### Action Plan Worksheet

**Start Date:**

**Provider Name:**

**Goal:** Increase the consumption of fruits and vegetables.

<table>
<thead>
<tr>
<th>Objectives / Steps</th>
<th>Provider</th>
<th>Environment</th>
<th>Child</th>
<th>Family</th>
<th>Program Policies</th>
</tr>
</thead>
</table>
| Increase the knowledge and consumption of fruits and vegetables through cooking activities. | Identify recipes for weekly cooking activities.  
Identify books that support cooking activities and discuss healthy food choices.  
Develop a bulletin board to display photos of cooking activities.  
Find new recipes to use with the children and families. | Gather appropriate supplies and equipment needed for cooking activities.  
Update bulletin board with weekly cooking activities.  
Place books on healthy eating around the home for children and families to read independently.  
Add plastic fruits and vegetables as toys for children to play with. | Introduce the project to the children by reading an appropriate book promoting healthy foods.  
Discuss the importance of hand washing and cooking preparation.  
Allow children to do the dipping, pouring, cutting, and mixing during cooking activities.  
Allow children to set the table for family-style dining meals. | Have weekly cooking activities and invite families to volunteer.  
Develop a newsletter to share with families the cooking activities done during the day.  
Ask families to share their favorite recipes. | Develop a healthy eating policy that informs parents about cooking activities being included into the curriculum.  
Develop a healthy celebrations policy.  
Develop a healthy fundraising policy. |

<table>
<thead>
<tr>
<th>Who is responsible?</th>
<th>Self</th>
<th>Self</th>
<th>Self and Children</th>
<th>Self, Children and Families</th>
<th>Self</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>April 30th</td>
<td>May 15th</td>
<td>June 5th</td>
<td>August 31st</td>
<td>October 1st</td>
</tr>
</tbody>
</table>