

# Application Form: Physical Activity and Nutrition (PAN) Excellence in Childcare Recognition Program for Childcare Centers and Homes

This designation recognizes childcare centers and homes for meeting best practices standards in nutrition, breastfeeding, physical activity, and screen time reduction.

## Application Directions

There are four different topic areas in the application checklist (Nutrition, Breastfeeding, Physical Activity, and Screen Time). Each topic area has a series of benchmarks that can be completed toward recognition. Applicants should review the checklist indicate the number of benchmarks currently in place.

## Apply for Bronze, Silver, or Gold Recognition

**Bronze** – Complete a minimum of 2 benchmarks for children, and one for staff and family in each topic area.

**Silver** – Complete a minimum of 3 benchmarks for children, two for staff and family, and one policy, systems, and environment in each topic area.

**Gold** – Complete a minimum of 3 benchmarks for children, two for staff and family, and two policy, systems, and environment in each topic area.

**Applications will be reviewed twice a year on June 15 and December 15.**

## Contact Information

<b>Name</b>	
<b>Title</b>	
<b>Organization</b>	
<b>Phone</b>	
<b>Email</b>	

APPLICATION FORM: PHYSICAL ACTIVITY AND NUTRITION (PAN) EXCELLENCE IN CHILDCARE RECOGNITION PROGRAM  
FOR CHILDCARE CENTERS AND HOMES

## Nutrition Benchmarks

<b>For Children</b> <i>Please submit a weekly menu with your application.</i>	<b>Check if Completed</b>
Offer fruits or vegetables at every meal and snack time	
Offer fruits and vegetables packed in their own juice or water, not heavy syrup	
Offer no more than 4-6 ounces of 100% juice per day to toddlers and preschoolers	
Offer whole grain rich foods at least once per day	
Offer non flavored whole milk to 1-year olds and non-flavored low fat or non-fat milk to 2-year-olds and older. Nondairy alternatives like almond, rice, soy, and coconut milk count	
Offer lean meats and meat alternatives at all meals	
Have water available at all times, including inside and outside	
Offer foods that have not been deep fat fried	
Offer locally grown or raised foods	

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<b>For Staff and Family</b>	<b>Check if Completed</b>
Provide staff training on nutrition education and healthy eating at least once per year. <i>Please submit the date of the completed training:</i> _____	
Incorporate healthy eating and nutrition education in lesson plans at least once a week. Please submit a copy of one lesson plan.	
Include handouts or on-line information around healthy eating and healthy beverage consumption for staff at least once per year	
Display or share healthy eating information with families through the use of e-mails, social media, bulletin boards on site, or handouts.	

<b>For Policy, Systems, and Environment (PSE)</b>	<b>Check if Completed</b>
Develop a written policy around child nutrition that covers healthy foods and beverages provided during meals and snacks. Please submit a copy of your policy.	
Provide healthy eating policy in parent handbook	
Food is not used as reward or punishment	
Food and beverage are served family style	
Display healthy eating messages. Please submit a sample of healthy eating message	
Establish a learning garden (resources include U of M extension and MN Farm to ECE network)	

<b>Total Nutrition Benchmarks Completed</b>	
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### Breastfeeding Benchmarks

<b>For Infants</b>	<b>Check if Completed</b>
Feed all babies on demand and not on schedule	
Have sufficient refrigerator space for expressed breastmilk	
Display culturally appropriate breastfeeding materials (posters, pictures, brochures, pamphlets). Please submit a picture of materials	
Age-appropriate learning and play opportunities and materials are provided that reflect support for breastfeeding and normalize it for the children in the program	
Hold infants while bottle feeding	
Practice paced bottle feeding	

<b>For Staff and Family</b>	<b>Check if Completed</b>
Offer training to staff at least once per year on supporting breastfeeding and safe storage and handling practices	
Promote breastfeeding by offering positive support to breastfeeding families	
Staff are expected to follow guidelines for proper storage and handling of breast milk, which are posted in an appropriate place for reference.	

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<b>For Policy, Systems, and Environment (PSE)</b>	<b>Check if Completed</b>
Provide a space where parents can breastfeed on site that is free from intrusion	
Develop and implement a written policy supporting breastfeeding and communicate the policy to new and prospective parents. Please submit a copy of your policy.	
Develop and implement a policy supporting childcare staff who wish to breastfeed. Please submit a copy of your policy.	
Provide breastmilk to toddlers if parents request to continue breastfeeding.	
Apply for Breastfeeding Friendly Childcare designation through the Minnesota Department of Health: <a href="https://www.health.state.mn.us/people/breastfeeding/recognition/childcare.html">Breastfeeding Friendly Child Care (https://www.health.state.mn.us/people/breastfeeding/recognition/childcare.html)</a>	
<b>Total Breastfeeding Benchmarks Completed</b>	

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### Physical Activity Benchmarks

<b>For Children</b>	<b>Check if Completed</b>
Provide supervised periods of tummy time for all infants	
Do not withhold active play for students as punishment for misbehaving	
Allow toddlers 60 to 90 minutes per 8-hour day for moderate to vigorous physical activity	
Allow preschoolers 90 to 120 minutes per 8-hour day for moderate to vigorous physical activity	
Use infant equipment like swings, bouncy seats, and stationary activity centers for short time periods	

<b>For Staff and Family</b>	<b>Check if Completed</b>
Provide daily, structured, and unstructured activity for all children birth to 6 years - indoor and outdoor when weather permits	
Offer developmentally appropriate play equipment to promote physical activity	
Provide orientation and annual training opportunities for caregivers/teachers to learn about age-appropriate gross motor activities and games that promote children's physical activity	
Encourage staff to be active with children	

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<b>For Policy, Systems, and Environment (PSE)</b>	<b>Check if Completed</b>
Develop and implement a written policy supporting and promoting physical activity for infants, toddlers, and preschoolers. Please submit a copy of your policy.	
Include the physical activity policy in the parent handbook	
Provide outdoor play equipment that stimulates gross motor skills	
Provide outdoor play spaces	
Provide fixed play equipment	

<b>Total Physical Activity Benchmarks Completed</b>	
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**Screen Time Benchmarks**

<b>For Children</b>	<b>Check if Completed</b>
Do not utilize media viewing (such as television, video, DVDs) and computers with children younger than 2 years	
Do not utilize television, video, or DVD viewing during meal or snack time	
Television viewing is not used as a reward	
Use screen media with children aged 2 years and older primarily for educational purposes or physical activity	

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<b>For Staff</b>	<b>Check if Completed</b>
Childcare providers review educational materials on screen time at least once per year	

<b>For Policy, Systems, and Environment (PSE)</b>	<b>Check if Completed</b>
Have a written policy supporting reduced/limited screen time. Please submit a copy of your policy.	
Provide screen time policy in parent handbook	

<b>Total Screen Time Benchmarks Completed</b>	
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### Benchmarks Summary

<b>Category</b>	<b>Number Completed</b>
<b>Nutrition</b>	
<b>Breastfeeding</b>	
<b>Physical Activity</b>	
<b>Screen Time</b>	

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9/19/2023

*To obtain this information in a different format, call: 651-201-5432.*