



## *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.*

## *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 starting in February. TA Consultants are

### **Go NAPSACC TA Consultant Training**

Still need to complete your training with Go NAPSACC? You'll learn how to support child care programs through

welcome to drop in and ask questions about Go NAPSACC.

Go NAPSACC's five-step improvement process. Register below.

Wednesday, June 29th  
1:00 PM EST

June 1st & 15th  
12:00 PM EST

Register Here

Register Here

## Resources, Trainings & Events

### New Resource!

## Pint Size Produce: Activity Plans & Handouts

If your child care providers are looking for unique ways to combine nutrition education and fresh produce, this is the resource for them. Pint Size Produce includes **Activity Plans** and **Parent Handouts** on 12 different fruits and vegetables. **YUM!**

They can find specific games, songs, recipes, facts, story books, and resources all in one place!

*Share this resource with the providers you work with using the link below.*



pint size PRODUCE

## Carrots!

Supplies:  
Book:  
*The Carrot Seed*  
By Ruth Krauss

Tasting:  
• Carrots  
• Mayonnaise  
• Raisins or pineapple  
• Sunflower seeds  
• Grater

Activity:  
• Egg cartons  
• Pipe cleaners (green, white, orange, purple, red)  
• Scissors

Coloring Pages:  
<http://www.superschools.com/system/pages/vegetables>

Story: **The Carrot Seed**

Questions you might ask while reading:  
• What does the little boy give the plant to help it grow?  
• What did everyone keep telling the little boy?

Highlight that the carrot is a root vegetable, so the part we usually eat grows beneath the soil.

Watch a video of The Carrot Seed read aloud here:  
[https://www.youtube.com/watch?v=t\\_bkqYUc-2M](https://www.youtube.com/watch?v=t_bkqYUc-2M)



Tasting: **Carrot Salad**

This salad is a fun way to get preschoolers involved in preparing food, and they can be more willing to try unfamiliar flavor combinations if they helped put it together!  
1. Grate carrots – little hands can help.  
2. Add raisins, pineapple chunks, and sunflower seeds, if using.  
3. Stir in mayonnaise, just enough to coat the salad.

Alternate:  
Offer raw and steamed carrots – grate raw carrots, steam diced carrots in a microwave. Compare flavor and texture!

Read More

### New Resource!

## Go NAPSACC Continuum of Support


	Low Cost & Minimal Time	Low to Moderate Cost & Time	High Cost & Time Intensive
<b>Step 1: Needs Assessment</b>	Identify the needs of the program and the community. Conduct a needs assessment to determine the current state of the program and the community. This step is essential for understanding the scope and nature of the support needed.	Conduct a needs assessment to determine the current state of the program and the community. This step is essential for understanding the scope and nature of the support needed.	Conduct a needs assessment to determine the current state of the program and the community. This step is essential for understanding the scope and nature of the support needed.
<b>Step 2: Plan Development</b>	Develop a plan that addresses the needs identified in the assessment. This plan should be realistic and achievable, and it should be developed in collaboration with the program staff and the community.	Develop a plan that addresses the needs identified in the assessment. This plan should be realistic and achievable, and it should be developed in collaboration with the program staff and the community.	Develop a plan that addresses the needs identified in the assessment. This plan should be realistic and achievable, and it should be developed in collaboration with the program staff and the community.
<b>Step 3: Implementation</b>	Implement the plan and monitor progress. This step involves putting the plan into action and tracking the progress of the program. It is important to be flexible and adjust the plan as needed.	Implement the plan and monitor progress. This step involves putting the plan into action and tracking the progress of the program. It is important to be flexible and adjust the plan as needed.	Implement the plan and monitor progress. This step involves putting the plan into action and tracking the progress of the program. It is important to be flexible and adjust the plan as needed.
<b>Step 4: Evaluation</b>	Evaluate the program and the support provided. This step involves assessing the impact of the program and the support provided. It is important to gather feedback from the program staff and the community.	Evaluate the program and the support provided. This step involves assessing the impact of the program and the support provided. It is important to gather feedback from the program staff and the community.	Evaluate the program and the support provided. This step involves assessing the impact of the program and the support provided. It is important to gather feedback from the program staff and the community.

*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



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 Involvement:** 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 "Packages"
  - Windows Caring & Itinerant
  - \$500-1000 In Koplon credits

Scan QR code to submit an interest form or contact us for more information.  
[www.floridasheroes.org](http://www.floridasheroes.org)  
[Floridasheroes@gmail.com](mailto:Floridasheroes@gmail.com)

\*Benefits are based on the percentage of total positions and are not an eligible-to-charge federal funding.

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!*

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



*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:  
June TBD

Get Involved

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## 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

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## 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



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