

Stand Together with 3-4-50

SHOW YOUR COMMITMENT TO REDUCING CHRONIC DISEASE

Thank you for your dedication to promoting health and reducing the risk of chronic disease. **Please check off wellness measures that your early childhood program currently employs or will accomplish within the next 12 months.**

BRONZE

Must check at least six to achieve bronze level

- Provide only foods and beverages that meet or exceed Child and Adult Care Food Program (CACFP) nutrition standards for children
- Do not use food or physical activity as punishment
- Eliminate sugary drinks and juices and offer water all day
- Use nonfood items, activities and opportunities for physical activity to reward achievement or good behavior, not food or beverages
- Maintain tobacco-free facility and grounds and promote with tobacco-free signage
- Offer a quiet space for breastfeeding moms to breastfeed or pump
- Provide adequate refrigeration and freezer space for breast milk
- Prohibit screen time for children under the age of two

SILVER

Bronze level plus at least five from silver level

- Limit use of screened devices to brief educational uses (less than 5 minutes per day or 30 minutes per week)
- Allow only foods that meet or exceed the CACFP nutrition standards for celebrations and fundraisers (e.g. birthdays, holidays)
- Create policies that support nutrition, physical activity and quit tobacco support
- Create a supportive environment for breastfed infants
- On registration forms, ask about tobacco use, encourage tobacco-free homes and refer to 802Quits
- Implement at least one aspect of a Farm-to-Preschool program
- Integrate nutrition, physical activity and tobacco prevention into curriculum
- Role model healthy eating - have staff eat the same food as the children, with the children

GOLD

Silver level plus at least three from gold level

- Create a program-wide wellness policy addressing physical activity, nutrition, tobacco-free lifestyles and other wellness topics
- Create and support a worksite wellness program for staff
- Provide parent education on nutrition and physical activity for the family
- Create and maintain a children's vegetable garden as a teaching tool and to supply vegetables for snacks and meals
- Host onsite Fresh Start classes for parents and caregivers

