

Twist & Sprout Fundamentals Workshop Registration

Location:



Name					
Mailing Address					
City		State		ZIP	
Email address					

What type of child care program do you work with?

- Licensed family child care
- Unlicensed family child care (family, friend and neighbor)
- Licensed child care center
- Head Start/Early Head Start
- License-exempt school-based care
- Early Childhood Family Education
- Other: _____

Does your child care program participate on the Child and Adult Care Food Program (CACFP)?

- Yes
- No

If your program participates in CACFP, which reimbursement tier do you receive?

- Tier 1
- Tier 2
- I don't know
- My child care program does not participate in the CACFP

How many infants are enrolled in your child care program?	
How many toddlers and preschoolers are enrolled in your program?	
In which county is your child care program?	

Note: your contact information may be shared with your county public health department to assist them in their obesity prevention work.

As part of Twist & Sprout, we are collecting information about nutrition, physical activity and breastfeeding support in your child care programs right now. There is no “right” or “wrong” answer.

Circle the answer that best reflects your current practice

NUTRITION QUESTIONS

How often are you offering fresh, frozen or canned vegetables, cooked or raw, with no added salt or fat?	2 times per week or less	3-4 times per week	1 time per day	2 or more times per day
How are your meals served?	Adults serve foods, with little or no input from children	Adults serve foods, with input from children	Children are allowed to serve some foods themselves; others are pre-plated or served by adults	Children are allowed to serve all or most foods, with limited help from adults
How often are caregivers sitting with the children at mealtimes?	Rarely or never	Less than half the time	Half of the time or more	Always or almost always
How often are caregivers eating and drinking the same foods and beverages?	Rarely or never	Less than half the time	Half of the time or more	Always or almost always
What is the status of a written policy that includes current healthy eating practices?	No written policy exists	A healthy eating policy is being drafted	Written policy exists, but does not reflect current practice	Written policy reflects current practice
How are you generally communicating your healthy eating policy to current and prospective families?	Practices are not communicated to parents	Practices are communicated to parents verbally	Practices are communicated to parents only in written form	Practices are communicated to parents both in writing and verbally

Please circle answer that best reflects your current practice **ONLY IF YOU SERVE INFANTS**. If you do not serve infants, please check this box and proceed to physical activity questions

BREASTFEEDING SUPPORT QUESTIONS				
<p>How many of the practices below do you do almost all of the time when handling breast milk?</p> <ul style="list-style-type: none"> • Milk is stored in the back of the refrigerator or freezer • Containers are labeled with the date of milk expression • Containers are labeled with the name of the child • Containers are labeled with the date thawed (if milk was previously frozen) • Warm milk is <i>not</i> added to already cooled or frozen milk. • The oldest milk is used first • Providers wash their hands before handling breast milk 	None	1-2 practices	3-5 practices	6-7 practices
<p>What is the status of your breastfeeding policy?</p>	No written policy exists	A breastfeeding policy is being drafted	Written policy exists, but does not reflect current practice	Written policy reflects current practice
<p>How are you generally communicating your breastfeeding policy to current and prospective families?</p>	Practices are not communicated to parents	Practices are communicated to parents verbally	Practices are communicated to parents only in written form	Practices are communicated to parents both in writing and verbally

Circle the answer that best reflects your current practice

PHYSICAL ACTIVITY QUESTIONS				
<p>How much time is provided for active play time, both indoors and outdoors, for preschoolers</p> <p><input type="checkbox"/> I do not serve preschoolers</p>	Less than 60 minutes	60-89 minutes	90-119 minutes	120 minutes or more
<p>How much time is provided for active play time, both indoors and outdoors, for toddlers?</p> <p><input type="checkbox"/> I do not serve toddlers</p>	Less than 45 minutes	45-59 minutes	60-89 minutes	90 minutes or more
<p>Is portable play equipment available to children during active play time, both indoors and outdoors?</p>	Rarely or never	Less than half the time	Half of the time or more	Always or almost always
<p>What is the status of a written policy that includes current physical activity practices?</p>	No written policy exists	A physical activity policy is being drafted	Written policy exists, but does not reflect current practice	Written policy reflects current practice
<p>How are you generally communicating your physical activity policy to current and prospective families?</p>	Practices are not communicated to parents	Practices are communicated to parents verbally	Practices are communicated to parents only in written form	Practices are communicated to parents both in writing and verbally