

## State QRIS Research: Nutrition

### Summary of Findings

- Number of States with Nutrition measures (including Texas): 12 states
- Number of States whose Nutrition measures exceed CACFP requirements: 6 (CO, IA, MA, NJ, NY, SC)
- Number of States whose Nutrition measures exceed TRS measures: 3 (CO, NJ, NY)

State	Standard	Description
<b>Colorado</b> Colorado Shines	5.6-Child Health Promotion  6.2-Additional Professional Staff (Optional)  2.2-Sensitivity to Diversity	Program offers nutrition information and education programs, annually, led by nutritionist or registered dietician. <i>Possible points: 2</i>  The program employs or maintains a daily service contract with one or more of the following program professional personnel: Child Care Health Consultant, Mental Health Consultant, Family Services Support Staff, Professional Development Coordinator, Early Childhood Coordinator, Program Manager and/ or Coach, Special Education Staff or Nutritionist  The program provides materials and resources (information about community-based programs, community mental health, child nutrition, physical fitness, food banks, Child Find, medical/dental resources) in a way that is accessible to all families, including families with high needs <i>Possible Point: 1</i>
<b>Georgia</b> Quality Rated	Standard 2. Child Nutrition and Physical Activity.  Follows the Child and Adult Care Food Program	-Providers earned points if they have conducted a Georgia Department of Early Care and Learning (DECAL) self-assessment for nutrition and physical activity practices and has developed a written improvement plan addressing at least one-three criteria for each of the two domain areas. -Possible points 1-3.
<b>Iowa</b> Iowa's Quality Rating System	Nutrition and Physical Activity-Follows the CACFP	<b>Level 1</b> 1. Any staff member who prepares meals completes one of the following food safety training-Food safety in Child, Iowa State University Extension: 4 Food Safety Lessons, Food Safety Training, ServSafe 2. The program completes a self-assessment and creates an action plan in the area of nutrition. 3. The program completes a self-assessment and creates an action plan in the area of physical activity.  <b>Level 2</b> 1. The program (choose ONE): a) Participates in CACFP or National School Lunch Program (NSLP), or b) Completes all the following (as applicable to ages served): I. Iowa CACFP Meal Pattern Training-Steps to Success Module 2 (staff planning the menu and their supervisor) II. Iowa CACFP Infant Feeding Training-Steps to Success Module 15 (infant staff and their supervisor) III. Iowa CACFP Wellness Module-Meaningful Mealtimes (all staff responsible for mealtime supervision and their supervisor) IV. Implement the following policies regarding beverages: A. Serve children two years and older only 1%, skim or non-fat milk. B. Serve children one to two years old whole milk. C. Serve infants only breast milk and/or formula. D. Serve only 100% fruit juice. E. Serve juice no more than one time per day. F. Make water available throughout the day including at snacks and meals. 2. The program identifies and implements one physical activity goal from the completed action plan in Level 1.

		<p><b>Level 3</b></p> <p>1. The program (choose ONE):</p> <p>a) Participates in CACFP or NSLP, or</p> <p>b) If exempt from CACFP, the program identifies and implements two nutrition goals from the completed action plan in Level 1.</p> <p>2. The program identifies and implements two physical activity goals from the completed action plan in Level 1.</p> <p><b>Level 4</b></p> <p>1. The program (choose ONE)</p> <p>a) Participates in CACFP or NSLP AND identifies and implements one nutrition goal from the completed action plan in Level 1 OR</p> <p>b) If exempt from CACFP, the program identifies and implements three nutrition goals from the completed action plan in Level 1.</p> <p>2. The program identifies and implements three physical activity goals from the completed action plan in Level 1.</p> <p><b>Level 5</b></p> <p>1. The program (choose ONE):</p> <p>a) Participates in CACFP or NSLP AND identifies and implements two nutrition goals from the completed action plan in Level 1 OR</p> <p>b) If exempt from CACFP, the program identifies and implements four nutrition goals from the completed action plan in Level 1.</p> <p>2. The program identifies and implements four physical activity goals from the completed action plan in Level 1.</p>
<b>Massachusetts</b> MA QRIS	Family and Community Engagement	<p><b>4A.4.3 (Level 4 criteria only)</b></p> <p>Educator either directly or through a system or network (i.e. CFCE grantee) has written collaborative agreements with early intervention programs, the local LEA, mental health, health, dental health, a program health consultant, U.S.D.A. Food and Nutrition program that specifies the responsibilities and duties of each entity in supporting children and families.</p>
<b>Minnesota</b> Parent Aware	H.2. Nutrition and play	<p>Program provides healthy meals and snacks that encourage healthy eating behaviors and offers daily opportunities for active play.</p> <p><b>H2.3a.</b> Healthy food. Program offers healthy meals and snacks. <i>(2 points)</i></p> <p><b>H2.3b.</b> Sharing information about healthy food. Program provides families with written guidelines on the importance of providing healthy meals and snacks. <i>(2 points)</i></p> <p><b>H2.3c.</b> Nutrition and active play. Program evaluates its nutrition and physical activity practices using a self-assessment tool, and develops goals in areas of need. <i>(3 points)</i></p>
<b>New Jersey</b> Grow NJ Kids	Safe, Healthy Learning Environments	<p><b>Level 3</b></p> <ul style="list-style-type: none"> <li>-Programs serving infants and toddlers must have a policy that supports breastfeeding friendly principles, including accepting and storing breast milk and providing a comfortable place for lactating mothers.</li> <li>-Program has a written policy ensuring nutritious meals and snacks are promoted and/or provided as defined by United States Department of Agriculture (USDA) guidelines and is respectful of religious and dietary restrictions.</li> <li>- Staff are trained to work with children with special diets, allergies and specialized feeding issues.</li> </ul>

		<p>- The program provides family health and safety workshops and/or resources annually in topics that include: preventive health care, mental/behavioral health issues, nutrition and obesity, medication administration policies and procedures, oral health practices, communicable disease prevention.</p> <p><b>Level 4:</b></p> <ul style="list-style-type: none"> <li>-Must meet all Step 3 criteria.</li> <li>-The program utilizes a health consultant annually to conduct a file audit on children’s immunizations, Well Baby Visits, etc.</li> <li>-The program has a system for daily age-appropriate oral health care for all children.</li> </ul>
<p><b>New York</b> QUALITYstarsNY</p>	<p>PH 4: Program promotes the service or consumption of meals and snacks that meet the CACFP meal pattern for the ages served.</p> <p>PH 5: Program adopts a formal obesity prevention program.</p> <p>PH 6: Teaching or administrative staff attends training regarding implementation of the obesity prevention program.</p>	<p><b>Intention:</b> Nutrition is important to children’s growth and development. Childhood is also a time to teach nutrition and healthy habits that will last a lifetime. Menus that comply with the CACFP meal pattern requirements meet children’s nutrition and group and development needs.</p> <ul style="list-style-type: none"> <li>• There must be a clear link between CACFP guidelines and the meal pattern (portion size and components for meals and snacks) on menus. For more information about CACFP meal patterns, visit the USDA Food and Nutrition website for child daycare centers.</li> <li>• Program earns points by providing documentation that they participate in the CACFP and a statement of compliance with CACFP minimum meal pattern components for all meals and snacks served.</li> <li>• Possible points 2</li> </ul> <p>It is important for programs to adopt a set, established program to promote healthy eating habits and physical activity. It is also critical for programs to instill in children, families, and staff, the importance of healthy living and to provide them with the tools to adopt healthy habits.</p> <ul style="list-style-type: none"> <li>• Program must provide evidence that demonstrate adoption of a formal obesity prevention program</li> <li>• Possible point 1</li> </ul> <p>Staff is trained regularly to implement a formal obesity prevention program, using the latest research and resources.</p> <ul style="list-style-type: none"> <li>• Evidence in Aspire that at least 60% of teaching or administrative staff have attended the relevant training within the previous 15 months, verified with Training Certificate</li> <li>• Possible point 1</li> </ul>
<p><b>North Dakota</b> Bright &amp; Early</p>	<p>Demonstrate how your program serves nutritious food to children.</p>	<p><b>-Option A)</b> Program is enrolled in a national food program. Bright &amp; Early ND will verify your participation with either the Child &amp; Adult Care Food Program (CACFP) or the National School Lunch Program (NSLP).</p> <p><b>-Option B)</b> Program provides meals on-site. The program must submit one month of menus as evidence. Bright &amp; Early ND will randomly select one of the weeks to review.</p> <p><b>-Option C)</b> Parents in our program provide meals from home.</p> <p>If parents provide the meals from home, submit evidence that you work with the parents to bring healthy foods. Evidence may include:</p> <ul style="list-style-type: none"> <li>• Policy in your parent handbook</li> <li>• Policy in staff handbook</li> <li>• Educational materials you’ve given to parents (sample newsletter with nutrition tips; handout with meal ideas, etc.)</li> <li>• Other documentation showing how you support parents in making healthy food choices for their child(ren)</li> </ul> <p>Menus need to include both the items served and the serving size. Bright &amp; Early ND will use the menu review rubric below to verify the quality and quantity of the food served in your program.</p> <p><b>-Option D)</b> Combination: Program provides meals on-site and parents provide meals from home.</p>

		<p>If you do a combination of the above approaches, submit evidence for both. For example, if you provide snack and breakfast and parents send lunch, you will submit one month of menus for snack and breakfast. Then, submit evidence that you work with the parents to bring healthy foods for lunch.</p>
<p><b>Rhode Island</b> BrightStars</p>	<p>Domain 1: Health, Safety &amp; Nutrition</p>	<p>Compliance with Washington State Department of Children, Youth, and Families Licensing Regulations.</p> <p>All meals and snacks provided by the program must meet current USDA Child and Adult Care Food Program nutritional standards.</p>
<p><b>South Carolina</b> ABC Quality</p>	<p>Element III: Child Well-Being Standard III.A Nutrition</p>	<p><b>III.A.1</b> The program's Nutrition Policy includes: (1 pt.)</p> <ul style="list-style-type: none"> <li>- Plans to ensure that children receive healthy and well-balanced meals that meet nutritional requirements by following the USDA CACFP meal pattern requirements for all meals/snacks;</li> <li>- Prohibition on using food as reward/punishment; and</li> <li>- Accommodation for individual allergic needs of children.</li> </ul> <p><b>Clarification:</b> <i>Written nutrition policy must include all of the above criteria to receive credit. All components must be included to receive credit. However, these components may appear separately in different parts of program's policy manual/handbooks.</i></p> <p><b>III.A.2</b> The program's Nutrition Policy includes all items in III.A.1 and: (1 pt.)</p> <ul style="list-style-type: none"> <li>- Accommodation of special dietary requirements of children based on physical, religious or cultural beliefs;</li> <li>- Planned and/or informal opportunities to learn about healthy eating are provided to children at least once a week; and</li> <li>- Teacher practices to encourage healthy eating.</li> </ul> <p><b>Clarification:</b> <i>Credit for indicator III.A.1 must be met in order to receive credit. All components must be included to receive credit. However, these components may appear separately in different parts of program's policy manual/handbooks.</i></p> <p><b>III.A.3</b> The program's Nutrition Policy includes all of III.A.1, III.A.2 and: (1 pt.)</p> <ul style="list-style-type: none"> <li>- Guidelines for foods offered during holidays and celebrations;</li> <li>- Plans to educate families about child nutrition and/or infant feeding;</li> <li>- Plans for fund-raising with non-food items.</li> </ul> <p><b>Clarification:</b> <i>Credit for indicators III.A.1 and III.A.2 must be met to receive credit. All components must be included to receive credit. However, these components may appear separately in different parts of program's policy manual/handbooks. Plan to educate parents can come in the form of a policy or evidence of brochures/handouts or other types of nutritional education. If the program does not conduct any fundraising, credit can still be received, however this must be documented by the program.</i></p> <p><b>III.A.4 **</b> The program's Menus reflect: (1 pt.)</p> <ul style="list-style-type: none"> <li>- All meals and/or snacks are planned and served to meet children's nutritional requirements as recommended by following the USDA Child and Adult Care Food Program meal pattern requirements;</li> <li>- Unflavored whole milk must be served to 1 year old; unflavored skim or 1% milk must be served to children 2 years and older;</li> <li>- 100% juice is allowed once per day in the appropriate serving size;</li> <li>- Sweet foods are served no more than two times per week; and</li> <li>- Sugar-sweetened beverages are not served.</li> </ul> <p><b>Clarification:</b> <i>Menus must be current (dated) and clearly labeled (e.g. 100% juice, unflavored 1% milk, whole grain) for all meals and snacks provided. Two weeks of current menus that meet the above criteria must be submitted to receive credit. If additional weeks of menus are submitted, all will be evaluated to ensure</i></p>

		<p><i>compliance.</i></p> <p><b>III.A. 5**</b> The program’s Menus reflect all of III.A.4 and for programs serving (1 pt.)  a) 2 meals and 1 snack or b) lunch and 2 snacks or c) lunch and 1 snack:  - Fruit (not juice) is served at least two times per day;  - A vegetable, other than white potatoes, is served at least once per day;  - Whole grain foods are served at least once per day;  - High-fat meats are served no more than two times per week; and  - Fried/pre-fried foods are served no more than one time per week.  For programs serving a snack only:  - Fruit (not juice) is served at least two times per week;  - A vegetable, other than white potatoes, is served at least two times per week;  - Whole grain foods are served at least two times per week;  - High-fat meats are served no more than two times per week; and  - Fried/pre-fried foods are served no more than one time per week.  <b>Clarification:</b> Credit for indicator III.A.4 must be met in order to receive credit. Menus must be clearly labeled for all meals and snacks provided. In addition, the program’s menus must meet the above criteria to receive credit.</p> <p><b>III.A.6**</b> The program’s Menus reflect all of III. A.4 and III. A.5 AND: (1 pt.)  - A vegetable, other than white potatoes, is served at least two times per day;  - Whole grain foods are served at least two times per day;  - Sweet foods are served no more than one time per week;  - High-fat meats are served no more than one time per week; and  - Fried/pre-fried foods are served no more than one time in a two-week period.  <b>Clarification:</b> Credit for indicators III.A.4 and III.A.5 must be met in order to receive credit. Menus must be clearly labeled for all meals and snacks provided. In addition, the program’s menus must meet the above criteria to receive credit. Programs that serve snack only are not required to meet the first two bullets.</p> <p>**N/A for programs where parents provide ALL meals and snacks.</p>
<b>West Virginia</b> West Virginia Tiered Reimbursement Program	Section 11. Health, Safety, and Nutrition	Written menus are available to parents of the program. Nutritional information such as obesity prevention, healthy eating habits, My Plate is made available to parents.
<b>Miscellaneous</b>	Nutrition is embedded in a small portion of the program	
<b>Arizona</b> Quality First!	Curriculum in nutrition is a requirement.	
<b>Arkansas</b> Better Beginnings	Nutrition is part of the administrator and kitchen manager (if applicable) annual training hours. At least two clock hours of nutrition is required.	