

“HEALTHY CHOICE IS THE EASY CHOICE”
Florida’s Early Care and Education (ECE) Recognition Program



AFFIDAVIT

I understand that “Healthy Choice is the Easy Choice,” Florida’s Early Care and Education (ECE) Recognition Program works to encourage programs to meet best practices in healthy eating, family-style dining, healthy beverages, physical activity, breastfeeding friendly facilities, and screen time. I understand the “Healthy Choice is the Easy Choice” recognition program encourages early child care programs to take proactive, voluntary steps, to improve their program practices and policies to create healthy change for the children and families they serve.

I understand that participation is only open to early care and education programs serving children from birth through five that are legally operating through the Florida Department of Children and Families or a local licensing authority. Continued participation is contingent upon **all criteria listed on the application form and submission of Benchmark Menu best practices being maintained.**

I understand that if my program is recognized as a “Healthy Choice is the Easy Choice” site, the program will receive a certificate to be prominently displayed, and will be listed on the “Healthy Choice is the Easy Choice” website (www.fleceaward.org). The program may also be highlighted by social media, and at professional conference and other community events.

In an effort to prevent childhood obesity, our program is committed to:

- Increase the daily amount of physical activity for each child.
- Increase and provide access to water and low-fat or skim milk (for children 2 years and older).
- Eliminate sugar-sweetened beverages.
- Limit 100% juice served, and instead, encourage children to drink water.
- Increase fruit and vegetable consumption each day.
- Promote family-style dining.
- Reduce the overall amount of screen time for children.
- Promote breastfeeding in infancy and within our program.
- Educate parents on the “Healthy Choice is the Easy Choice” best practices for early child care programs.

I understand that the “Healthy Choice is the Easy Choice” recognition program is voluntary and confirm that the information on this application is complete and accurate.

Name of Program: _____

Program Address: _____

Owner Name: _____

Owner Signature: _____

Director Name: _____

Signature of Director: _____

Date: _____