNP classes					
ECE has a an active garden on site					
Written policy regarding food safety					
Improve food safety practices					
CNP snacks menu or cookbook is used					
Local foods are bought, endorsed, and served during meals or as snacks.					
Total				<--- CNP Educator will complete this section	
Total Sustained & New Changes (24 possible) Put this number in the Checklist Score table on page 5 and enter it in your PEARS PSE Site Activity module					

Please stop here. Save this file to your computer, then attach it to an email and send it to: cnp-info@uwo.edu.

Sustainability (PEARS Checklist- **CNP Educator Only**)

CNP educator only- This checklist matches the checklist in the PEARS PSE Site Activities module. It is provided here to assist with reporting in PEARS.

Checklist Section	No plans to Implement	Plan to Implement	In process/ Implementing	Maintaining/ Follow-Up
An organization or group that is not dependent on SNAP-Ed funding has assumed responsibility for sustaining the efforts				
A dependable, on-going source of funding and/or support (other than SNAP-Ed) has been identified				
One or more policies was adopted, requiring the changes to be maintained				
A monitoring and reporting system has been implemented				
Support from stakeholders				

Overall Checklist Score

CNP educator only- Count the total number of Physical Activity Supports and Nutrition Supports sustained, fully met, or making progress. Total them in the chart below.

Checklist Section	Total Changes Sustained/Met/In Progress
Physical Activity Changes (9 possible, from page 2)	
Nutrition Changes (23 possible, from page 4)	
Overall Total (32 possible)	

Score Range: 1-32
 Bronze: 1-9
 Silver: 10-18
 Gold: 19-25
 Platinum: 26-32

Reporting Checklist

The following is a list of steps and documentation to guide your PEARS reporting.

- Save a copy of the qualification documentation as soon as you begin working with the site
- Complete pre-scan
- Complete post-scan
- Uploaded site qualification documentation into PEARS PSE Site Activity
- Uploaded pre-scan into PEARS PSE Site Activity
- Uploaded post-scan into PEARS PSE Site Activity
- Reported total physical activity changes
- Reported total nutrition changes
- Complete PEARS PSE Site Activity