

## Healthy Children, Healthy State

## **Nebraska Childcare Needs Assessment Survey**

We ask the survey be filled out by one director or provider most familiar with the childcare program's nutrition practices. However, you may come across questions that you think someone else in your program could answer more easily than you. If so, PLEASE FEEL FREE TO ASK YOUR STAFF FOR HELP.

- These questions ask about practices in your **preschool classroom (2-5 year old)** or **Head Start program**, NOT infant classroom or your Early Head Start program (if you have one). **Please answer questions about your preschool classroom with children aged 2-5 years.**
- Childcare providers are individuals who have direct contact with preschoolers (2-5 years), and are responsible for supervising meals or snacks for preschool children.
- Please answer about what is currently happening in your program, unless a question asks about another time period.
- We do not expect you or your staff to consult any administrative records in order to complete the survey.
- If you are unsure about how to answer a question, please give the best answer you can rather than leaving it blank.

About Your Program	5. On a typical day, approximately how many children in your program are of the following racial
Which of the following best describes your program	backgrounds? (please give your best estimate)
Yes No	American Indian or Alaskan Native
a. Childcare center	
b. Family childcare home O O c. Head Start O O	Asian
b. Family childcare home  c. Head Start  d. Other (please specify):	Black or African American
	Native Hawaiian or Pacific Islander
. What is the total number of children in your	White or Caucasian
childcare program?	Mixed race
	Other (please specify):
On a typical day, how many children in your progra are in the following age categories?	
On a typical day, how many children in your programare in the following age categories?  0-23 months	6. What is the total number of childcare providers
are in the following age categories?	m
0-23 months 24-35 months	6. What is the total number of childcare providers
are in the following age categories?  0-23 months	6. What is the total number of childcare providers employed at your program?
0-23 months 24-35 months	6. What is the total number of childcare providers employed at your program?  7. Which of the following best describes your program
0-23 months 24-35 months 3-5 years	6. What is the total number of childcare providers employed at your program?
0-23 months 24-35 months 3-5 years Older than 5 years	6. What is the total number of childcare providers employed at your program?  7. Which of the following best describes your program  Half-day  Full-day  Both half and full day
are in the following age categories?  0-23 months  24-35 months  3-5 years  Older than 5 years	6. What is the total number of childcare providers employed at your program?  7. Which of the following best describes your program  O Half-day O Full-day
are in the following age categories?  0-23 months  24-35 months  3-5 years  Older than 5 years  On a typical day, how many children in your program	6. What is the total number of childcare providers employed at your program?  7. Which of the following best describes your program  O Half-day O Full-day O Both half and full day

		ich of the follo am participate	_	your child	care
8. Is food prepared on-site?					es No
○ Yes ○ No	USDA for fo	and Adult Care , which provid ods served (CA	es reimburs ACFP)	•	0 0
O Both yes and no (please explain):	Self-A	tion and Physic ssessment for AP SACC)	•		0 0
	c. NE St	ep Up to Quali	ty		0 0
		nal Association		ucation	0 0
9. Who is responsible for menu planning? (check all that apply)	of You	ung Children (N	NAEYC)		
Owner of childcare program	11. Please	indicate which	ch of the fo	llowing ar	e provided
<ul><li>☐ Director or site supervisor/manager</li><li>☐ Family childcare provider</li><li>☐ Cook or chef</li></ul>		r childcare pro		N	Io (Usually brought om home)
Catering company	- D	-1.64			
Dietician	a. Bre b. Lun			0	0
Parents/guardians provide food for their children	c. Dini			ŏ	0
Other (please specify):	d. Mic	l-morning snac	ck	0	0
		l-afternoon sn	ack	0	0
	f. Eve	ning snack		0	O
Serving Foods and Beverages: Difficulty Level					
Is your p	rogram doing this?				ntially do)?
Is your p	_	How diffice Not at all difficult	u <b>lt is it to d</b> A little difficult	<b>o (or pote</b> Kind of difficult	<b>ntially do)?</b> Very  difficult
Is your p	doing this?	Not at all	A little	Kind of	Very
Is your positive currently serve fruit at least one time a day (Please do not	doing this?	Not at all	A little	Kind of	Very
ls your parties.  12. Serve fruit at least one time a day (Please do not include fruit juice)  13. Serve vegetables at least one time per day (Please do not include French-fries, tater tots, hash browns or	Yes No	Not at all difficult	A little difficult	Kind of difficult	Very
ls your parties.  12. Serve fruit at least one time a day (Please do not include fruit juice)  13. Serve vegetables at least one time per day (Please do not include French-fries, tater tots, hash browns or dried beans)  14. Prepare cooked vegetables without adding meat fat,	Yes No	Not at all difficult  O	A little difficult	Kind of difficult	Very
<ul> <li>12. Serve fruit at least one time a day (Please do not include fruit juice)</li> <li>13. Serve vegetables at least one time per day (Please do not include French-fries, tater tots, hash browns or dried beans)</li> <li>14. Prepare cooked vegetables without adding meat fat, margarine, lard, or butter</li> <li>15. Serve milk that is skim (nonfat) or 1% to children ages</li> </ul>	Yes No O O O O O O O O O O O O O O O O O O O	Not at all difficult  O  O	A little difficult  O  O	Kind of difficult  O  O	Very
<ul> <li>12. Serve fruit at least one time a day (Please do not include fruit juice)</li> <li>13. Serve vegetables at least one time per day (Please do not include French-fries, tater tots, hash browns or dried beans)</li> <li>14. Prepare cooked vegetables without adding meat fat, margarine, lard, or butter</li> <li>15. Serve milk that is skim (nonfat) or 1% to children ages 2 years and older</li> </ul>	Yes No O O O O O O O O O O O O O O O O O O O	Not at all difficult  O	A little difficult  O	Kind of difficult	Very

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Serving Foods and Beverages: Difficulty Level							
·	Is your program currently doing this?		How difficu	o (or poten	or potentially do)?		
	Yes	No	Not at all difficult	A little difficult	Kind of difficult	Very difficult	
18. Serve fried or pre-fried meats less than one time a week or never (This includes breaded and frozen chicken nuggets and fish sticks)	0	0	0	0	0	0	
19. Serve high sugar/high fat foods less than one time per week or never (This includes cookies, cakes, doughnuts, muffins, ice cream and pudding)	0	0	0	0	0	0	
20. Serve high fiber, whole grain foods at least once a day (This includes whole wheat bread, whole wheat crackers, oatmeal, brown rice, Cheerios, and whole grain pasta)	0	0	0	0	0	0	
21. Never serve sugary drinks (This includes Kool-Aid, fruit or sport drinks, sweet tea)	0	0	0	0	0	0	
22. Use either healthy foods or non-food treats (such as stickers) to celebrate holidays, birthdays, and other special events	0	0	0	0	0	0	
Serving Foods and Beverages: Barriers							
The list below includes possible barriers to providing hea answer yes if it is a barrier your program faces, or no if n	ılthier ı ot.	neals ar	nd snacks. For	each state	ment, pleas	e	
					Yes	No	
23. Not enough money to cover the cost of serving healthic	er mea	ls and sr	nacks		0	0	
24. Lack of control over the types of meals and snacks that	are de	livered t	to us		0	0	
25. Those preparing meals and snacks lack the knowledge to prepare healthier foods and beverages						0	
26. Those preparing meals and snacks lack the time to prepare	oare he	althier f	foods and bev	erages	0	0	
27. Children would not like the taste of healthier meals and snacks						0	
28. Parents/guardians do not support the idea of serving children healthier meals and snacks						0	
29. Limited space for food storage, such as refrigerator and cabinet space					0	0	
30. Lack of availability of healthy foods in my area					0	0	
31. Lack of support from other providers						0	
32. Other areas in our program have higher priority than nutrition at this time						0	
33. So many different recommendations that providers do not know which to follow					0	0	
34. Unsure which foods can be reimbursed through CACFP					0	0	
35. Weekly schedule limits time to shop more than once pe	er weel	<			O	0	
36. Please describe any other barriers not listed above.						_	

37. How often do you or your providers see a child who does not appear to be getting enough food to eat at home?  ○ Never → Go to Question 39 ○ Rarely ○ Sometimes ○ Often ○ Very often  38. When you or your providers see a child who does NOT appear to be getting enough food to eat at home, which of the following do they do? (check all that apply) ○ Feed the child more on Mondays and Fridays to make up for the child not eating enough food at home during the weekend ○ Keep additional food on hand to feed the child ○ Give food to the family to take home for the child to eat ○ Refer the family to the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) ○ Refer the family to the Supplemental Nutrition Assistance Program (SNAP) [Formerly known as the Food Stamp Program] ○ Other (please specify):  Meal Time Practices: Difficulty Level	39.	there is (check a  Proch Proch Proch Se tho	ral, how does enough food II that apply) oviders pay cle ildren do not oviders serve ough food for oviders tell chemselves rving cups or e amount of fois question do ready portione is question do ore than enough	ose attention take too muchildren to everyone ildren how utensils are bood that choes not apped on each pes not apped on each	on to make such food make sure frouded the provided the ildren shouly. Food arrichild's plate ly. There is the interest of the interest of the ildrene is th	sure that there is to serve hat hold ld take
·						
ls your p currentl	_				o (or poten	•
	Yes	No	Not at all difficult	A little difficult	Kind of difficult	Very difficult
40. Providers sit with children during meals and snacks	0	0	0	0	0	0
41. Providers eat together with children during meals and snacks	0	0	0	0	0	0

0

0

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42. Providers eat only the food and beverages that are being served to children during meals and snacks

children always choose and serve most or all foods

44. Children help with setting and clearing the table during

foods served at meal and snack times. For example,

45. Providers enthusiastically role model eating healthy

"Mmm, these peas taste yummy!"

43. Meals and snacks are served family style where

themselves

meals and snacks

	Is your program currently doing this?		How difficult is it to do (or potentially do)?				
	currently	Yes	No	Not at all difficult	A little difficult	Kind of difficult	Very difficult
46. Providers talk about healthy foods with the ch mealtime (e.g., which vegetables they like)	ildren at	0	0	0	0	0	0
47. Providers praise children for trying new or less preferred foods	5	0	0	0	0	0	0
48. Providers do not praise children for finishing for cleaning their plates	ood or	0	0	0	0	0	0
49. When children request seconds, providers ask they are still hungry before serving more food		0	0	0	0	0	0
50. Providers allow children to decide when they a during meal and snack times	are full	0	0	0	0	0	0
51. When children eat less than half of a meal or sproviders ask them if they are full before remothering plates	,	0	0	0	0	0	0
52. Providers do not use food to calm upset children encourage appropriate behavior	en or	0	0	0	0	0	0
53. Providers use children's preferred foods to end them to try less preferred foods ( <i>This includes a treat only if a child finishes his/her vegetable.</i>	offering	0	0	0	0	0	0
Meal Time Practices: Barriers							
The list below includes possible barriers to impanswer yes if it is a barrier your program faces,			mealtin	ne practices. F	or each sta	atement, pl	ease
						Yes	
54. Providers do not have time to sit with childre						0	_
55. There are not enough providers in the program to sit with children during meal times						0	
56. There is not enough money to cover the cost of serving meals and snacks to providers  77. Providers are unsure how to encourage children's healthy eating						0	
<ul><li>57. Providers are unsure how to encourage children's healthy eating</li><li>58. Providers do not like the taste of the healthy foods that are served at the childcare program, so they</li></ul>							
have trouble encouraging children's healthy eating at mealtime						) inc,	0
59. Providers have dietary restrictions, so they find it difficult to eat the same foods that are served to children						d to	0
60. Providers are uncertain how to handle children who are hesitant to try new foods					0	0	
61. Providers feel mealtimes with children are stressful					0	0	
62. Please describe any other barriers not listed above.							

Nutrition Education	68. During the last year, which of the following parent			
For each of the following statements, please mark how often these events occur.  63. Structured nutrition education is incorporated into daily routines through lesson plans, books, posters and hands-on activities.  O Rarely or never O 1 time per month O 2-3 times per month O 1 time per week or more  64. Providers talk with children informally about healthy eating during mealtime.	engagement activities has your program used?  (check all that apply)  Routinely communicated with parent/guard regarding child's daily food and beverage consumption  Gave written information (such as flyers, or newsletters) about healthy eating (trying ne food etc.).  Discussed healthy eating at parent-provider conferences  Encouraged healthier items for holiday/ celebration foods  69. Please describe any other parent engagement			
O Rarely or never	activities your program has used during the last yea			
O 1 time per month				
○ 2-3 times per month ○ 1 time per week or more				
65. Children are involved in hands-on sensory food				
experiences (for example, tasting, smelling, and touching food)  O Rarely or never O 1 time per month	The list below includes possible barriers for engaging parents or guardians to encourage children's healthy eating. For each statement, please answer yes if it is a barrier your program faces, or no if not.			
2-3 times per month	Yes No			
1 time per week or more	70. Parents do not have time to talk with			
O I time per week or more	the provider about children's nutrition			
66. How often do providers receive professional development on child nutrition? (Please do not include training on food safety or food program guidelines. This can include taking in-person or online training for contact hours or continuing education credits. It can also include information presented at providers meetings.)	<ul> <li>71. Parents have cultural beliefs about food that are not always consistent with healthy eating</li> <li>72. Parents do not have enough money to purchase healthy foods</li> <li>73. Parents are too busy to prepare healthy foods</li> </ul>			
○ Never ○ Less than one time per year	74. Providers do not want to offend parents			
One time per year  Two or more times per year	75. Parents or guardians do not like the taste of healthy foods themselves			
	76. Providers are uncertain how to engage parents.			
Engaging Parents/Guardians	77. Parents prioritize other food related topics such as allergies or children's			
67. How often are families are offered education on child nutrition? (Education can be offered through in-person educational sessions, brochures, tip sheets, or your program's newsletter, website, or bulletin boards.)  O Never O Less than one time per year	78. Please describe any other barriers not listed above.			
<ul><li>○ One time per year</li><li>○ Two or more times per year</li></ul>				

Access to Training	83. Which of the following are barriers that prevent you from obtaining training? (check all that apply)
79. Do you have internet access at the childcare site or elsewhere?	Cost of the training   Check dir that apply   Cost of the training   Unable to travel to the training location   Scheduled trainings do not fit within my work schedule (outside of usual hours)   Leaving my work site would leave the other providers short-handed   Training has not been made available in the past   Not interested in training topics   Lack of internet or computer access   Trainings are hard to find in my area   Unsure if the training qualifies for new license rules   Other (please specify):   None of the above    84. What is your preference when it comes to receiving training? (check all that apply)   In-person training   Live webinar (allows for question and answer with the host)   On-going mentorship/coaching   On-going peer-to-peer with other providers   On-line learning modules with videos that can be viewed at any time   Attending conferences with multiple trainings on one day (like a Saturday)   Other (please specify):   No preference

35. If you wanted to improve healthy eating practices in your childcare program, how likely would you be to consult the following sources for advice and information?							
	Very unlikely	Unlikely	Neutral	Likely	Very likely		
a. Google search	0	0	0	0	0		
b. Social Media - Facebook	0	0	0	0	0		
c. Social Media - Pinterest	0	0	0	0	0		
d. Social Media - Twitter	0	0	0	0	0		
e. Family Doctor/Pediatrician	0	0	0	0	0		
f. Dietitian/Nutrition Educator	0	0	0	0	0		
g. Family Members	0	0	0	0	0		
h. Nebraska Extension	0	0	0	0	0		
i. Child and Adult Food Program	0	0	0	0	0		
j. Other childcare providers	0	0	0	0	0		
k. Other (please specify):							
		0	0	0	0		
obesity among children in your program?  O Not a problem O A small problem O A problem O A large problem  About You  87. What is your job title? O Center Director O Family Childcare Provider O Program Nutrition Specialist	A:   BI   N   W	your race(s merican Ind sian lack or Afric	ian or Alaska an American ian or Pacific	an Native			
O Program Education Specialist O Other (please specify):							
88. How many years have you been working in the early childhood field? (enter 0 if less than one year)	93. What is	ED	pleted?				
90. What is your gender?  O Male O Female O	have t conveni envelope your qu	aken to con ence, please e included ir estionnaire this survey Bureau of S University Phone: 1-80	atly appreciantly appreciantly appreciate this so the postions of can be directed of Nebraska 0-480-4549 at language.	urvey. For y stage-paid r y packet to or requests cted to: Research -Lincoln (toll free)	our return return		