



## Certificate

The Twist & Sprout Certificate recognizes the excellence of Minnesota child care providers who:

- Properly handle, label and store breast milk
- Have vegetables on their menus twice each day
- Serve family-style meals
- Provide adequate time for active play
- Have a wellness policy that addresses healthy eating, physical activity and breastfeeding support



The application is in two parts:

1. Complete a short questionnaire
2. Submit your documentation\*

\*The documentation required is a picture of a properly-labeled bottle, a week of menus, a picture of your table set family-style, a daily schedule and a wellness policy. Apply electronically, by mail or fax.

Recipients of the Twist & Sprout Certificate will receive:

- A certificate suitable for framing in their child care home
- A postcard to give to parents about their accomplishment
- Recognition on the Providers Choice website as a Twist & Sprout Certified child care program
- A marketing advantage for potential families
- The good feeling that they are doing what is best for children

To apply or find out more, visit [www.providerschoice.com/twistandsprout](http://www.providerschoice.com/twistandsprout) or contact Kate Abernathy at [kabernathy@providerschoice.com](mailto:kabernathy@providerschoice.com)

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