

## Health and Nutrition

| Indicator  | Yes | No | Ways to increase quality |
|--|-----|----|--------------------------|
| I have researched the Child and Adult Care Food Program (CACFP).   |     |    |                          |
| I have enrolled in CACFP.  |     |    |                          |
| If I did not enroll in the CACFP, the food I serve children meets nutritional standards.   |     |    |                          |
| I have a plan in place if a child has food allergies or dietary restrictions.  |     |    |                          |
| I have records proving that the children enrolled are up to date on all of the required immunizations.   |     |    |                          |
| Handwashing is a regular part of the program's practices for both the providers and children, especially before eating and after using the bathroom. |     |    |                          |

| Health and Nutrition for Infants and Toddlers   | Yes | No | Ways to increase quality |
|---|-----|----|--------------------------|
| The place where diapers are changed is clean.   |     |    |                          |
| Caregivers always keep a hand on the child while diapering.   |     |    |                          |
| Caregivers remove the soiled diaper without dirtying any surface not already in contact with stool or urine.  |     |    |                          |
| Caregivers clean and sanitize the surface after finishing the changing process. Hands are scrubbed with soap and warm running water for at least 20 seconds and then rinsed and dried. The water faucet is turned off with a paper towel. |     |    |                          |
| Infants are fed on demand.  |     |    |                          |
| Breastmilk is stored appropriately.   |     |    |                          |
| There is a place where mothers can comfortably breastfeed their child.  |     |    |                          |
| New foods are introduced to toddlers appropriately.   |     |    |                          |