

# Eco-Healthy Child Care® Checklist

30 easy-to-follow steps that will immediately benefit the health and well-being of the children in your care.



Follow these instructions to get started on creating a healthier environment!

- 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](http://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, 3<sup>rd</sup> 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 and staff are notified in advance and a licensed professional applies the least toxic, effective product at a time when children will have the least exposure 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 man-made 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 unscented, biodegradable, non-toxic cleaning products and least-toxic disinfecting and sanitizing products. When disinfectants and sanitizers are required, they are used only for their intended purpose and in strict accordance with all label instructions.
- 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 (Volatile Organic Compounds) household paints and do not paint when children are present.

## Lead

- 11.** We use only cold water for drinking, cooking and making baby formula, we flush all cooking and drinking outlets after long periods of non-use, and we clean debris from our outlet screens or aerators on a regular basis. If we suspect that there could be lead in our drinking water, we have our water tested and, if appropriate, use water filtration devices that have been certified to remove lead for additional treatment of drinking water at the outlet. **REQUIRED**



- 12.** Our facility was built after 1978 — OR — our facility was built before 1978, and we have tested our paint (indoors and outdoors) for lead. 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 painting or renovating our facility, and we have visited [www.epa.gov/lead](http://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 screen our toys for lead by searching [www.cpsc.gov](http://www.cpsc.gov) or [www.healthystuff.org/departments/toys/](http://www.healthystuff.org/departments/toys/) 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.

### 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 or low-VOC (Volatile Organic Compounds) products, with few items made of particleboard. When purchasing furniture or renovating, we choose either solid wood (new or used) or products that have low VOCs.
- 20.** We do not have wall-to-wall carpeting where children are present.
- 21.** Area rugs are vacuumed daily and cleaned at least twice a year and as needed 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' at [www.acminet.org](http://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). We buy only those labeled “PVC-free” and “phthalate-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 with BPA (Bisphenol A). Instead, we use bottles made of glass, or plastic that is labeled ‘BPA free’.

### Treated Playground Equipment

- 26.** We do not have playground equipment made of CCA treated wood (pre-2006) — or — if we do, we apply 2 coats of waterproof stain or sealant at least once a year. When building new playground equipment, we only use CCA treated wood if necessary – and only for the wood touching the ground.

### Radon

- 27.** We have tested our facility for radon. If elevated levels of radon are found, we take action to mitigate. We have visited [www.epa.gov/radon](http://www.epa.gov/radon) for resources, and have researched state requirements and guidelines to learn more.

### 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-healthy practices.

For more information on any checklist items, visit [www.cehn.org/ehcc/resources](http://www.cehn.org/ehcc/resources)



# 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 \_\_\_\_\_

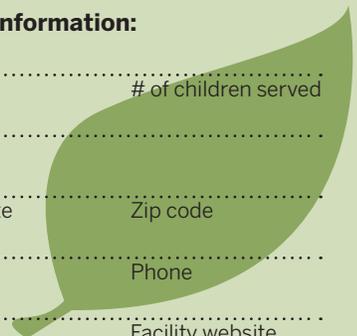
Contact name \_\_\_\_\_ Phone \_\_\_\_\_

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



**3 Provide fee and confirmation of EHCC participation**

As part of EHCC quality control, a limited number of endorsed sites are randomly selected for a free site assessment; selected sites receive at least 48 hours notice. By submitting this endorsement form and payment, you also agree to a possible site assessment conducted by EHCC staff. Please visit [www.cehn.org/ehcc/onsite](http://www.cehn.org/ehcc/onsite) to find out more.

By meeting the criteria outlined above, including the necessary signatures, and submitting the \$25 endorsement fee, your facility will receive the 2-year Eco-Healthy Child Care® endorsement, including certificate, Eco-Healthy Tips, inclusion on the EHCC website, and other EHCC support for 2 years.

**Please indicate method of payment**

Enclosed is our \$25 check or money order made out to EHCC/CEHN\*

We're paying our \$25 payment via credit card at [www.cehn.org/ehcc](http://www.cehn.org/ehcc)

Our payment confirmation number \_\_\_\_\_

**FOR VERIFICATION • OFFICE USE ONLY**

Approved by (signature) \_\_\_\_\_ Date \_\_\_\_\_ Center # \_\_\_\_\_

\*if paying by check, please use separate envelope

**4 Mail form and payment to:**

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

## 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](http://www.cehn.org/ehcc).

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



[www.cehn.org/ehcc](http://www.cehn.org/ehcc)

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