

Share Your Thoughts – Help Create Free Nutrition Resources!

Attachment M.1 – Child Care Director Consent Letter and Survey – Print Version

OMB BURDEN STATEMENT: According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0524. The time required to complete this information collection is estimated to average 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Please share your thoughts to help create free materials!

Dear Director,

The USDA's Food and Nutrition Service (FNS) is creating nutrition education materials with multicultural recipes and family events. **The materials will be free and the recipes can be used as part of a reimbursable meal under CACFP.** The attached survey will help make sure these resources are fun, useful, and engaging!

Please complete the survey and return using the envelope provided to share your thoughts!

Sincerely,

Gerad O'Shea, Research Director
Applied Curiosity Research

--DIRECTOR CONSENT LETTER--

Background & Purpose: You're invited to participate in a research study conducted by ACR as part of a USDA FNS sponsored effort to develop nutrition education materials with multicultural recipes for child care centers and family day care homes. We're working to ensure these recipes and activities are clear, relevant, and engaging.

Process: Your only involvement in this study is completing the following survey.

Possible Risks & Benefits: We do not anticipate any risks associated with being in this study. The study will lead to the development of free resources developed by FNS

Compensation: You will not be compensated for your participation.

Participant's Rights: Participation in this study is voluntary. You have the right to change your mind and withdraw your consent or discontinue participation at any time without any penalty or loss of the benefits to which you are otherwise entitled. You have the right to refuse to answer particular questions. Your name, email address, and phone number will only be used to contact you about this research. They will not be given to anyone else for other purposes. Your name will never be used in any reports of our research findings. Your information will be kept secure and only used for research purposes, except as otherwise required by law. All data will be identified only by an ID number, not by any name.

Contact Information: If you have any questions, concerns, or complaints about this research study, its procedures, or risks and benefits, please contact the

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Principal Investigator, at the telephone number listed on the first page of this form.

If you have any other questions about this research project, contact:

Mail: USDA, Food and Nutrition Service, Team Nutrition; 3101 Park Center Drive, 6th Floor
Alexandria, VA 22302; | **Call:** (703) 305-1624 | **Email:**
teamnutrition@fns.usda.gov

If you agree to participate, please complete the attached survey and return it using the envelope provided. Please keep this letter and information for your records.

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--- DIRECTOR SURVEY ---

1. Approximately how many children attend your site? _____
2. Is your site a Child Care Center or a Family Day Care Home? _____
3. Which ages does your site serve (select all that apply)?
 - 1 year old or younger
 - 2 years old
 - 3 years old
 - 4 years old
 - 5 years old
 - Ages 6-8 years
 - Ages 9-12 years
 - Ages 13 years or older
4. How often do providers at your site offer nutrition education to children?
 Never Only on special occasions 1x a month Every other week 1x a week
5. Which, if any, nutrition education topics do children at your site learn about (select all that apply)?
 - MyPlate/Food Groups
 - Eating the rainbow
 - Avoiding sweets
 - Choosing healthy snacks
 - Vitamins and minerals (like calcium for strong bones)
 - Learning about different types of fruits and vegetables
 - How plants grow/where food comes from/edible garden
 - Other, please specify _____
 - Drinking Water
 - Trying new foods
 - Trying new fruits and vegetables
 - Importance of physical activity
6. How often is food preparation (cooking) conducted with children at your site?
 Never Only on special occasions 1x a month Every other week 1x a week

6b) What kind of cooking activities are done with students at your site?

1x a week

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7. What Web sites, social media, print media, or social networks do you or other

providers at your site use to find recipes and nutrition-related activity ideas to do with children?

8. What size posters do you prefer for displaying information for children at your site?

- 8.5 x 11 11 x 17 18 x 24 24 x 36 Other, please specify _____

9. Please read the following statements and select your level of agreement from “strongly disagree” to “strongly agree”.

| education lessons. | | | | | |
|---|----|---|---|---|----|
| I feel confident that the classroom teachers at my site can lead cooking demonstrations with children. | SD | D | N | A | SA |
| I feel confident that the classroom teachers at my site can teach children about different cultures around the world. | SD | D | N | A | SA |

10. Which of the following factors would prevent you or the classroom providers at your site from leading cooking activities with children? (check all that apply)

- The staff lacks the appropriate training
- Lack of the number of staff needed to conduct/supervise the activities
- Lack of time in the day
- Availability of kid-safe cooking equipment
- Lack of space to conduct the activities
- Availability of appropriate recipes or activities
- Other, please specific _____

11. How often does your school host family events?

- Never Only on special occasions 1x a month Every other week

11b) What kind of family events are hosted at your site?

1x a week

12. What is your Ethnicity?

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- Hispanic of Latino
- Not Hispanic or Latino

13. What is your Race?

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian/Other Pacific Islander
- White

--- OPTIONAL FOLLOW UP INTERVIEW ---

We'd like to talk to child care providers and parents from 8 specific cultural backgrounds to review recipes and give their thoughts to make sure the recipes are culturally accurate! Are there providers, staff, or families at your site from any of these backgrounds?

Child Care Staff

- Asian Indian
- American Indian
- Native Alaskan
- Mexican
- Puerto Rican
- Chinese
- French
- Sub-Saharan African
- Don't know/not sure

Families

- Asian Indian
- American Indian
- Native Alaskan
- Mexican
- Puerto Rican
- Chinese
- French
- Sub-Saharan African
- Don't know/not sure

Is it ok for us to follow up with you to get feedback about a few recipes?

- Yes
- No

Please provide the best way for us to follow up below:

- Email _____
- Call _____
- Text _____

Additional cultures will be added after these first eight. Do you have any suggestions for additional cultural recipes that we should include?

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THANK YOU FOR YOUR TIME AND THOUGHTS!