

Sample Action Plan Worksheet

Program Name: **Little Friends Child Development Center**

Wellness Policy Goal: **Providers gently encourage children to try fruits and vegetables**

Completion Date: **April 1, 2018**

| Child | Family | Program Staff | Program Environment |
|---|---|---|---|
| <p>1. Children will learn a new fruit or vegetable weekly.</p> <p>2. Children will engage in a 'taste test' monthly with a new fruit/vegetable.</p> | <p>1. Families will receive copies of the program's menus to encourage new foods at home.</p> <p>2. The program will have families bring in their favorite fruits/vegetables to share with the class.</p> | <p>1. Staff will sit and eat fruits/vegetables during meals family-style.</p> <p>2. Staff will read stories about a fruit/vegetable to the children weekly.</p> | <p>1. Only fruits and vegetables that are low in calories and prepared without saturated or trans-fat or sugars will be served during meals.</p> <p>2. Pictures of fruits/vegetables will be placed throughout the classroom and around the eating area to promote awareness.</p> |
| <p>Person Responsible: Bunny Classroom Staff</p> | <p>Person Responsible: Director</p> | <p>Person Responsible: Director</p> | <p>Person Responsible: Ms. Linda and Mr. Joseph</p> |
| <p>Resources Needed: Fresh fruits/vegetables</p> | <p>Resources Needed: Updated menus, parent letters</p> | <p>Resources Needed: Library books, updated staff policy handout</p> | <p>Resources Needed: Pictures of fruits/vegetables,</p> |