



Performance Standards Checklist for Early Childcare Centers

Use this checklist to assess the healthier beverage practices and goals in your ECE setting. The standards listed correspond with National Health and Safety Performance Standards related to drinking water and beverages published in the third edition of *Caring for Our Children*.

Please check the box next to the statement that best describes your current situation. When you have completed the checklist, use it to identify which practices you need to work on to improve the quality of care in your facility. You can find tips to help meet these standards in later sections.

Standard	Meeting this standard	Not meeting this standard	Not applicable to my facility
Drinking water is available to children upon request throughout the day, including meal times. (Note: This is a CACFP requirement.)			
If your facility drinking water comes from a household well (does not come from a public water system), the water is tested every year or as required by the local health department.			
If your facility drinking water comes from a public water system, the water is tested for lead and copper levels. If you have drinking fountains, that water is also tested.			
Children are encouraged to drink water before and during periods of physical activity.			
If you have drinking fountains, children are taught to drink water without mouthing the drinking fountain fixture.			
Children are taught to drink water from a cup rather than a sippy cup or bottle.			
When tooth brushing is not done after eating, children are offered water to drink to rinse food from their teeth.			
If you have drinking fountains, they are kept clean and maintained to provide adequate water flow and drainage.			
When juice is served, it should be only full-strength (100%) pasteurized fruit juice or full-strength fruit juice diluted with water. (CFO3 Standard 4.2.0.7) However, only full-strength (100%) juice is allowed under CACFP requirements.			

Standard	Meeting this standard	Not meeting this standard	Not applicable to my facility
Juice is limited to 4–6 oz. per day for children 1–6 years of age.			
Sodas, sweetened drinks such as fruit nectars, and flavored milks are not served to children.			
Infants younger than 6 months of age are not given plain water.			
Infants younger than 12 months of age are not given fruit juice.			
On hot days, if an infant needs more fluids, extra human milk or formula (depending on what the infant normally drinks) is given in a bottle.			

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