



Mary Elizabeth Child Care Center made a total of 34 improvements from pre-assessment to post-assessment. Twenty physical activity improvements, 13 nutrition improvements, and 1 improvement related to screen time.

Physical Activity

- Increased the amount of indoor and outdoor physical activity time from 60 minutes a day to 120 or more minutes a day for preschool children and over 90 minutes a day for toddlers.
- Increased the amount of adult-led physical activity time provided to preschool children.
- Improved the indoor play space and added new types of physical activity equipment.
- Portable physical activity equipment is now available during indoor free play.
- Increased outdoor play time from 2 to 3 times per day.
- Promoting physical activity through use of additional materials like posters.
- 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 talking about the importance of physical activity more often.
- Teachers are provided professional development on children's physical activity at least one time per year and on 5-6 topics.
- Families are being educated on children's physical activity more than 2 times per year.
- A curved and looped path for wheeled toys was added to their playground area.
- Increased the number of different types of portable play equipment available for outdoor use.
- Educated families on outdoor play and learning.
- Improvements were made to the physical activity policy.

Nutrition

- Previously the center did not provide an opportunity for children to grow herbs or vegetables. They now have garden beds for multiple classrooms so children can grow fruits and vegetables and taste them.
- Now only serving fruit that is fresh or canned in juice.
- Offering high-fat meats less than 1 time per week. Removed salami, pepperoni, and bologna from the menu.
- No longer serving white bread.
- Offering 100% fruit juice 2 times a week or less. Replaced juice with water or fresh fruit on the menu.
- Children are almost always serving themselves foods.
- Expanded posters and other learning materials that promote healthy eating.
- Teachers are now often praising children for trying new foods.
- Children are now reminded to drink water at least 1 time per play period.
- Implementing nutrition education in the classroom at least once a week using CATCH curriculum.
- Staff are now provided professional development on child nutrition at least once a year.
- Families are educated on a variety of child nutrition topics at least twice a year.
- The nutrition policy improved from covering 4 topics to 9 topics.

Screen Time

- A comprehensive screen time policy that included 6 topics was created.