

OSPI Child Nutrition Services - Food, Body, and Mind Awards for Institutions

Purpose: To recognize institutions' exceptional achievements in promoting child nutrition in learning and mealtime environments. The award period is 3 years.

Criteria Summary:

- Criteria must have been implemented within the last calendar year or the previous school year to meet criteria.
- All applicant institutions must be **either**:
 - Existing sponsors or program sites working under existing sponsors of the Child and Adult Care Food Program (CACFP) **OR**
 - Sponsors or program sites working under sponsors of the Summer Food Service Program (SFSP) within the last year
- All applicant institutions must be in good standing with OSPI Child Nutrition Services.

Award	Award Levels	Award Criteria Choices
Farm to Program	Required items <u>plus:</u> Bronze = 3 items Silver = 5 items Gold = 7+ items	<p>Required Items: Child care institution/organization representative is a member of the WA Farm to School Network. Describe the applicant institution/site's efforts related to Farm to Program.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Foods procured directly from a farm were served on the menu <input type="checkbox"/> Local foods were procured from a distributor and served in program meals <input type="checkbox"/> Sourced program meal ingredients from the school garden/school farm <input type="checkbox"/> Highlighted WA grown foods when served <input type="checkbox"/> Implemented Harvest of the Month <input type="checkbox"/> Participated in Taste Washington Day <input type="checkbox"/> Implemented taste-tests of local foods with children <input type="checkbox"/> Hosted farmer for presentation, lunch or event <input type="checkbox"/> Shared information about farm to CACFP/SFSP with community <input type="checkbox"/> A unit of instruction or other formal educational opportunity was provided to children about agriculture <input type="checkbox"/> Foodservice staff responsible for preparing meals for this institution attended a farm to ECE or scratch cooking training <input type="checkbox"/> Children were involved with gardening activities (onsite, school or community garden activities, aquaponics gardening, hydroponic gardening, or other hands on growing activities related to the production of food)
Local Wellness Policy	Required items <u>plus:</u> Bronze = 3 items Silver = 5 items Gold = 7+ items	<p>Required Items: Submit the most recently updated copy of your institution/organization's wellness policy. Please check off the following criteria met and maintained by your institution/site throughout the last calendar year (or last summer when applying for SFSP award).</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sponsoring organization or institution had a wellness committee that met regularly to discuss wellness policies and procedures for the institution <input type="checkbox"/> All care providers and administrative staff were provided training on the institution's wellness policies and procedures <input type="checkbox"/> Parents and community members were invited to participate in the institution's wellness committee <input type="checkbox"/> The wellness committee evaluated the institution's alignment with the wellness policy <input type="checkbox"/> The wellness policy was shared with parents/guardians and the community <input type="checkbox"/> Wellness policy includes language about healthy non-food rewards and celebrations <input type="checkbox"/> Wellness policy includes language that supports breastfeeding onsite and promotion of breastfeeding to families <input type="checkbox"/> Wellness policy includes language about limiting screen time for children <input type="checkbox"/> Wellness policy includes language about physical activity opportunities offered to children <input type="checkbox"/> Wellness policy includes language about not using food as a reward or withholding food as a punishment <input type="checkbox"/> Wellness policy includes language about not withholding or requiring physical activity as a means of punishment

Innovative Menus	Required items <u>plus:</u> Bronze = 3 items Silver = 5 items Gold = 7+ items	<p>Required Items: No major issues were identified in the institution’s last CACFP Administrative Review related to menus meeting meal pattern requirements. Applicants must submit a sample month of menus and 3 – 5 pictures highlighting some of their menu offerings.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Institution conducted taste tests and gathered child input <input type="checkbox"/> Institution participated in Meatless Mondays or a similar effort <input type="checkbox"/> Served at least two servings of whole-grain-rich grains per day <input type="checkbox"/> Most snacks offered included a fruit or a vegetable <input type="checkbox"/> A different fruit and vegetable choice was offered each day of the week <input type="checkbox"/> USDA Foods were incorporated on the menu <input type="checkbox"/> Served only lean meats, nuts, legumes, or natural low-fat or reduced fat cheeses for meat/meat alternate choices <input type="checkbox"/> Processed meats (i.e. deli meats, hot dogs, corn dogs, etc.) were served no more than once per week <input type="checkbox"/> Frozen pre-fried foods were not served (i.e. French fries, chicken nuggets, fish sticks, etc.) <input type="checkbox"/> Juice was not served <input type="checkbox"/> Fresh fruits and vegetables made up most of the fruit and vegetable offerings <input type="checkbox"/> Alternative meals served for dietary accommodations closely resemble menu offers provided to other children <input type="checkbox"/> Culturally appropriate foods are offered regularly on the menu
Smarter Mealtimes	Required items <u>plus:</u> Bronze Silver Gold	<p>Required Items: Submit a Smarter Mealtimes Scorecard completed at the applicant institution/site within the last calendar year. If your institution/site primarily serves school-age children and serves meals cafeteria-style, you should complete a Smarter Lunchrooms Scorecard instead. The award levels directly correspond with the award levels indicated on the scorecard. Also, submit a short summary (300 word limit) of your institution’s Smarter Mealtime (or Smart Lunchrooms, if applicable) efforts. Submit 2 – 3 pictures depicting some of the Smarter Mealtimes (or Smarter Lunchrooms, if applicable) strategies the institution/site is implementing.</p>
Nutrition Education	Required items <u>plus:</u> Bronze = 3 items Silver = 4 items Gold = 5+ items	<p>Required Items: A unit of instruction or other formal educational opportunity about nutrition was offered to all children ages 3 and up.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nutrition promotional signage is displayed in eating area and/or classrooms <input type="checkbox"/> Information about nutrition was sent home to parents/guardians at least once <input type="checkbox"/> Care providers were provided training on personal health and wellness <input type="checkbox"/> Care providers were provided training on healthy techniques for the classroom (i.e. healthy rewards, healthy adult role modeling, Smarter Mealtimes etc.) <input type="checkbox"/> Institution/site hosted cooking classes for students, parents, and/or staff <input type="checkbox"/> Institution served meals family style most days for most meals <input type="checkbox"/> Staff sit with children at mealtime, eat the same foods served, and model healthy eating behaviors <input type="checkbox"/> Food was not used as a reward or withheld as a punishment <input type="checkbox"/> The institution actively promotes healthy alternatives to food-focused celebrations and parties <input type="checkbox"/> Most celebrations and parties did not involve food or involved only healthier food choices, such as fruits, vegetables, and whole grains

USDA Foods Entitlement	Required item plus: (see award level requirements to the right)	<p>Required Items: Submit a sample one month breakfast and lunch menu (or snack and/or supper menu if only snacks and/or suppers are offered by this organization) that was provided by the sponsoring organization within the last calendar year—highlight or circle menu items that include USDA or Washington processed (W Code) items. Submit a picture of your most creative dish showcasing USDA or W Code foods.</p> <p>Bronze = Utilized 92% of entitlement. Silver = Utilized 95% of entitlement. Gold = Utilized 100% of entitlement.</p>
Environmental Sustainability in Child Nutrition Programs	Bronze = 3 items Silver = 4 items Gold = 5+ items	<ul style="list-style-type: none"> <input type="checkbox"/> A share table was used to reduce meal waste on most days <input type="checkbox"/> Institution implemented family style meals (CACFP) or the offer vs. serve meal service style (SFSP) <input type="checkbox"/> A tray waste sorting station was implemented in the meal service area (recycling, compost, and trash) <input type="checkbox"/> Leftover meal items that met food safety standards were donated most of the time to charitable organizations instead of being thrown away <input type="checkbox"/> The institution/site composted its own waste on site <input type="checkbox"/> Smarter Mealtimes/Smarter Lunchrooms strategies were implemented to encourage selection and consumption and reduce waste <input type="checkbox"/> Institution/site conducted a tray waste study <input type="checkbox"/> Institution/site eliminated disposable flatware, bowls, plates, and cups