

Healthy Eating and Active Living in Child Care
For child care providers in Adams, Arapahoe and Douglas Counties
Tri-County Health Department
Nutrition Education Services by Registered Dietitians



–New licensing regulations include nutrition, physical activity, screen and media requirements.

Let us partner with you to make meeting these standards fun and simple.

–Quality Rating and Improvement System (QRIS) include parent engagement and child health promotion areas.

Let us partner with you to help your program earn QRIS points.

Why it matters:

-In 2013, 240,000 Colorado children under age 6 lived in families where the children required care at some point during the day

-Early lifestyle behaviors are the key to establishing healthy lifelong habits

-On average, 20 percent of Colorado’s 2- to 4-year-old children are overweight

-Child care providers are crucial to promoting healthy lifestyles and behaviors—You Can Make a Difference!



What we offer:

- Healthy Eating and Active Living (HEAL) Benchmarks Assessment
- Nutrition, Physical Activity and Policy Resources
- Healthy Early Childhood messages
- Presentations for Staff and Parent Groups

What people have said about HEAL Benchmarks and Training Sessions:

- “Topic was well-presented, learned how to feed our children better foods”
- “Learned how to get the children to be more active”
- “Good suggestions on presenting new foods”
- “We need more of these trainings!”
- “I really enjoyed the time I spent with TCHD during the HEAL Benchmarks Discussion”



Interested in learning more about options for your child care site?

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