

Go NAPSACC



Give Young Children a Healthy Start!

From mealtime, to playtime, to story time, children have lots of opportunities each day to learn and practice healthy habits. Go NAPSACC is a trusted online tool that helps child care programs go the extra mile to support children's healthy eating and physical activity.

Why Go NAPSACC?

- **Proven track record.** Child care programs nationwide have used Go NAPSACC to make meaningful changes to improve children's health.
We started walking every day and now the kids ask to go for a walk.
I have one picky eater who also doesn't like water. Making changes to my menu and having water always available encouraged her to drink and eat what she may not have otherwise.
- **Convenient.** Tools and resources are there at your fingertips, available any time you need them.
- **Flexible.** Focus on changes that mean the most to you and your child care program.
- **Free.** Tools are available at no cost to you.

The Benefits

- Access to Go NAPSACC's easy-to-use online tools and an online library of helpful videos, activities, and flyers.
- Ongoing coaching and technical assistance from our organization.

Learn More!



See how others have found success with Go NAPSACC.

<https://youtu.be/qUiSK5K7Qrs>



See a sneak peak of Go NAPSACC's tools and resources.

<https://youtu.be/OaLpKOVvMe8>

Join Today!

For more information, e-mail your Go NAPSACC Consultant:

Go NAPSACC's 5 Steps to Success

- ① **Assess** current practices in one of the following areas:
 -  **Child Nutrition**
 -  **Breastfeeding & Infant Feeding**
 -  **Farm to ECE**
 -  **Oral Health**
 -  **Infant & Child Physical Activity**
 -  **Outdoor Play & Learning**
 -  **Screen Time**
- ② **Plan** how to improve
- ③ **Take action** with the help of our tips & materials library
- ④ **Learn more** with our online trainings library
- ⑤ **Keep it up!**



Children's Healthy Weight Research

UNC | RESEARCH