

Eco-Healthy Child Care® Checklist

The Eco-Healthy Child Care® Checklist offers **30 easy-to-follow steps** that will immediately benefit the health and well-being of all the children in your care.



Follow these instructions to get started on going green!

1. Answer all 30 questions on the checklist.
2. Comply with at least 24 of 30 items, including #1, #6 and #11, which are required.
3. If you can't answer "true" to 24 items, take steps to make improvements. Visit www.cehn.org/ehcc for tips and tools.
4. Fill out all parts of the Endorsement Form, and obtain both required signatures.
5. Send the completed checklist and \$25 payment to the address indicated.

All EHCC checklist items comply with *Caring for Our Children: National Health and Safety Performance Standards, 2nd Edition*.

TRUE
FALSE
?

Pesticides and Pest Prevention

1. We use non-toxic techniques both inside and outside the facility to prevent and control pests (both insects and weeds). If a serious threat remains and pesticide application is the only viable option, parents are notified in advance and a licensed professional applies the least toxic, effective product at a time when children will not be exposed to the application area for at least 12 hours (see manufacturer's instructions to ensure 12 hours is enough time). **REQUIRED**

2. We thoroughly wash all fruits and vegetables to avoid possible exposure to pesticides, and we take the opportunity to educate children about the importance of doing so.

Air Quality

3. We avoid conditions that lead to excess moisture, because moisture contributes to the growth of mold and mildew. We maintain adequate ventilation (suitable fans or open screened windows). We repair water leaks and keep humidity within a desirable range (30-50%).

4. We do not allow cars or other vehicles to idle in our designated parking areas.

5. We do not use scented or unscented candles or manufactured air fresheners.

6. During operating hours, we do not permit smoking anywhere on the premises or in sight of children. (Note: For the healthiest environment for children and staff, smoking should not be allowed on the premises at any time). **REQUIRED**

Household Chemicals

7. We use biodegradable, non-toxic cleaning products and least-toxic disinfecting and sanitizing products. When other products are required, they are used only for their intended purpose and in strict accordance with all label instructions. We store cleaning products where children cannot access them.

8. We use chlorine bleach only when and where it is required or recommended by state and local authorities. We use it prudently and never use more than necessary.

9. We do not use aerosol sprays of any kind.

10. We use only low-VOC household paints and do not paint when children are present.

Lead

11. To avoid possible lead exposure from water lines, we use only cold water for drinking, cooking and making baby formula. We run the water for 10-30 seconds or until it feels noticeably colder. **REQUIRED**

12. Our facility was built after 1978 (after lead paint was banned) — OR — the facility was built before 1978, but we keep the building free of flaking or peeling paint and regularly wash all areas around doors and windows. We use lead safe practices when removing lead-based paint or when renovating our facility, and we have visited www.epa.gov/lead to learn more.

13. To avoid possible lead exposure, we do not use imported, old or handmade pottery to cook, store or serve food or drinks.

14. To reduce possible exposure to lead-contaminated dirt, we supply a rough mat at the entrance of our facility and encourage the wiping of shoes before entering — or — we are a shoe-free facility.

15. We check our toys for lead by searching www.healthytoys.org or by purchasing lead testing kits at a local home improvement store.

Mercury

16. We do not use any mercury-containing thermometers or thermostats. Instead we use digital options.

17. We securely store and recycle all used batteries and fluorescent and compact fluorescent light bulbs. For proper disposal of mercury-containing thermometers, fluorescent light bulbs, and batteries, please visit www.earth911.org/search to find a nearby hazardous waste recycling facility.

Furniture and Carpets

18. To avoid possible exposure to flame retardants, we ensure furniture is in good condition without foam or inside stuffing exposed. Stuffed animals, matting, pillows and other foam items are also intact.

19. Furniture is made of solid wood, with few, if any items made of particleboard. Visit CHEC's HealthHouse website — www.checnet.org/healthhouse — and type in "furniture".

20. We do not have professionally installed wall-to-wall carpeting where children are present.

21. Area rugs are vacuumed daily and cleaned at least twice a year using biodegradable cleaners.

Art Supplies

22. We use only non-toxic art supplies approved by the Art and Creative Materials Institute (ACMI). Look for ACMI non-toxic seal "AP" www.acminet.org.

Plastics and Plastic Toys

23. We avoid toys made out of soft plastic vinyl (such as vinyl dolls, beach balls, and "rubber ducky" chew toys). Instead, we buy only those labeled "PVC-free".

24. When using a microwave, we never heat children's food in plastic containers, plastic wrap or plastic bags.

25. We never use baby bottles or sippy cups made of hard clear plastic (bottles labeled #7). Instead, we use bottles made of opaque plastic or glass. Visit Oregon Environmental Council's website — www.oconline.org — and type in "safe plastics guide".

Treated Playground Equipment

26. We do not have playground equipment made of treated wood — or — if we do, apply 2 coats of waterproof stain or sealant at least once a year.

Radon

27. We have appropriately checked our facility for radon by using a radon testing kit available from a local home improvement store and have visited www.epa.gov/radon for local resources.

Recycling and Garbage Storage

28. We recycle all paper, cardboard, glass, aluminum and plastic bottles.

29. We keep our garbage covered at all times to avoid attracting pests and to minimize odors.

Education and Awareness

30. We create opportunities to educate the families we serve on eco-friendly practices.

EHCC is a program of Children's Environmental Health Network created by Oregon Environmental Council. For more information, please visit us online at www.cehn.org/ehcc.



Eco-Healthy Child Care®

Endorsement Form

Thank you for working to make your child care Eco-Healthy!

1 Verify your responses (both signatures required):

"The information provided on this Eco-Healthy Child Care® Endorsement Checklist is true to the best of my knowledge."

1. Parent or non-employee witness date

2. Facility owner or director date

2 Please record your facility information:

Facility name # of children served

Street address or P.O. Box

City State Zip code

Contact name Phone

Contact email Facility website

Choose one: Family Child Care Center

Please **do not** post my facility information on the website

I **do not** want to receive EHCC's bi-monthly email tips

FOR VERIFICATION • OFFICE USE ONLY

Approved by (signature) Date Center #



Endorsement Form cont...

3 Provide fee and confirmation of EHCPC participation

If your facility meets the criteria outlined above, it will receive the 2-year Eco-Healthy Child Care® endorsement. To be included on the EHCPC website and to receive your endorsement certificate, Eco-Healthy Tips, and other EHCPC support for 2 years, please include your endorsement fee.

As part of EHCPC quality control, every year, a limited number of endorsed sites are randomly selected for a free site assessment; selected sites will receive at least 48 hours notice. Please visit www.cehn.org/ehcc/onsite to find out more. By submitting this endorsement form and payment, you also agree to a possible walk-through conducted by EHCPC staff.

4 Mail form and payment to:

EHCPC/CEHN
110 Maryland Avenue NE, Suite 402
Washington DC, 20002

*if paying by check, please use separate envelope

Go Green. Be Eco-Healthy!

Research increasingly shows that the first years of a child's life are critical to shaping their future health and development. As a child care provider, small changes you make can have a big impact on the children in your care. By reducing toxins, you help prevent illnesses like asthma, certain learning disabilities and even some forms of cancer. Learn more at www.cehn.org/ehcc.

Thank you for taking steps to make your child care program Eco-Healthy!

As an Eco-Healthy Child Care® provider you will:

- be healthier, safer and more environmentally friendly
- help prevent illnesses, diseases and disabilities linked to chemicals of concern
- receive materials to promote your eco-friendly practices to parents and the community
- be listed on the Eco-Healthy Child Care® website and potentially receive media publicity
- get tips on how to continue to "green" your child care facility

EHCPC is a program of Children's Environmental Health Network created by Oregon Environmental Council.



Go Eco-Healthy!



c/o CEHN
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Endorsement Checklist

Eco-Healthy Child Care®

Easy to follow steps for child care providers to go green



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Here