



## 5-2-1-0 Healthy Choices Count! Site Registration

### Out-of-School Program Registration

Thank you for your interest in becoming a 5-2-1-0 registered site. By completing this survey your site is enrolled in 5-2-1-0 Healthy Choices Count, and you have committed to providing a healthier environment for Iowans to live, work or play.

The survey includes questions, organized by the [10 strategies of success](#), about what your out-of-school programs is doing **at this point in time** to support a healthy environment. Please answer as accurately as you can. The results of this survey may help identify areas of success as well as areas you are interested in improving.

Applications will be reviewed at the beginning of each month, and from there you will receive a letter notifying you of your completed registration as well as next steps! You will also be provided a window cling to display identifying that your program participates in 5-2-1-0 Healthy Choices Count!

Thank you for taking the initiative to be an advocate for Iowa's kids and their future! To download additional tools or resources visit [www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210).

Your responses may be shared with 5-2-1-0 community partners as needed.

**\* 65. Contact Information:**

<b>First and Last Name</b>	<input type="text"/>
<b>Out-of-School Program Name</b>	<input type="text"/>
<b>Address</b>	<input type="text"/>
<b>City/Town</b>	<input type="text"/>
<b>State</b>	<input type="text"/>
<b>ZIP Code</b>	<input type="text"/>
<b>Email Address</b>	<input type="text"/>
<b>Phone Number</b>	<input type="text"/>

**\* 66. County**

**67. Website and/or Social Media Site:**

\* 68. Total number of children enrolled in your program:

**Strategy 1: Limit unhealthy choices for snacks and celebrations, while providing healthy choices.**

\* 69. Our program has implemented a healthy celebration policy for children and families.

Yes

No

\* 70. Our program has implemented a healthy snack policy.

Yes

No

\* 71. Our program has implemented a staff celebration policy.

Yes

No

\* 72. Our program offers taste-testing and food demonstrations of non-processed, healthy foods on a recurring basis.

Yes

No

\* 73. Our program offers healthy food or nonfood items for fundraisers.

Yes

No

\* 74. Our program has a policy for only marketing/promoting healthy foods and beverages.

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### Strategy 2: Limit or eliminate sugary drinks - provide water.

\* 75. Our program has a vending machine policy limiting sugary drinks available to children.

Yes

No

\* 76. Our program has a vending machine policy limiting sugary drinks available to staff.

Yes

No

\* 77. Our program provides access to fresh drinking water at all times.

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### Strategy 3: Prohibit the use of food as a reward.

\* 78. Our program prohibits the use of food as a reward.

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### Strategy 4: Provide opportunities to get physical activity every day.

\* 79. Our program provides an opportunity for children to be physically active every day.

Yes

No

\* 80. Our program provides physical activity opportunities during times of inclement weather.

Yes

No

\* 81. Our program prohibits using physical activity as a punishment or withholding physical activity as a punishment.

Yes

No

\* 82. Our program promotes the use of physical activity as a reward.

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### Strategy 5: Limit recreational screen time.

\* 83. Our program limits recreational screen time (i.e., PC, tablets, cell phones, etc.).

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### Strategy 6: Participate in local, state and national initiatives that support healthy eating and active living.

\* 84. Our program participates in local, state and/or national initiatives to support healthy lifestyles. Check all that apply.

Catch

Healthy Life Stars

Farm to School

Iowa After School Alliance

Fuel Up to Play 60

Do not participate in local, state and/or national initiatives

Girls on the Run

Other (please specify)



## 5-2-1-0 Healthy Choices Count! Site Registration

### **Strategy 7: Engage community partners to help support healthy eating and active living.**

\* 85. Our program engages community members to support health and wellness efforts (e.g. business, guest speakers, etc).

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### **Strategy 8: Partner with and education families adopting and maintaining a lifestyle that supports healthy eating and active living.**

\* 86. Our program has sent home the 5-2-1-0 Healthy Choices Count! [Message to Families](#) (i.e. electronically or print)?

Yes

No

\* 87. Our program displays information on healthy eating and physical activity.

Yes

No

\* 88. Our program shares 5-2-1-0 Healthy Choices Count! related materials and resources with families/parents.

Yes

No

\* 89. Our program incorporates healthy options at events, such as family nights.

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### **Strategy 9: Implement a staff wellness program that includes healthy eating and active living.**

\* 90. Our program has a staff wellness policy.

Yes

No

\* 91. Our program provides opportunities for staff education and resources related to wellness.

Yes

No

\* 92. Staff role model healthy behaviors.

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### **Strategy 10: Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.**

\* 93. Our program participates in or follows the Child and Adult Care Food Program (CACFP) meal pattern guidelines.

Yes

No



## 5-2-1-0 Healthy Choices Count! Site Registration

### Setting Priorities

\* 94. Of the 10 strategies, which do you feel should be a priority over the next 12 months at your program?

- Limit unhealthy choices for snacks and celebration, while providing healthy choices.
- Limit or eliminate sugary drinks - provide water.
- Prohibit the use of food as a reward.
- Provide opportunities to get physical activity every day.
- Limit recreational screen time.
- Participate in local, state and/or national initiatives that support healthy eating and active living.
- Engage community partners to help support healthy eating and active living.
- Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
- Implement a staff wellness program that includes healthy eating and active living.
- Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.