

EARLY CHILDHOOD SIGN-ON FORM

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





CUSTOMIZE YOUR WELLNESS GOALS

Some child care programs have unique opportunities or challenges to impacting children's health and wellness. If some or all of the recommended wellness measures would not be a good fit in your program, please customize your goals. Your Local Health Office is available to help and can determine your commitment level.

FINALIZE YOUR COMMITMENT

By signing this form, your program strengthens its dedication to reducing the burden of chronic disease and improving the health and wellness of the children in your care and the staff.

Program Name	# Enrolled Children	# of Staff
Contact Name	Title	
Email	Phone	
Signature	Date	
Do NOT include my organization as a 3-4-50 partner on the Vermont Department of Health's website and other promotional materials.		

