

# GOLD SNEAKER INITIATIVE



## For Parents and Families

### What is Gold Sneaker?

Gold Sneaker is a free initiative that encourages licensed Tennessee child care providers to make a commitment to go beyond the minimum licensing requirements to improve the health of the children in their care. Gold Sneaker specifically addresses the areas of physical activity, healthy eating and maintaining a tobacco-free environment.

To become Gold Sneaker certified, a child care provider must meet training and application requirements. Child care providers shall also agree to:

- ⊗ Provide a balance of teacher and child-led activities, both indoors and outdoors
- ⊗ Provide education to families addressing limits on screen time
- ⊗ Ensure children experience frequent, positive physical activity
- ⊗ Publicly display support for breastfeeding
- ⊗ Ensure adequate time for snacks and meals and educate families about nutrition
- ⊗ Provide a tobacco-free environment



## Benefits of Attending A Certified Day Care:

Gold Sneaker gives families chances to learn how to guide their children to make healthy choices. Access to certified Gold Sneaker child care can help families learn how to reduce risks for many health conditions including childhood obesity.

Learn more about Gold Sneaker here:  
<https://www.tn.gov/health/goldsneaker.html>

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Department of  
**Health**



Tennessee Department of Health.  
Authorization No. 355551. No. of copies, 5000.  
This public document was promulgated at a  
cost of \$0.10 per copy. 03/2020