

# Eco-Healthy Child Care Checklist



The Eco-Healthy Child Care Checklist offers **25 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 25 questions on the checklist.
2. Comply with at least 20 of 25 items, including #1 and #5, which are required.
3. If you can't answer "yes" to 20 items, take steps to make improvements. Please call for assistance.
4. Fill out the form as instructed and submit for approval.
5. Fold the checklist with the return address showing. Tape it closed, attach postage and mail.

YES NO ?

### Pesticides and Pest Prevention

- 1.** 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. **Required**

### Air Quality

- 2.** We avoid conditions that lead to excess moisture, which contributes to the growth of mold and mildew. We maintain adequate ventilation and air flow, we repair water leaks and we keep humidity within a desirable range.
- 3.** We do not allow cars or other vehicles to idle near the facility.
- 4.** We do not use scented candles or air fresheners.
- 5.** We do not permit smoking anywhere on the premises or in sight of children. **Required**

### Household Chemicals

- 6.** We use biodegradable, non-toxic cleaning products and least toxic disinfecting products. When other products are required, they are used only for their intended purpose in strict accordance with all label instructions. We store cleaning products where children cannot access them.
- 7.** We only use chlorine bleach when and where it is required or recommended by state and local authorities. We use it prudently and never use more than necessary.
- 8.** We do not use aerosol sprays of any kind.
- 9.** We use only low-VOC latex paints and do not paint when children are present.

### Lead

- 10.** We use only cold water for drinking, cooking and making baby formula, and we run the water for 5-10 seconds or until it feels noticeably colder.
- 11.** 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.
- 12.** We do not use imported, old or handmade pottery to cook, store or serve food or drinks.
- 13.** 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.

### Mercury

- 14.** We do not use any mercury-containing thermometers. Instead we use digital thermometers.
- 15.** We securely store and recycle all used batteries and fluorescent and compact fluorescent light bulbs.

### Furniture and Carpets

- 16.** Furniture is in good condition without foam or inside stuffing exposed (same goes for stuffed animals or any other foam item).
- 17.** Furniture is made of solid wood, with few, if any, items made of particleboard.
- 18.** We do not have wall-to-wall carpets.
- 19.** Area rugs are vacuumed daily and cleaned at least twice a year using biodegradable cleaners.

### Art Supplies

- 20.** We use only non-toxic art supplies approved by the Art & Creative Materials Institute (ACMI) (see [www.acminet.org/index.htm](http://www.acminet.org/index.htm) for a list).

### Plastics and Plastic Toys

- 21.** We avoid toys made out of soft plastic vinyl (i.e., we buy only those labeled "PVC-free").
- 22.** We never use the microwave to heat food that is in plastic containers, plastic wrap or plastic bags.

### Treated Playground Equipment

- 23.** We do not have playground equipment made of treated wood.

### Recycling and Garbage Storage

- 24.** We recycle all paper/cardboard, glass, aluminum and plastic bottles.
- 25.** We keep our garbage covered at all times to avoid attracting pests and to minimize odors.

### Need tips?

Please contact us:  
[www.oconline.org/ehcc](http://www.oconline.org/ehcc)  
 503.222.1963 x119



The **Eco-Healthy Child Care (EHCC)** program was created by the Oregon Environmental Council (OEC) to ensure that child care settings are as healthy, safe and green as possible by reducing children's exposure to toxins. For more information on the program or OEC, visit [www.oconline.org/ehcc](http://www.oconline.org/ehcc).

## Endorsement Form

### 1 Verify your responses:

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

.....  
 Parent or non-employee witness (signature)      date

.....  
 Facility owner or director (signature)      date

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

### 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

I would like to receive OEC's free online newsletter.

### FOR VERIFICATION • OFFICE USE ONLY

.....  
 Approved by (signature)      date



**Eco-Healthy Child Care**



# Eco-Healthy Child Care Endorsement Checklist

Easy to follow steps for  
child care providers to go green



**Eco-Healthy  
Child Care**

222 NW Davis Street, Suite 309  
Portland, OR 97209



**Go Eco-Healthy!**

## 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 program created by the  
Oregon Environmental Council

Place  
Required  
Postage  
Here



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