

PRESCHOOL FOOD INITIATIVE MATRIX ORIGINAL

The original table of standards and practices encouraged by the
Preschool Food & Healthy Habits Initiative.

an Orfalea Initiative
Preschool Food
 & Healthy Habits

CENTER NAME: _____ **DATE:** _____

NAME OF PERSON COMPLETING MATRIX: _____

| Ct | # | Subject | No Guide | Verbal Guide | Verbal Guide Criteria | Written Guide | Written Guide Criteria | W.G. & Parent Ed. | Score | Max Score |
|---|---|---|------------------|-------------------|-----------------------|--------------------|------------------------|-------------------|--------------|------------------|
| 1. Food Quality Standards | | | | | | | | | | |
| | | Lunches/Meals primarily prepared on site OR ... | | | | | | | 0 | 6 |
| | | Lunches/Meals primarily prepared off site (vendor) OR | | | | | | | 0 | 6 |
| | | Lunches primarily brought prepared from home | | | | | | | 0 | 6 |
| 1 | | Snack (regardless of source) | | | | | | | 0 | 6 |
| 1 | | Special snacks/Celebrations | | | | | | | 0 | 6 |
| 1 | | Teacher personal behavior / food guidelines | | | | | | | 0 | 6 |
| | | Subtotal | | | | | | | 0 | 36 |
| 2. Meal Time Practices | | | | | | | | | | |
| 1 | | Children eat family-style w/ teachers | | | | | | | 0 | 6 |
| 1 | | Respectful/meaningful conversations with and among children at meals | | | | | | | 0 | 6 |
| 1 | | Children's self-help skills encouraged at meals (i.e. help set up, clean up, pour, etc.) | | | | | | | 0 | 6 |
| 1 | | Real utensils, dishes & cloth napkins are used by children | | | | | | | 0 | 6 |
| 1 | | Recycleable utensils & dishes used " " | | | | | | | 0 | 6 |
| 1 | | Compostable utensils & dishes used " " | | | | | | | 0 | 6 |
| 1 | | Center-wide compost/vermicompost program " " | | | | | | | 0 | 6 |
| 1 | | Center-wide recycle program in place | | | | | | | 0 | 6 |
| | | Subtotal | | | | | | | 0 | 48 |
| 3. Food Purchasing & Acquisition | | | | | | | | | | |
| 1 | | Purchasing Sources/Vendors | | | | | | | 0 | 6 |
| 1 | | Purchasing Type/Ingredients (seasonal, local, minimal process, additives & packaging) | | | | | | | 0 | 6 |
| 1 | | Food From Home | | | | | | | 0 | 6 |
| | | Subtotal | | | | | | | 0 | 18 |
| | | Subject | No Action | Talk About | Some Action | Much Action | | | Score | Max Score |
| 4. Staff Training | | | | | | | | | | |
| 1 | | Staff are trained in PFI | | | | | | | 0 | 4 |
| 1 | | Staff are trained in gardening & curriculum | | | | | | | 0 | 4 |
| 1 | | Staff are trained in curriculum webbing | | | | | | | 0 | 4 |
| 1 | | Staff are trained in communication/relationship building skills with cultural sensitivity | | | | | | | 0 | 4 |
| | | Subtotal | | | | | | | 0 | 16 |
| 5. Educating Children | | | | | | | | | | |
| 1 | | Children learn where food comes from, etc. | | | | | | | 0 | 4 |
| 1 | | Children experience what healthy food tastes like | | | | | | | 0 | 4 |
| 1 | | Curriculum link to other content-webbing © | | | | | | | 0 | 4 |
| 1 | | Field Trips to local community resources OR Guest speakers / materials brought in | | | | | | | 0 | 4 |
| | | Subtotal | | | | | | | 0 | 16 |

an Orfalea Initiative

Preschool Food

& Healthy Habits

| | Subject | Never | Seldom | A # of times | Regularly | | |
|--|--|-----------|------------|--------------|-------------|-------|-----------|
| | | No Action | Talk About | Some Action | Much Action | Score | Max Score |
| 6. Physical Activity | | | | | | | |
| 1 | Policy/practices about outdoor programming | | | | | 0 | 4 |
| 1 | Play yard design-storage, indoor/outdoor flow | | | | | 0 | 4 |
| 1 | Children are physically active | | | | | 0 | 4 |
| 1 | Teachers are physically active w/children | | | | | 0 | 4 |
| 1 | Substantial outdoor time is available to children | | | | | 0 | 4 |
| 1 | Varied activities occur outdoors (not a formalized P.E. program) | | | | | 0 | 4 |
| 1 | Outdoor play allowed in variety of weather | | | | | 0 | 4 |
| Subtotal | | | | | | 0 | 28 |
| 7. Food Literacy | | | | | | | |
| 1 | Parent info is provided thru postings, newsletters, etc. | | | | | 0 | 4 |
| 1 | Information given in Spanish as available | | | | | 0 | 4 |
| 1 | Family Resource/library available to parents (children's books) | | | | | 0 | 4 |
| 1 | Related researched shared w/parents & families | | | | | 0 | 4 |
| 1 | Share recipes children likely to eat | | | | | 0 | 4 |
| 1 | Share resources for healthy food purchasing | | | | | 0 | 4 |
| 1 | Link w/local, community resources | | | | | 0 | 4 |
| Subtotal | | | | | | 0 | 28 |
| 8. Gardens | | | | | | | |
| 1 | Year round productive garden is in place | | | | | 0 | 4 |
| 1 | Garden provides food for consumption | | | | | 0 | 4 |
| 1 | Garden is active learning environment | | | | | 0 | 4 |
| 1 | Garden related curriculum provided year long | | | | | 0 | 4 |
| 1 | Garden plants honor cultural diversity | | | | | 0 | 4 |
| 1 | Gardens (& soil) are pesticide/chemical free | | | | | 0 | 4 |
| Subtotal | | | | | | 0 | 24 |
| 9. Parents & Families | | | | | | | |
| 1 | Attend meetings, conferences, center events | | | | | 0 | 4 |
| 1 | Children/families spend more time outside* | | | | | 0 | 4 |
| 1 | Children/families home eating habits improve* | | | | | 0 | 4 |
| 1 | Hold healthy food potlucks and celebrations | | | | | 0 | 4 |
| 1 | PFI Parent Committee represented at Center | | | | | 0 | 4 |
| 1 | Parents, families participate/help in garden | | | | | 0 | 4 |
| 1 | Parents have access to food from garden | | | | | 0 | 4 |
| Subtotal | | | | | | 0 | 28 |
| 10. Nursing Mothers | | | | | | | |
| 1 | Allow and encourage breastfeeding | | | | | 0 | 4 |
| 1 | Provide private space for breast feeding | | | | | 0 | 4 |
| 1 | Handle expressed milk | | | | | 0 | 4 |
| 1 | Provide private space w/ electricity for expressing milk | | | | | 0 | 4 |
| Subtotal | | | | | | 0 | 16 |
| * Lines #87 & 88 will require a survey. | | | | | | | |
| NOTE: Cells A105, K105 and K10 have been modified to allow for one entry on lines 3-5. | | | | | | | |
| 54 | | | | | | 0 | 246 |