

# PRESCHOOL FOOD INITIATIVE MATRIX CONDENSED

The streamlined table of standards and practices promoted and taught by the  
Preschool Food & Healthy Habits Initiative

an Orfalea Initiative  
**Preschool Food**  
 & Healthy Habits

Center Name: \_\_\_\_\_

Name of Person Completing Matrix: \_\_\_\_\_

Date: \_\_\_\_\_

Ct	#	Subject	No Guide	Verbal Guide	Verbal Guide Criteria	Written Guide	Written Guide Criteria	W.G. & Parent Ed.	Score	Max Score
<b>1. Food Quality Standards</b>										
		Lunches/Meals primarily prepared on site OR ... <sup>1</sup>							0	6
		Lunches/Meals primarily prepared off site (vendor) OR <sup>1</sup>							0	6
		Lunches primarily brought prepared from home <sup>1</sup>							0	6
1		Snack (regardless of source)							0	6
<b>Subtotal</b>									0	24
<b>2. Environmental Stewardship</b>										
1		Recycleable utensils & dishes used " "							0	6
1		Center-wide recycle program in place							0	6
<b>Subtotal</b>										12
<b>4. Staff Training</b>										
1		Staff are trained in Food Quality Standards							0	4
<b>Subtotal</b>									0	4
<b>6. Physical Activity (integrate all)</b>										
1		Policy/practices about outdoor programming							0	4
1	X	Drinking water is readily available <sup>2</sup>								4
1	X	Drinking water is encouraged <sup>3</sup>								4
<b>Subtotal</b>									0	12
<b>8. Gardens</b>										
1		Year round productive garden is in place							0	4
1		Garden related curriculum provided year long							0	4
1		Gardens (& soil) are pesticide/chemical free							0	4
<b>Subtotal</b>									0	12
<b>9. Parents and Families</b>										
1		Children/families spend more time outside <sup>4</sup>							0	4
1		Children/families home eating habits improve <sup>4</sup>							0	4
<b>Subtotal</b>									0	4
11		<b>TOTAL</b>							0	56

1. Choose one of three

2. For older children capable of drinking on their own, water is readily available inside and out; for younger children not capable of drinking without assistance, staff are aware of the need to offer water regularly and do so.

3. Reminding children of the opportunity to drink water is a consistent practice of all staff.

4. Requires parent survey data