

Benefits of 5-2-1-0 Healthy Choices Count! for Early Care and Education Sites

5-2-1-0 Healthy Choices Count! provides a consistent message where kids live, learn, and play (early care and education sites, schools, out-of-school programs, healthcare, and community) and a framework for action to help make healthy choices easier for kids and families.

Free 5-2-1-0 resources at www.iowaHealthiestState.com include:

- [Posters and resources](#)
- [Registration with a short online self-assessment](#)
- [Action Guide](#)

5-2-1-0 Healthy Choices Count! provides a statewide recognition program, connection to a community of providers committed to supporting healthy kids, and Iowa specific marketing tools and educational resources.

5-2-1-0 Aligns with Iowa Quality for Kids (IQ4K) strategies, best practices and supports

5-2-1-0 Healthy Choices Count! registration is a good first step to self-assessing healthy environments or is a great way to be recognized for the high-quality work already happening at your site. The IQ4K and Go NapSACC provide opportunities to dive even deeper into program quality. Child Care Resource and Referral (CCRR) and Child Care Nurse Consultants (CCNC) provide hands on training and support to sites and families. Child and Adult Care Feeding Program (CACFP) provides support and resources for nutrition meals and snacks.

The [Quality Rating System \(QRS\)](#), Iowa Quality for Kids (IQ4K), is a voluntary program that offers a guided way to improve the quality of care provided by DHS Licensed Centers, DHS Licensed Preschools, Department of Education programs and Child Development Homes.

By participating in the IQ4K, sites demonstrate to parents and the community a commitment to providing high quality early care and towards continuous improvement. In addition, achievement bonuses are available for eligible programs participating in IQ4K.

- IQ4K Nutrition and Physical Activity approved assessments are Go NAPSACC and Let's Move
- Nutrition support comes from [CACFP](#) through reimbursement for healthy meals and snacks, training and more

The Nutrition and Physical Activity Self-Assessment for Child Care, [Go NapSACC](#), offers additional self-assessments and resources to explore healthy policies, environments and behaviors on a variety of topics.

Local [Child Care Resource and Referral \(CCRR\)](#) provides information about necessary trainings and other resources to help early care and education providers succeed, including support for (Go NAPSACC). Learn more and get connected at <https://iowaccrr.org/providers/>.

[Child Care Nurse Consultants \(CCNC\)](#) work with childcare and early education programs to provide training and support for health and safety policies, health programs, health of personnel, and specific child health or safety issues. More information and free printable fact sheets on health topics are available at <https://idph.iowa.gov/hcci/consultants>.

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