



Angel House Child Care & Preschool made a total of 31 improvements from pre-assessment to post-assessment. Twelve physical activity improvements, 18 nutrition improvements, and 1 improvement related to screen time.

Physical Activity

- Increased the amount of indoor and outdoor physical activity time from less than 60 minutes a day to 60-90 minutes a day for preschool children.
- Increased the amount of adult-led physical activity time provided to preschool children from less than 30 minutes to 30-45 minutes a day .
- Portable play equipment is now always available during indoor free play.
- Teachers are now joining in during physical activity time.
- Teachers are now adding physical activity into classroom routines, transitions, and planned activities.
- Planned lessons focused on building gross motor skills are now being done several times per week.
- Teachers are now talking about the importance of physical activity each time they see an opportunity.
- Teachers are now provided professional development on children's physical activity at least one time per year and the training covers 5-6 topics.
- Families are begin educated on a variety of topics related to children's physical activity more than 2 times per year.
- A comprehensive physical activity policy was written.
- Vegetables are now being served one time per day.
- Vegetables cooked or flavored with margarine or butter are not being served as often.
- Drinking water is now being served indoors and outdoors and it is always visible and available.
- Offering 100% fruit juice 3-4 times a week or less instead of once a day.
- Teachers are now often praising children for trying new foods.
- When children eat less than half of a meal or snack, teachers often ask them if they are full before removing their plate.
- When children request seconds, teachers often ask them if they are still hungry before serving more food.
- Teachers are now always praising and giving hands-on help to guide toddlers as they learn to feed themselves.
- Beverages are always served in an open, child-sized cup.
- Teachers are now reminding children to drink water during indoor and outdoor playtime at least once per play period.
- Implementing nutrition education in the classroom at least once a week using CATCH curriculum.
- Teachers are talking about the importance of healthy eating each time they see an opportunity.

Screen Time

- Eliminated 1 hour and 45 minutes of screen time from the daily schedule.

Nutrition

- The center now has a garden bed and a container garden so children can grow fruits and vegetables and taste them.
- Staff are now provided professional development on child nutrition at least once a year on 6-7 topics.
- Families are educated on a variety of child nutrition topics at least twice a year and cover 3-4 topics.
- The nutrition policy was updated and improved from covering 1 topic to 7 topics.