Florida's HEROs

RECOGNIZING HEALTHY ENVIRONMENTS FOR REDUCING OBESITY IN FLORIDA

Welcome Back!

Welcome to the Florida's HEROs Stakeholder and TA Consultant Monthly Newsletter!

Below you'll find key resources and information on **Go NAPSACC**, along with **events, trainings, and opportunities to get involved.**

Thank you for your hard work promoting and establishing healthy habits among young children. We're so glad you're here.

Thank you, Florida Family Child Care Home Association (FFCCHA)!

In June, the Florida's HEROs team had the opportunity to meet child care home providers from across the state at the Florida Family Child Care Home Association (FFCCHA) Conference in Clearwater, FL. Our team also presented on the importance of establishing healthy environments in child care settings. Home providers at the conference shared stories about the positive changes they have seen in their children as a result of making small changes in the food they serve and the amount of movement they incorporate in their curriculum throughout the day.

Thank you for having us, FFCCHA! We'll see you next year.

Go NAPSACC Support

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 Office Hours

Go NAPSACC is now offering Office Hours every other month. TA Consultants are welcome to drop in and ask questions about Go NAPSACC.

Wednesday, August 31st
1:00 PM EST

Register Here

Go NAPSACC TA Consultant Training

Still need to complete your training with Go NAPSACC? You'll learn how to support child care programs through Go NAPSACC's five-step improvement process. Register below.

August 3rd & 17th
12:00 PM EST

Register Here

REMINDER!
Focus on the Five-Step Improvement Process

1. Assess
2. Plan
3. Take Action
4. Learn More
5. Keep It Up

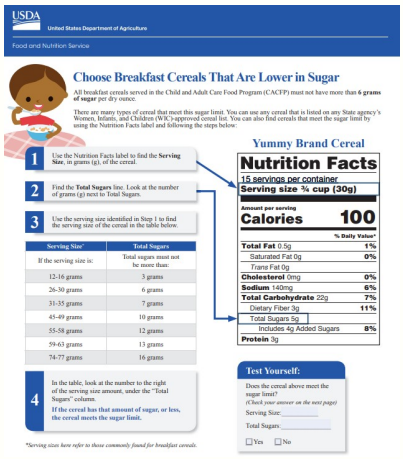
Check out your "Consultant Resources" tab in Go NAPSACC for crucial tools to help you guide your ECE programs through the five-step improvement process.

If you need more help, review the Go NAPSACC Consultant Manual at the link below.

Go NAPSACC Consultant Manual

Resources, Trainings & Events

NEW RESOURCE!
USDA Choose Breakfast Cereal and Yogurts That Are Low in Sugar



Limiting sugar intake for young children is important for supporting healthy mental and physical development.

This resource from the United States Department of Agriculture (USDA) offers a guide to choosing breakfast cereals and yogurts low in sugar.

Read more at the link below and share with your ECE programs.

English

Español

NEW RESOURCE!
No & Low Cost Best Practices

This guide from Go NAPSACC has tips and tricks for implementing no and low cost changes that support healthy development for your children in the

following focus areas.

Read more at the link below and share with your ECE programs.


Child Nutrition

No & Low Cost Best Practices

Healthy changes don't have to be expensive!
This guide identifies which Child Nutrition Best Practices can be met at no or low cost. Use this tool to help choose best practices that fit your budget.

Remember, you may be able to make some "low cost" changes for no cost at all! For example, there could be cost associated with family education best practices if you host an event. But, if you simply email families educational resources or have conversations with families about nutrition, you can meet the family education best practice for no cost at all!

Bold = Beginner Friendly Best Practice

Foods Provided

No Cost Changes

Vegetables are rarely or never cooked or flavored with meat fat, margarine, or butter.

High-sugar, high-fat foods are never offered, or are offered less than 1 time per week.

High-salt, high-fat snacks are never offered, or are offered less than 1 time per week.

Children are never given sweet or salty snacks outside of meal and snack times, or are given sweet and salty snacks less than 1 time per week.

Low Cost Changes (Continued)

Vegetables (not including French fries, tater tots, hash browns, or dried beans) are offered 2 times per day or more. (Half-day: 1 time per day or more)

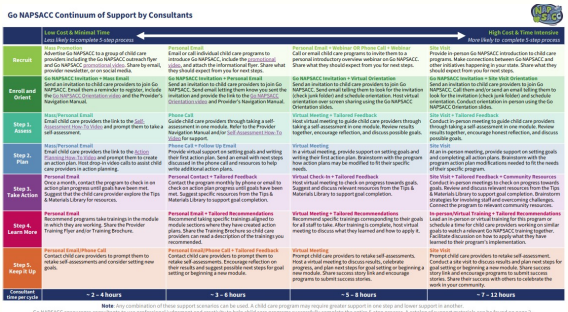
Children are offered dark green, orange, red, or deep yellow vegetables (not including corn) 1 time per day or more.

Fried or pre-fried potatoes are never offered, or are offered less than 1 time per week.

Fried or pre-fried meats or fish are never offered, or are offered less than 1 time per week.

Learn More

Go NAPSACC Continuum of Support


Go NAPSACC Continuum of Support by Consultants

	Low Cost & Minimal Time *Less likely to complete 5-step process*			High Cost & Time Intensive *More likely to complete 5-step process*
Recruit	Mass Promotion Advertise Go NAPSACC to a group of child care providers including the Go NAPSACC outreach flyer and Go NAPSACC promotional video. Share by email, social media, or in person meetings.	Personal Email Email or call individual child care programs to introduce Go NAPSACC, include the promotional video, and attach the informational flyer. Share what they should expect from you for next steps.	Personal Email + Webinar OR Phone Call + Webinar Call or email child care programs to invite them to a personal introductory overview webinar on Go NAPSACC. Share what they should expect from you for next steps.	Site Visit Provide in person Go NAPSACC introduction to child care programs. Make connections between Go NAPSACC and other initiatives happening in your state. Share what they should expect from you for next steps.
Enroll and Orient	Go NAPSACC Invitation + Mass Email Send an invitation to child care providers to join Go NAPSACC. Email them a reminder to register, include the Go NAPSACC Orientation video and the Provider's Navigation Manual.	Go NAPSACC Invitation + Personal Email Send an invitation to child care providers to join Go NAPSACC. Send an email telling them know you sent the invitation and provide the link to the Go NAPSACC Orientation video and Provider's Navigation Manual.	Go NAPSACC Invitation + Virtual Orientation Send an invitation to child care providers to join Go NAPSACC. Send an email telling them to look for the invitation (check junk folder) and schedule orientation. Host virtual orientation over screen sharing using the Go NAPSACC Orientation slides.	Go NAPSACC Invitation + Site Visit Orientation Send an invitation to child care providers to join Go NAPSACC. Call them and/or send an email telling them to look for the invitation (check junk folder) and schedule orientation. Conduct orientation in person using the Go NAPSACC Orientation slides.
Step 1: Assess	Mass/Personal Email Email child care providers the link to the Self-Assessment How To Video and prompt them to take a self-assessment.	Phone Call Guide child care providers through taking a self-assessment in one module. Refer to the Provider Navigation Manual and/or Self-Assessment How To Video for support.	Virtual Meeting + Tailored Feedback Virtual meeting to guide child care providers through taking a self-assessment in one module. Review results together, encourage reflection, and discuss possible goals.	One Visit + Tailored Feedback Conduct in-person meeting to guide child care providers through taking a self-assessment in one module. Review results together, encourage honest reflection, and discuss possible goals.
Step 2: Plan	Mass/Personal Email Email child care providers the link to the Action Planning How To Video and prompt them to create an action plan. Host drop-in video calls to assist child care providers in action planning.	Phone Call + Follow Up Email Provide virtual support on setting goals and writing their first action plan. Send an email with next steps discussed in the phone call and resources to help child care providers with step 2.	Virtual Meeting In a virtual meeting, provide support on setting goals and writing their first action plan. Brainstorm with the program how action plans may be modified to fit their specific needs.	Site Visit At an in person meeting, provide support on setting goals and completing all action plans. Brainstorm with the program action plan modifications needed to fit the needs of their program.
Step 3: Take Action	Personal Email Once a month, contact the program to check in on action plan progress until goals have been met. Suggest that the child care provider explore the Tips & Materials Library for resources.	Personal Contact + Tailored Feedback Contact the program monthly by phone or email to check on action plan progress until goals have been met. Suggest specific resources from the Tips & Materials Library to support goal completion.	Virtual Check-In + Tailored Feedback Host virtual meeting to check on progress towards goals. Suggest and discuss relevant resources from the Tips & Materials Library to support goal completion.	Site Visit + Tailored Feedback + Community Resources Conduct in-person meetings to check on progress towards goals. Review and discuss relevant resources from the Tips & Materials Library to support goal completion. Brainstorm strategies for involving staff and overcoming challenges. Connect the program to relevant community resources.
Step 4: Learn More	Personal Email Recommend programs take trainings in the module in which they are working. Share the Provider Training Flyer and/or Training Brochure.	Personal Email + Tailored Recommendations Recommend taking specific trainings aligned to module sections where they have created action plans. Share the Training Brochure so child care providers can read a description of the trainings you recommended.	Virtual Meeting + Tailored Recommendations Recommend specific trainings corresponding to their goals for all staff to take. After training is complete, host virtual meeting to discuss what they learned and how to apply it.	In-person/Virtual Training + Tailored Recommendations Host in-person training for all staff. Afterwards, schedule a time for child care providers working on similar goals to watch a relevant Go NAPSACC training together. Facilitate discussion on how to apply what they have learned to their program's implementation.
Step 5: Keep It Up	Personal Email/Phone Call Contact child care providers to prompt them to retake self-assessments and consider setting new goals.	Personal Email/Phone Call + Tailored Feedback Contact child care providers to prompt them to retake self-assessments. Encourage reflection on their results and suggest possible next steps for goal setting or beginning a new module.	Virtual Meeting Prompt child care providers to retake self-assessments. Host a virtual meeting to discuss results, celebrate progress, and discuss next steps for goal setting or beginning a new module. Share success story link and encourage programs to submit success stories.	Site Visit Prompt child care providers to retake self-assessment. Conduct a site visit to discuss results and plan next steps for goal setting or beginning a new module. Encourage success story link and encourage programs to submit success stories. Share their success with others to celebrate the work in your community.
Consultant time per cycle	~ 2 – 4 hours	~ 3 – 6 hours	~ 5 – 8 hours	~ 7 – 12 hours

Note: Any combination of these support scenarios can be used. A child care program may require greater support in one step and lower support in another.

Go NAPSACC encourages consultants to use professional judgement and creativity to help child care programs successfully complete the entire 5-step process. A catalog of support materials can be found on page 2.

Go NAPSACC encourages consultants to use professional judgement and creativity to **help child care programs successfully complete the entire 5-step improvement process.**

Check out this **step-by-step guide for providing technical assistance** to child care providers that require a range from "Low Cost & Minimal Time" to "High Cost & Time Intensive" support.

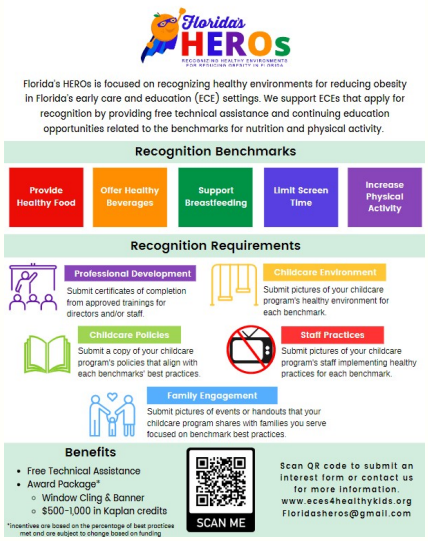
Read More

TA Shared Folder

Here is your one-stop-shop for TA resources including **ECE outreach materials**, **Go NAPSACC how-to guides**, and **FL HEROs application supporting 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!


Florida's HEROs

RECOGNIZING HEALTHY ENVIRONMENTS FOR NUTRITIONAL EMPOWERMENT OF AT RISKERS

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 benchmarks' 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
  - $500-1,000 in Kaplan credits

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

SCAN ME

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

TA Shared Folder

Early Learning Coalition of Palm Beach Quarterly ECE Provider Meetings

Do you provide early childcare services in Palm Beach County?

Email Gina Carello to share information about the childcare programs and services you offer.

Upcoming Virtual Meetings:
August 18th, 3PM - 5PM
October 20th, 3PM - 5PM

Get Involved

Healthy Kids, Healthy Future TAP
Technical Assistance Program

Florida's HEROs
RECOGNIZING HEALTHY ENVIRONMENTS FOR REDUCING OBESITY IN FLORIDA

Get Involved

The 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 network and ECE recognition program.

Next Meeting:
September TBD

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.

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:

Florida HEALTH

UF | IFAS Extension UNIVERSITY of FLORIDA

grow • shop • cook • eat Family Nutrition Program

Florida Family Child Care Home Association

Funded by:

Healthy Kids, Healthy Future TAP Technical Assistance Program

Managed by:

HCSEF Health Council of Southeast Florida

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