

# 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 early care and education (ECE) programs go the extra mile to support children's well-being.

## Why Go NAPSACC?

- **Proven track record.** ECE 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.
- Educators are now eligible to receive 1.5 hours of Professional Development credit for the Go NAPSACC Farm to ECE module

## 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



Social Emotional

- 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!**



Community Health & Wellness Resource Team



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