

APPLE TREE



SUCCESSSES

Nutrition and Physical Activity Self–Assessment for Child Care is an obesity prevention intervention that aims to improve the nutrition and physical activity environment, policies, and practices of child care facilities.

SDHD provided technical assistance to **Apple Tree Preschool and Learning Center**.

Apple Tree completed a self-assessment, developed an action plan, provided workshops for staff on physical activity, childhood obesity, and nutrition, and they also completed a reassessment after 3 months.

Apple Tree made a total of 13 improvements from pre-assessment to post-assessment. Seven physical activity environmental improvements and 6 nutrition environmental improvements were completed.

Physical Activity

- Hung physical activity posters and other leaning materials.
- Provided teachers and staff with professional development on children’s physical activity and will continue to do this at least annually.
- Expanded the topics of education for staff.
- Encouraged families to be more active.
- Educated families on physical activity.
- Educating families on a wider variety of topics.
- Added one more outdoor playtime session to the daily schedule.

Nutrition

- Increased the number of servings of high-fiber, whole grain foods to a minimum of 1 time per day.
- Providing drinking water outdoors so water is now visible and available inside and outside.
- Children are now serving themselves some foods.
- Teachers are now rarely using food to calm children or encourage appropriate behavior.
- Provided teachers and staff with professional development on child nutrition and will continue to do so annually.
- Started a garden and now growing some vegetables for children to taste.