



Welcome Back!

Welcome to the Florida's HEROs Stakeholder and TA Consultant Newsletter! Below you'll find key resources and information on Go NAPSACC, events, trainings, and opportunities to get involved.

We're glad you're here.

NEW Go NAPSACC Office Hours



Go NAPSACC is an evidence-based tool used to help child care providers improve their practices, policies, and environments to instill healthy habits that support life long health. Go NAPSACC is now offering Office Hours every other month starting in February. TA Consultants are welcome to drop in and ask questions about Go NAPSACC. Meetings will be held on Zoom.

Join Go NAPSACC for Office Hours on
Wednesday, February 32rd at 1:00 PM EST

[Register Here](#)

Events, Trainings & Resources

[Go NAPSACC TA Consultant Training](#)



Still need to complete your training with Go NAPSACC? Register below for the next two-part virtual training.

March 9th & 23rd
12:00 PM EST

[Register Here](#)

Webinar: What Child Care Consultants Should Know About Federal Nutrition Programs



Eating a nutritious diet is a critical aspect of a child's development, both physically and mentally. However, many children today are not getting enough healthy and nutritious food to eat each day.

Next month, Go NAPSACC will be hosting a webinar with guest speakers from No Kid Hungry on federal nutrition programs for food insecure children and families. Go NAPSACC will also share tips for applying this knowledge to your TA work with child care programs.

Wednesday, March 30th 1:00 PM EST

[Register Here](#)

25 Active Things to do With Paper Plates

Instilling healthy habits at a young age is foundational for a long, healthy life, and experiencing movement throughout the day keeps children engaged and happy.

When working with your ECE

providers, share this resource on 25 active things to do with paper plates.

Read More

25 Active Things To Do With Paper Plates

- Use 2 as **ice skates** and skate around the room.
- Use one as a **hanger**—tape it to a wall or hang from a tree.
- Throw a paper plate like a **frisbee**.
- Make **stoplights** with 3 colored spotlight colors. Hold up a plate and have kids stop for red, walk slowly for yellow, and run for green.
- Cut the middle out and use as a **ring toss**.
- Use them to make **mud pies**.
- Cut the middle out and try to **throw a ball** through it.
- Make **healthy plates**. Spread pictures of healthy food around the room and have children pick up a few and run back to tape them on their plate.
- Present taped plates on the floor as **fly paths**—jump or step between them.
- Try to **balance** one on your head while walking at different speeds—slow, fast, medium.
- Hold one in each hand with arms extended and pretend they are **wings**—fly around the room.
- Draw **numbers** on them and see who can put the numbers in order the fastest.
- Draw letters on them and spread them out in a large area. Have children race to the letter you call out.
- Make a **tombstone**. Punch holes around the edges of 2, put rice or beans between, and weave string through the holes to connect them. Pretend you're in a marching band—march as you play your tambourine.
- Play **Hotspot Plates**. Tape them to the floor in a circle. Dance, hop, walk or jump from plate to plate. Plates may slip, so use caution when moving.
- Play **Hopscotch**. Write a number from 1-10 on each and make a hopscotch pattern with them.
- Make **active cardboard creations** with bouyabouy materials for children to create a car, boat, train, etc.
- Make a **wheel charade game**. Glue pictures of planes, trains, cars, motorcycles to plates and act each out.
- Decorate** with eye-catching colors and things that make noise. Have infants and toddlers try to hit or kick it.
- Play **Tip-Tap-See**. Write a big "21" on 5 and a big "20" on 5. Draw a tic-tac-toe grid with chalk on the ground.
- Play a **life-size board game**. Line plates up in a curvy path with "start" written on a plate at one end and "finish" on the other. Roll a large die (made out of foam or a small ball) and jump or hop from spot to spot.
- Make racquets and play **Frisbee/Bowl**. Tape a paint stick or paper towel roll to a plate to make a racquet. Use socks, pom poms or other light-weight objects and practice striking them with the paper plate racquet.
- Use the plate as a **steering wheel** and actually pretend to drive around town navigating various events.
- Line up various sized plates to use as an **imaginary balance beam**.
- Make an **animal mask**. Draw your favorite animal face on your plate and move like your animal.

Note: You can modify some of these activities by varying the distance, height, and amount of plates to make this a successful and positive movement experience for children of all ability levels.

Be Active Kids® at your child's daycare center or school? If not, contact us at info@beactivekids.org or 919-287-7012 about how you can bring Be Active Kids to your child's center or school.

www.beactivekids.org
facebook.com/beactivekids

TA Resources

Attention all TA consultants! Here is your one-stop-shop for TA resources including ECE outreach materials, Go NAPSACC how-to's, and FL HEROs application documents.

Click the link below to access the OneDrive TA shared folder.

Please reach out and let us know if there is anything missing that you'd like to see included!

TA Shared Folder

Florida's HEROs is focused on recognizing healthy environments for reducing obesity in Florida's early care and education (ECE) settings. We support ECEs that apply for recognition by providing free technical assistance and continuing education opportunities related to the benchmarks for nutrition and physical activity.

Recognition Benchmarks

- Provide Healthy Food
- Offer Healthy Beverages
- Support Breastfeeding
- Limit Screen Time
- Increase Physical Activity

Recognition Requirements

- Professional Development**: Submit certificates of completion from approved trainings for directors and/or staff.
- Childcare Environment**: Submit pictures of your childcare program's healthy environment for each benchmark.
- Childcare Policies**: Submit a copy of your childcare program's policies that align with each benchmark's best practices.
- Staff Practices**: Submit pictures of your childcare program's staff implementing healthy practices for each benchmark.
- Family Engagement**: Submit pictures of events or handouts that your childcare program shares with families you serve focused on benchmark best practices.

Benefits

- Free Technical Assistance
- Award Package*
 - Window Cling & Banner
 - \$500-1000 in Kaplan credits

*Incentives are based on the percentage of best practices met and are subject to change based on funding.

Scan QR code to submit an interest form or contact us for more information.
www.eces4healthykids.org
Floridasheros@gmail.com

Early Learning Coalition of Palm Beach Quarterly ECE Provider Meetings

Do you provide early childcare services in Palm Beach County?

Email [Gina Carello](mailto:Gina.Carello@elc-pbc.org) to share information about the childcare programs and services you offer.

Upcoming Virtual Meetings:
April 13th, 10:30 AM - 11:30 AM
April 13th, 6:30 PM - 8:00 PM



Get Involved

Join the FL HEROs Stakeholder Committee



Florida's HEROs Stakeholder Committee is a group of diverse partners committed to obesity prevention in ECE settings. This committee meets quarterly with the goal of promoting healthy weight among children ages 0 to 5 in Florida by guiding the development and expansion of the statewide technical assistance and recognition program.

Next Meeting:
Thursday, March 17th
10:30 AM - 12:00 PM

[Learn More](#)

Join the Farm 2 ECE Workgroup

The Farm 2 ECE Workgroup is a group of statewide nutrition and ECE partners working to coordinate Farm 2 ECE efforts across the state with the goal of increasing usage of Farm 2 ECE best practices in ECE settings.

Join us the first
Wednesday of every month
11:30 AM - 12:30 PM EST.

Get in touch with the link below for more information.

[Get in Touch](#)



Partner With Us!

Refer a Childcare Program

Do you have ECE programs that are ready to apply and need application assistance? Or do you need help recruiting ECE programs in your county?

We are here to support you!



Contact us to set up a meeting.

Contact Us

Become a TA Consultant

Does your organization implement policy, systems, and environmental changes to promote healthy eating habits and physical activity for children ages 0 to 5?

If so, [contact us to learn more](#) about the benefits of becoming a TA Consultant.

Join Us



The Florida's HEROs ECE Recognition is supported by the following:



UF | IFAS Extension
UNIVERSITY of FLORIDA



Funded by:



Managed by:



Follow Us on Social Media

