



Childcare Provider Name: _____

Phone Number: _____

Address: _____

Number of Kids: _____

Number of Faculty/Staff Members: _____

We have developed a checklist for childcare provider to work on to reach three different levels of participation, Bronze, Silver and Gold.

BRONZE

Childcare must complete all 6 Core Activities and 3 optional activities to qualify for Bronze Certified Organization

CORE REQUIREMENTS:

Childcare facility values high quality and healthy nutrition and follows all of the following guidelines.

- Childcare follow the 100% juice guidelines which indicates:
 - Children 6 months or younger never receive 100% juice
 - Children 1-6 years old receive only 4-6 ounces of 100% fruit juice per day
 - Children 7-18 only receive 8-12 ounces of 100% fruit juice per day
- Adults sit with children at all mealtimes to encourage mealtimes that are calm, non-stressful and are able to assist with healthy portion sizes
- Only milk, water and 100% juices are offered at the childcare and drinking water is available upon request

Breastfeeding is supported in the childcare by including:

- A comfortable space is made available for nursing mothers other than a bathroom
- Bronze Level Breastfeeding Friendly Employer (*if staff are employed at childcare*)
- Staff have initial and ongoing conversations with parents about how to support breastfeeding for families.
- Formula is stored out of sight in all areas of the childcare center

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- Daily Encouragement of Physical Activity or walking is promoted through the following but is not limited to:
- Dancing to age appropriate music at least 1 time per week to encourage fun, safe, physical activity for all
 - Supervised Tummy Time is offered several times per day for infants
 - Active play is never withheld as a punishment
 - How you encourage active play? _____
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- Children over the age of 2 are allowed 2.5 hours or less screen time/week and children under the age of 2 are not exposed to screen time during childcare hours.
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- Childcare is meeting the requirements of USDA for childcare centers and has achieved 1-2 stars in the VT State STARS program.
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- Smoke-free Signage at childcare center is visible and posted
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OPTIONAL ACTIVITIES: *(complete 3/5)*

- Healthy Taste Testing is offered at least once per month to encourage children to try new food
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- Celebrations offer healthy options
-

- Tooth brushing is made available to all children and staff
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- Community resources and classes are provided to parents by a newsletter or bulletin board
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- Did we miss something or is your childcare doing something else that is healthy and fun?
Tell us more : _____
-

SILVER

Childcare must complete all 5 Core Activities and 3 optional activities to qualify for Silver Certified Organization (in addition to bronze requirements)

CORE REQUIREMENTS:

- Childcare facility values high quality and healthy nutrition and follows all of the following guidelines:
 - Childcare follows the 100% juice guidelines which indicates and is only offered at mealtimes:
 - Children 6 months or younger never receive 100% juice
 - Children 1-6 years old receive only 4-6 ounces of 100% fruit juice per day
 - Children 7-18 only receive 8-12 ounces of 100% fruit juice per day
 - Childcare participates in CSA or promotes garden sharing and uses fresh produce for taste tests, snacks and lunches.
 - Only milk, water and 100% juices are offered at the childcare and drinking water is available inside for self-serve
 - All meals to preschoolers are served family-style to encourage self-serve if facility serves meals
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- Breastfeeding is supported in the childcare by including:
 - Comfortable space is made available for nursing mothers other than a bathroom which includes a comfortable seat such as a rocking chair.
 - Staff have received appropriate training on how to bottle feed a breastfed baby
 - Staff have written literature available on how to bottle feed a breastfed baby and has implemented it into practice
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- Daily Encouragement of Physical Activity or walking is promoted through the following but is not limited to:
 - Dancing to age appropriate music at least 3 times per week to encourage fun, safe, physical activity for all
 - Childcare facility takes walk with kids at least 1 time per week around the neighborhood, at a path, at a park, etc.
 - How do you encourage active play? _____

Children over the age of 2 are allowed 1.5 hours or less screen time/week and children under the age of 2 are not exposed to screen time during childcare hours.

Childcare has achieved 3-4 stars in the VT State STARS program.

OPTIONAL ACTIVITIES: (complete 3/5)

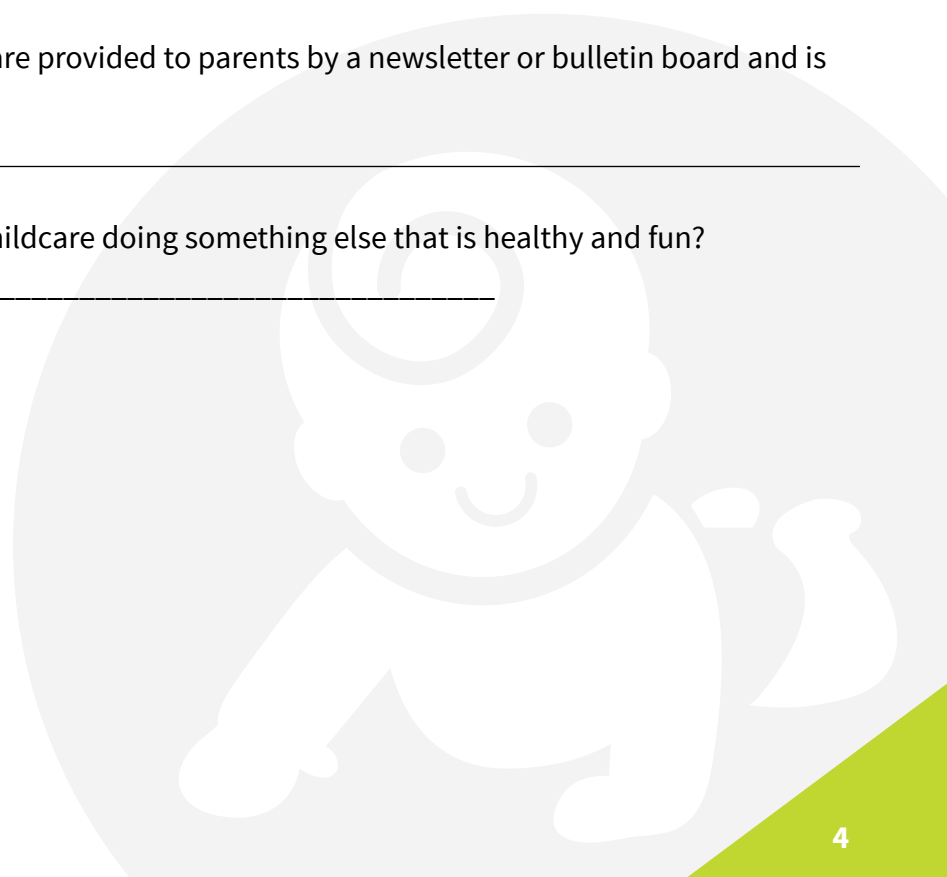
Healthy Taste Testing is offered at least 3 times per month to encourage children to try new food

Tooth brushing is made available to all children and staff and is supported and engaged after meals

50% of parents have signed the RiseVT pledge

Community resources and classes are provided to parents by a newsletter or bulletin board and is updated at least monthly

Did we miss something or is your childcare doing something else that is healthy and fun?
Tell us more : _____



GOLD

Childcare must complete all 5 Core Activities and 3 optional activities to qualify for a Gold Certified Organization (in addition to bronze and silver requirements)

CORE REQUIREMENTS:

- Childcare facility values high quality and healthy nutrition and follows all of the following guidelines and activities.
 - Childcare has a garden-onsite to encourage healthy eating and education of healthy food. Garden produce is used in childcare for taste testing, lunches, snacks, etc.
 - Drinking water is available inside and outside for self-serve
 - Whole fruit is served in place of 100% fruit juice at mealtimes
 - Menus are provided and posted for families on a weekly, daily, or monthly basis, if applicable.

- Breastfeeding is supported in the childcare by including:
 - Comfortable space in a private room is made available for nursing mothers other than a bathroom that includes a comfortable seat such as a rocking chair as needed.

- Encouragement of Physical Activity or walking is promoted through the following but is not limited to:
 - Dancing to age appropriate music every day of the week to encourage fun, safe, physical activity for all
 - Family fun days are offered at trails, parks or bike paths at least once per year
 - How do you encourage active play? _____

- Screens are not available in childcare setting and children of all ages are not exposed to screens during childcare day

- Childcare has achieved 5 stars in the VT State STARS program.

OPTIONAL ACTIVITIES: *(Complete 3/5)*

Healthy Taste Testing is offered at least 4 times per month to encourage children to try new food

RiseVT Individual Scorecards are handed out and encouraged with a return rate of at least 50%

Tooth brushing and flossing is supported and engaged after meals

Onsite parent trainings are offered to parents at childcare such as car seat safety.

Did we miss something or is your childcare doing something else that is healthy and fun?
Tell us more : _____

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