

Empower Center Standards
10 Ways to Empower Children to Live Healthy Lives

1. Facilities should encourage physical activities as part of their curriculum by scheduling at least 60 minutes of structured activity (which can be broken up in shorter time periods) per day. Encourage “sun safe” physical activities.
2. Limit kids’ screen time* to under one hour a day.
3. Avoid more than 60 minutes of sedentary activity at a time, except while the child is sleeping.
4. Offer water at least 4 times during the day.
5. Serve 1% low fat or fat free milk for all children over two years of age.
6. Serve only 100% percent fruit juice (with no added sugars), and limit kids to (4 ounces) per day.
7. Serve meals family style** and let the child decide how much to eat. Avoid rewarding good behavior or a clean plate with foods of any kind.
8. If eligible, participate in the USDA Child and Adult Care Food Program.
9. Facilities and homes should be totally (24-hour) smoke-free campuses.
10. All families should receive education and referrals regarding tobacco prevention cessation and second hand smoke at least 4 times per year.

*Screen time includes: TV/DVD, Computer, and Video Games.

**Family-style meal service means serving foods in bowls or dishes on the table. Children are encouraged to serve themselves or serve themselves with help from an adult. Caregivers eat the same food, promote healthy eating habits, and create a positive meal-time environment. Enough food must be placed on the table to provide the full required portion size for all the children at the table.

Note: Programs operating 6 hours or less would alter the activity schedule, screen time, and the number of times water is offered by ½.

All of these recommendations can be adapted to meet the needs of children of all ages.

For Information on Applying for the Program, please contact:

Call Child Care Licensing at (602) 364-2539
8 a.m. to 5 p.m., leave message if after hours

For Information on the Empower Care Standards or Packet, please contact:

Wayne Tormala, Chief
Arizona Department of Health Services
Bureau of Tobacco and Chronic Disease
150 North 18th Avenue, Suite 310
Phoenix, AZ 85007
(602) 364-0834
wayne.tormala@azdhs.gov
www.tobaccofreearizona.com

Karen Sell, R.D., Chief
Arizona Department of Health Services
Bureau of Nutrition and Physical Activity
150 North 18th Avenue, Suite 310
Phoenix, AZ 85007
602 542-2826
sellk@azdhs.gov
<http://www.azdhs.gov/phs/bnp/index.htm>
www.eatwellbewell.org