













EMPOWER

10 Ways to Empower Children to Live Healthy Lives

-  **Standard 1:** Provide at least 60 minutes of daily physical activity (teacher-led and free play) and do not allow more than 60 minutes of sedentary activity at a time, or more than three hours of screen time per week.
-  **Standard 2:** Practice “sun safety.”
-  **Standard 3:** Provide a breastfeeding-friendly environment.
-  **Standard 4:** Determine whether site is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.
-  **Standard 5:** Limit serving fruit juice to no more than two times per week.
-  **Standard 6:** Serve meals family style and do not use food as a reward.
-  **Standard 7:** Provide monthly oral healthcare education or implement a toothbrushing program.
-  **Standard 8:** Ensure that staff members receive three hours of training annually on Empower topics.
-  **Standard 9:** Make Arizona Smokers’ Helpline (ASHLine) education materials available at all times.
-  **Standard 10:** Maintain a smoke-free campus.

Empower child care facilities will develop and implement a written policy for each standard that meets the needs of all children served.

Policies should be effective no later than July 1, 2013.

