

Missouri Eat Smart Guidelines for Child Care

Eat Smart Grant Action Plan



See the sample action plan below for an example of how to write your plan.

Instructions:

1. Using the results of your nutrition self-assessment, identify the Guideline(s) your center plans to work towards with the Eat Smart Grant funding. Choose at least two menu-related guidelines and two nutrition environment guidelines.
2. Fill in the actions needed for your center to meet the Guidelines chosen.
3. Fill in the Who column with the person in charge of doing the actions listed.
4. Fill in the When column with the date you expect the changes to be made.

PRIORITY ACTIONS (D)	BREAKFAST:	ACTIONS TO MEET GUIDELINE:	WHO	WHEN
X	Intermediate All ready-to-eat and hot cereals offered contain 9 grams of sugar or less per one ounce sugar. Or Advanced All ready-to-eat and hot cereals offered contain 6 grams of sugar or less per one ounce sugar.	1. Make a list of all the cereals served on our menu.	Cook	3/30/13
		2. Read the label to add the grams of sugar for each cereal.	Cook	4/5/13
		3. Decide if we need to change the menu to meet the guideline—either list a new cereal or change the grain serving.	Director	4/5/13
		4. If needed, find cereals that meet the guideline or change the menu to a grain that does.	Director	4/12/13
PRIORITY ACTIONS (D)	NUTRITION ENVIRONMENT:	ACTIONS TO MEET GUIDELINE:	WHO	WHEN
X	Adults sit at the table and eat the same foods served to the children.	1. Educate staff about the importance of eating with children.	Director/ Trainer	5/15/13
		2. Gather input from staff about creating a center policy for adults sitting with children at meals.	Director with input from staff	5/15/13
		3. Create schedules that allow staff to have their breaks before or after meals are served in the classroom.	Director	5/30/13
		4. Write a policy to outline your staffs' role at mealtime.	Director	6/15/13
		5. Tell staff about new policy.	Director	6/30/13
		6. Monitor mealtimes while policy being put into action.	Director	7/15/13