



Family Child Care

Promotions Worksheet

The 5210 Healthy Military Children Promotions Worksheet is a tool to help POCs plan promotional materials to run the healthy messaging campaign. Below you will find a list of suggested items to order from DLA printing services on the installation, or a local or online printing company. Be sure to ask for bulk order discounts and, if calling a local company, military discounts.

Use this worksheet to get an estimate of promotional items to order. There is a suggested type of unit, or audience, listed for each item and a suggested number of items per unit. Decide how many units are on the installation, multiply by # of units, and list under total.

Family Child Care (FCC) Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Family Child Care	Center	1		
Tips for Family Child Care	Center	1		
Tips for Family Child Care Movie Poster	Center	1		
Definitions & Recommendations	Center	1		
Partner With and Educate Families	Center	1		
Phrases that Help and Hinder	Provider	1		
Feeding Infants	Provider	1		
Feeding Toddlers and Preschoolers	Provider	1		
Screen Time & The Very Young	Provider	1		
Quick Physical Activity Breaks	Provider	1		
Healthy Dates to Celebrate	Center	1		
5210 and Healthy Sleep	Provider	1		
It Takes Two to Tune In	Provider	1		
Healthy Eating in a Hurry and Healthy Shopping on a Budget	Provider	1		
<i>Additional promotional item ideas that can help promote 5210 Healthy Military Children messaging campaign. Look to purchase through local or online printing companies.</i>				
Tote Bags	Center	1		
Pens	Center	10		
Magnet Calendar	Provider	1		
T-shirts	Provider	1		