

# Eco-Healthy Child Care Checklist

The Eco-Healthy Child Care Checklist offers these **easy-to-follow steps** that will immediately benefit the health and well-being of all the children in your care.



**Follow these instructions to get started on going green!**

1. Answer all 30 questions on the checklist.
2. Comply with at least 24 of 30 items, including #1, #6 and #11, which are required.
3. If you can't answer "yes" to 24 items, take steps to make improvements. Visit [www.oeonline.org/ehcc](http://www.oeonline.org/ehcc) for tips and tools.
4. Fill out the Endorsement Form with two signatures and submit for approval.
5. Tear off top portion of the checklist and refold with the return address showing. Tape it closed, attach postage and mail.

↓ Tear off this portion before you mail form. ↓

TRUE FALSE ?	<p><b>All EHCC checklist items comply with <i>Caring for Our Children: National Health and Safety Performance Standards, 2nd Edition.</i></b></p> <p><b>Pesticides and Pest Prevention</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>1.</b> We use non-toxic techniques both inside and outside the facility to prevent and control pests (both insects and weeds). If a serious threat remains and pesticide application is the only viable option, parents are notified in advance and a licensed professional applies the least toxic, effective product at a time when children will not be exposed to the application area for at least 12 hours (see manufacturer's instructions to ensure 12 hours is enough time). <b>REQUIRED</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>2.</b> We thoroughly wash all fruits and vegetables to avoid possible exposure to pesticides, and we take the opportunity to educate children about the importance of doing so.</p> <p><b>Air Quality</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>3.</b> We avoid conditions that lead to excess moisture, because moisture contributes to the growth of mold and mildew. We maintain adequate ventilation (suitable fans or open screened windows). We repair water leaks and keep humidity within a desirable range (30-50%).</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>4.</b> We do not allow cars or other vehicles to idle in our designated parking areas.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>5.</b> We do not use scented or unscented candles or manufactured air fresheners.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>6.</b> During operating hours, we do not permit smoking anywhere on the premises or in sight of children. (Note: For the healthiest environment for children and staff, smoking should not be allowed on the premises at any time). <b>REQUIRED</b></p> <p><b>Household Chemicals</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>7.</b> We use biodegradable, non-toxic cleaning products and least-toxic disinfecting and sanitizing products. When other products are required, they are used only for their intended purpose and in strict accordance with all label instructions. We store cleaning products where children cannot access them.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>8.</b> We use chlorine bleach only when and where it is required or recommended by state and local authorities. We use it prudently and never use more than necessary.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>9.</b> We do not use aerosol sprays of any kind.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>10.</b> We use only low-VOC household paints and do not paint when children are present.</p> <p><b>Lead</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>11.</b> To avoid possible lead exposure from water lines, we use only cold water for drinking, cooking and making baby formula. We run the water for 10-30 seconds or until it feels noticeably colder. <b>REQUIRED</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>12.</b> Our facility was built after 1978 (after lead paint was banned) - OR - the facility was built before 1978, but we keep the building free of flaking or peeling paint and regularly wash all areas around doors and windows. We use lead safe practices when removing lead-based paint or when renovating our facility, and we have visited <a href="http://www.epa.gov/lead">www.epa.gov/lead</a> to learn more.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>13.</b> To avoid possible lead exposure, we do not use imported, old or handmade pottery to cook, store or serve food or drinks.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>14.</b> To reduce possible exposure to lead-contaminated dirt, we supply a rough mat at the entrance of our facility and encourage the wiping of shoes before entering – or – we are a shoe-free facility.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>15.</b> We check our toys for lead by searching <a href="http://www.healthytoys.org">www.healthytoys.org</a> or by purchasing lead testing kits at a local home improvement store.</p> <p><b>Mercury</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>16.</b> We do not use any mercury-containing thermometers or thermostats. Instead we use digital options.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>17.</b> We securely store and recycle all used batteries and fluorescent and compact fluorescent light bulbs. For proper disposal of mercury-containing thermometers, fluorescent light bulbs, and batteries, please visit <a href="http://www.earth911.org/search">www.earth911.org/search</a> to find a nearby hazardous waste recycling facility.</p> <p><b>Furniture and Carpets</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>18.</b> To avoid possible exposure to flame retardants, we ensure furniture is in good condition without foam or inside stuffing exposed. Stuffed animals, matting, pillows and other foam items are also intact.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>19.</b> Furniture is made of solid wood, with few, if any items made of particleboard. Visit CHEC's HealtheHouse website – <a href="http://www.checnet.org/healthhouse">www.checnet.org/healthhouse</a> – and type in "furniture".</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>20.</b> We do not have professionally installed wall-to-wall carpeting where children are present.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>21.</b> Area rugs are vacuumed daily and cleaned at least twice a year using biodegradable cleaners.</p> <p><b>Art Supplies</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>22.</b> We use only non-toxic art supplies approved by the Art and Creative Materials Institute (ACMI). Look for ACMI non-toxic seals: AP, AP New, AP + PC, CL, CP, HL/CR, HL/NT at <a href="http://www.acminet.org">www.acminet.org</a>.</p> <p><b>Plastics and Plastic Toys</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>23.</b> We avoid toys made out of soft plastic vinyl (such as vinyl dolls, beach balls, and "rubber ducky" chew toys). Instead, we buy only those labeled "PVC-free".</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>24.</b> When using a microwave, we never heat children's food in plastic containers, plastic wrap or plastic bags.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>25.</b> We never use baby bottles or sippy cups made of hard clear plastic (bottles labeled #7). Instead, we use bottles made of opaque plastic or glass. Visit Oregon Environmental Council's website – <a href="http://www.oeonline.org">www.oeonline.org</a> – and type in "safe plastics guide".</p> <p><b>Treated Playground Equipment</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>26.</b> We do not have playground equipment made of treated wood – or – if we do, we seal it with paint or a polyurethane coating twice a year. Visit CHEC's HealtheHouse website – <a href="http://www.checnet.org/healthhouse">www.checnet.org/healthhouse</a> – and type in "treated wood".</p> <p><b>Radon</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>27.</b> We have appropriately checked our facility for radon by using a radon testing kit available from a local home improvement store and have visited <a href="http://www.epa.gov/radon">www.epa.gov/radon</a> for local resources.</p> <p><b>Recycling and Garbage Storage</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>28.</b> We recycle all paper, cardboard, glass, aluminum and plastic bottles.</p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>29.</b> We keep our garbage covered at all times to avoid attracting pests and to minimize odors.</p> <p><b>Education and Awareness</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> <b>30.</b> We create opportunities to educate the families we serve on eco-friendly practices.</p>
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**Eco-Healthy Child Care (EHCC)** is a national program created by the Oregon Environmental Council. For more information, please visit us online at [www.oeonline.org/ehcc](http://www.oeonline.org/ehcc).



**Eco-Healthy Child Care**

## Endorsement Form

Thank you for working to make your child care Eco-Healthy!

**1 Verify your responses** (both signatures required):

"The information provided on this Eco-Healthy Child Care Endorsement Checklist is true to the best of my knowledge."

1. Parent or non-employee witness ..... date

2. Facility owner or director ..... date

**2 Please record your facility information:**

Facility name ..... # of children served

Street address or P.O. Box .....

City ..... State ..... Zip code

Contact name ..... Phone

Contact email ..... Facility website

Please post my facility information (facility name, city and state) on the EHCC website.

I would like to receive EHCC's bi-monthly email series of eco-healthy tips and tools.

**FOR VERIFICATION • OFFICE USE ONLY**

Approved by (signature) ..... date

# What is Eco-Healthy Child Care?

Eco-Healthy Child Care is a national program that ensures child care settings are as healthy, safe and green as possible by reducing children's exposure to toxins.



For additional information and resources, please visit [www.econline.org/ehcc](http://www.econline.org/ehcc)

## Be Green! Go Eco-Healthy.

Research increasingly shows that the first years of a child's life are critical to shaping their future health and development. As a child care provider, small changes you make can have a big impact on the children in your care. By reducing toxins, you help prevent illnesses like asthma, certain learning disabilities and even some forms of cancer.

**Thank you for taking steps to make your child care program Eco-Healthy!**

## As an Eco-Healthy Child Care provider you will:

- be healthier, safer and more environmentally friendly
- help prevent illnesses, diseases and disabilities linked to chemicals of concern
- receive materials to promote your eco-friendly practices to parents and the community
- be listed on the Eco-Healthy Child Care website and potentially receive media publicity
- get tips on how to continue to "green" your child care facility

A national program created by the Oregon Environmental Council



Place  
Required  
Postage  
Here



Ec-Healthy Child Care  
222 NW Davis Street, Suite 309  
Portland, OR 97209



# Endorsement Checklist

Easy to follow steps for child care providers to go green

## Eco-Healthy Child Care



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Go Eco-Healthy!