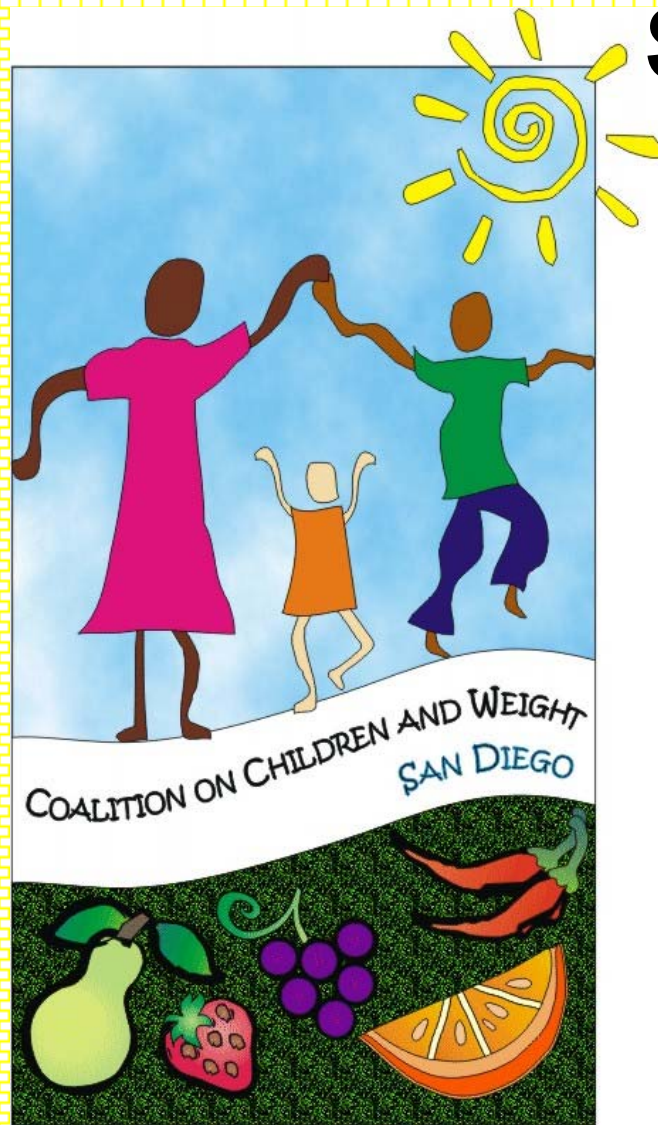


# Coalition on Children and Weight San Diego



# CCWSD

Membership

Focus

Structure

Projects





# CCWSD PROJECTS

Pediatric Obesity Conference

School Food Summit

Child Care Nutrition and  
Physical Activity Certification



# DRAFT

## Coalition on Children and Weight San Diego Child Care Nutrition and Physical Activity Self-Assessment Tool

Program Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Location: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_

<b>Nutrition/Sanitation Category</b>	<b>Ye s</b>	<b>Sometimes</b>	<b>N o</b>	<b>N/ A</b>
1. Parents receive either written or verbal information about our nutrition policies and/or how to foster healthy eating habits at home.				
2. Staff receives either written or verbal information about our nutrition policies and how to foster healthy eating habits in child care.				
3. We regularly communicate with parents about food choices of their children.				
4. Meals and snacks meet the requirements of the Child and Adult Care Food Program (CACFP).				
5. New and familiar foods are served to the children often.				
6. Children decide how much and which foods they will eat.				

The background features a light yellow grid pattern. In the center, there is a vertical illustration of children and food. At the top, a yellow sun with rays is visible. Below it, the lower bodies and legs of several children in various colored dresses (pink, orange, purple) are shown. At the bottom, there are illustrations of various fruits including a strawberry, a slice of orange, and a kiwi.

# **CCWSD PROJECTS**

**Pediatric Obesity Conference**

**School Food Summit**

**Child Care Nutrition and  
Physical Activity Certification**

**Obesity Action Plan**

# WHAT CAN YOU DO?

- Convene meetings
- Help with funding
- Educate Commissioners
- Collaborate with other regions
- Example: Orange County



**Please visit our website for  
additional information and  
resources**

**[www.ccwsd.net](http://www.ccwsd.net)**

