

Go NAPSACC



Give Young Children a Healthy Start with Go NAPSACC!

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.** Programs nationwide have used Go NAPSACC to make real and meaningful changes that 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.
- **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.
- Incentives for meeting milestones and completing the program.

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>

For more information, e-mail Florida's HEROs, your Go NAPSACC State Partner at floridasheros@gmail.com

Go NAPSACC's 5 Steps to Success

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

