



**Energize our Families:  
Curriculum for Parents and Caregivers**

# *Certificate of Completion*

Awarded to \_\_\_\_\_ for successfully completing the six-lesson **We Can!**  
(Ways to Enhance Children's Activity & Nutrition)  
Program at the \_\_\_\_\_ Community Center.

- By completing the **We Can!** program, I promise to continue to:
- Increase the availability and accessibility of healthy foods in the home.
    - Enjoy small portions at home and at restaurants.
  - Limit the availability and accessibility in the home of sweetened beverages, high-fat foods, and energy-dense foods with low nutrient value.
    - Support and enable physical activity.
    - Support and enable reduced screen time.

Name: \_\_\_\_\_ Date: \_\_\_\_\_