



Recognition for Schools, Child Care and Out-of-School programs

Schools, child care centers and out-of-school programs are invited to sign up as a 5-2-1-0 Healthy Choices Count! site and join an important network of sectors working towards healthier environments where young Iowans live, learn and play. Registration is free and easy.

Bronze Level Implementation

- Register to become a 5-2-1-0 Healthy Choices Count! site (<http://www.iowahealthieststate.com/5210/register>)
- Complete and submit the 5-2-1-0 Healthy Choices Count annual registration form
- Display 5-2-1-0 Posters (i.e., front entrance/lobby, classrooms, cafeteria, library, gym, etc.)
- Send home "[Message to Families](#)"
- Use the "Message to Families" in one additional way, for example:
 - Upload message to website
 - Post link to Facebook page
 - Have copies of message available in the site entrance/lobby
 - Display the message on a bulletin board

Recognition:

- Listed as registered 5-2-1-0 Healthy Choices Count! site on Healthiest State Initiative website
 - Receive 5-2-1-0 Healthy Choices Count! window cling
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Silver Level Implementation

- Achievement of Bronze PLUS:
 - Implementation of 2 priority strategies:
 - Limit unhealthy choices for snacks and celebrations; provide 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

Recognition:

- Listed as registered 5-2-1-0 Healthy Choices Count! site on Healthiest State Initiative website
 - Receive 5-2-1-0 Healthy Choices Count! window cling
 - Signed certificate
 - Eligible to apply for the Healthiest State Annual Education Award
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Gold Level Implementation

- Achievement of Silver, PLUS:
- Implementation of all five priority strategies:
 - Limit unhealthy choices for snacks and celebrations; provide 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
- Policy Support
 - A member of the school is an active participant on the district wellness committee OR
 - School district Wellness Policy includes 5-2-1-0 strategies (Sample goals available: <http://www.iowahealthieststate.com/webres/File/Healthy-Hometown/5210/Schools/5-2-1-0GoalsSchoolWellnessPolicy.pdf>) OR
 - Childcare center/ out of school program adopts the 5 priority strategies into policy or handbook

Recognition:

- Listed as registered 5-2-1-0 Healthy Choices Count! site on Healthiest State Initiative website
- Receive 5-2-1-0 Healthy Choices Count! window cling
- Receive signed certificate
- Eligible to apply for the Healthiest State Annual Education Award
- 5-2-1-0 Healthy Choices Count! banner to display