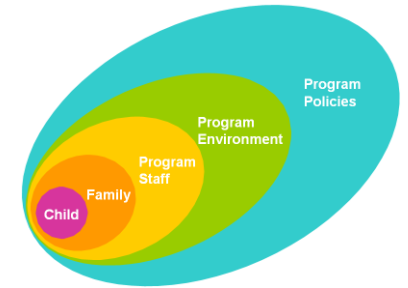


Action Plan Worksheet

Start Date:

Provider Name:

Goal:



Model adapted from: Bronfenbrenner, U. *The Ecology of Human Development*. Cambridge, MA: Harvard University Press, 1979.

Objectives / Steps	Provider	Environment	Child	Family	Program Policies
<p>Sample: Revise menus over a three month period to align with the best practices for fruits, vegetables, whole grains and elimination of fried foods.</p>	<p>Share family ideas for healthy foods to be included in new menus.</p> <p>Take photos of children enjoying healthy foods and share with families.</p> <p>Learn about best practices through training sessions.</p>	<p>Develop a display in the home to share information, resources, and healthy recipes.</p> <p>Create and hang documentation of children engages in healthy eating or nutrition activities.</p> <p>Develop a system for purchasing, storing, and monitoring food.</p>	<p>Discuss menu changes and new foods with the children and how they help them grow up strong and healthy.</p> <p>Model curiosity and enjoyment of healthy foods during all snacks and meals.</p> <p>Develop “taste tests” and graph the results of children’s preferences for new foods.</p>	<p>Work with families to develop an exciting “taste test” event during pick up for children and families to try them and vote on new menu items.</p> <p>Ask families for healthy food recipes to be included on the new menus.</p> <p>Schedule events to promote healthy eating.</p>	<p>Include Healthy Eating as a required topic when enrolling new families.</p> <p>Develop new menus to align with the LMCC goals for fruits, vegetables, whole grains, and fried foods.</p> <p>Include healthy eating policy and rationale in family handbooks.</p>
Who is responsible?	Self and Children	Self, Children and Families	Self	Self	Self
Date	June 1 st	July 1 st	June 1 st	August 1 st	September 1 st