



## Florida's HEROs Monthly Newsletter

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

This month you'll find a few very important updates on award opportunities, an opportunity to share your experiences as a TA consultant and important information to share with your ECE programs.

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

## Important Updates

### Go NAPSACC Announcements

#### Award Opportunity!

Child care programs will now receive an award amount of **\$400** for participating in Go NAPSACC technical assistance in Florida **after** completing the following steps:

- Initial Self-Assessment
- Action Plan
- Post-Assessment (i.e. self-assessment >30 days after initial self-assessment)
- Four (4) touchpoints with a TA consultant (must be tracked by TA in Go NAPSACC)
- Signed attestation letter with TA



Once the above steps are complete, the award will be distributed through [Kaplan](#) directly to the program director.

Please note: Child care programs that started the Go NAPSACC TA process prior to August 1, 2022 and complete any of the steps listed above after August 1, 2023, will also be eligible.

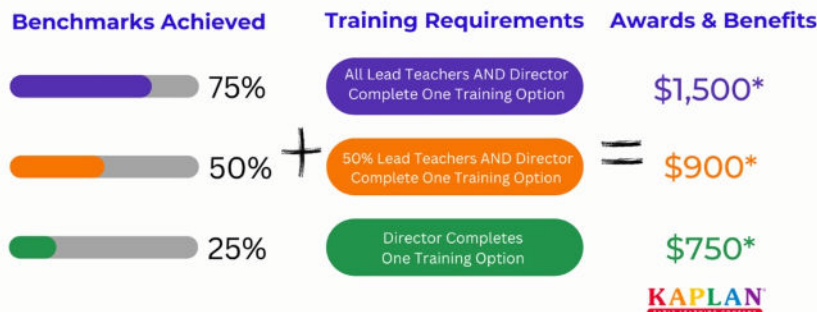
## Trainings now qualify for in-service credit!

Go NAPSACC now qualifies for annual in-service credits (10-hour annual requirement) for child care personnel. Child care personnel must submit a Go NAPSACC training certificate to the Department of Children and Families for credit.

## Florida's HEROs Announcements

### Increased Award Levels!

The Florida's HEROs award levels have now increased to **\$700**, **\$900**, and **\$1,500** based on the percentage of benchmarks achieved in each focus area and professional development requirements. For more information, please reach out to Florida's HEROs directly at [FloridasHEROs@gmail.com](mailto:FloridasHEROs@gmail.com).



Additionally, if a child care program (1) submits additional documents within two years of submitting their original application and (2) increases the percentage of benchmarks achieved, they will be eligible to receive an additional award of the difference between their previous award level and the new award level.


## Focus Group Opportunity: For TA Consultants

Go NAPSACC and Florida's HEROs are teaming up to host focus groups to gain a better understanding of your successes and challenges as a TA Consultant. Our hope is that the knowledge gained from these sessions will help inform recruitment

**FOCUS GROUP OPPORTUNITY**

## Go NAPSACC & Florida's HEROs TA Consultants

Your voice is needed! We are currently looking for all Go NAPSACC and FL HEROs TA Consultants to take part in a one-hour focus group.



**What we ask of participants:**

- To answer questions about:
  - Go NAPSACC
  - Florida's HEROs Recognition Program
  - Your experience as a technical assistance consultant recruiting and engaging child care providers in the programs above

**Things to know:**

- Your participation and answers will remain **anonymous**
- You can participate in **one session only**
- All sessions will be **one-hour long** and held via Zoom

**READY TO REGISTER?**  
CLICK ON A DATE AND TIME THAT WORKS FOR YOU

**MULTIPLE SESSION OPTIONS**

- October 11th 3:00 PM - 4:00 PM
- October 18th 2:00 PM - 3:00 PM
- October 18th 4:00 PM - 5:00 PM
- October 19th 12:00 PM - 1:00 PM
- October 20th 12:00 PM - 1:00 PM
- October 25th 12:30 PM - 1:30 PM
- October 31st 2:00 PM - 3:00 PM
- November 1st 3:00 PM - 4:00 PM

**NEED MORE INFORMATION?**  
EMAIL US AT FLORIDASHEROS@GMAIL.COM

strategies and efforts to increase participation and engagement in these programs moving forward.

- Please register for one, one-hour focus group session
- Sessions will be held in October and November
- Your responses will be completely anonymous

Register for a time to attend at the link below.

**Focus Group Flyer for TA Consultants**

**Focus Group Opportunity: For Child Care Leaders and Stakeholders**

**FOCUS GROUP OPPORTUNITY**

## Are you a leader in early childhood education in Florida?

We are currently looking for early childhood education leaders and stakeholders to take part in a one-hour focus group!



**What we ask of participants:**

- To answer questions about:
  - Go NAPSACC
  - Florida's HEROs Recognition Program
  - Healthy eating and physical activity resources for child care providers

**Things to know:**

- Your participation will remain **anonymous**
- You can participate in **one session only**
- All sessions will be **one-hour long** and held via Zoom

**READY TO REGISTER?**  
CLICK ON A DATE AND TIME THAT WORKS FOR YOU

**MULTIPLE SESSION OPTIONS**

- September 27th 4:00 PM - 5:00 PM
- September 30th 12:00 PM - 1:00 PM
- October 4th 4:00 PM - 5:00 PM
- October 14th 12:00 PM - 1:00 PM
- October 19th 4:00 PM - 5:00 PM
- November 1st 9:30 AM - 10:30 AM

**NEED MORE INFORMATION?**  
EMAIL US AT FLORIDASHEROS@GMAIL.COM

Local, regional, and state ECE leaders and stakeholders - You are invited to join a focus group session, as well.

We hope to understand your perspective on the challenges child care providers face and what might encourage them to engage with these programs further.

- ECE leaders - Register for one, one-hour focus group session
- TA Consultants - Please share the flyer at the link below with any ELCs, Head Start, or other child care stakeholders you have a relationship within your area
- Sessions will be held in October and November
- All responses will be completely anonymous

**Focus Group Flyer for ECE Stakeholders**

# 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.

## Florida Go NAPSACC Refresher Training

Go NAPSACC guest, Aviva Starr, will be discussing how to maximize your Go NAPSACC account and will review common recruitment strategies. You will also hear from the Florida's HEROs team on some important program updates, and there will be time at the end for Q&A.

Monday, November 7th, 2022  
2:00-3:30 PM EST

[Register Here](#)

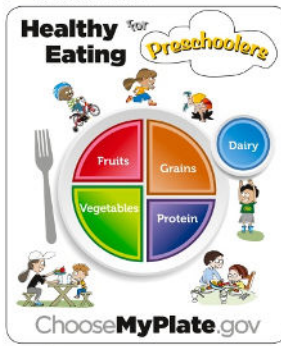
## Resources, Trainings & Events

### **NEW RESOURCE!** Healthy Eating for Preschoolers

Getting your child on the path to healthy eating can be difficult. Offering a variety of healthy foods, being mindful of sugary foods and beverages, making mealtime family time, and practicing patience with your child are just a few tips to help you get started.

This resource from U.S. Department of Agriculture has suggestions and a daily food checklist to help families and/or ECE Providers get their preschoolers on the path to healthy eating.

Find the handouts available in English and Spanish at the links below.



**Get your child on the path to healthy eating.**

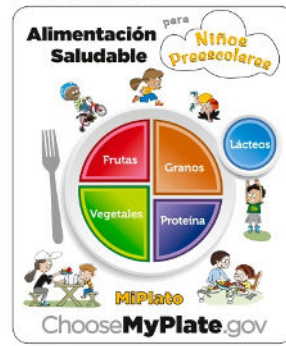
**Offer a variety of healthy foods.**  
Choose foods from each MyPlate food group. Pay attention to dairy foods, whole grains, and vegetables to build healthy habits that will save a lifetime.

**Be mindful of sweet drinks and other foods.**  
Offer water instead of sugary drinks like regular soda and fruit drinks. Other foods like hot dogs, burgers, pizza, cookies, cakes, and candy are only occasional treats.

**Focus on the meal and each other.**  
Your child learns by watching you. Eat your MyPlate choices first, then let your child eat. Children copy your likes, dislikes, and your interest in trying new foods.

**Be patient with your child.**  
Children enjoy food when eating it in their own time. Some new foods take time. Give a food at least one week. Let children serve themselves by taking small amounts. Offer new foods many times.

**Cook together.**  
**Eat together.**  
**Talk together.**  
Make meal time family time.



**Encamine a su hijo hacia una alimentación saludable.**

**Ofrezca variedad de alimentos saludables.**  
Elegir alimentos de cada grupo al momento de preparar. Preste atención a los productos lácteos, los granos integrales y vegetales para promover hábitos saludables que durarán toda la vida.

**Tenga en cuenta las bebidas dulces y otros alimentos.**  
Ofrezca agua en lugar de bebidas azucaradas como pastillas y refresco. Otros alimentos como salchichas, hamburguesas, pizza, galletas, tortas y caramelos son solo para ocasiones especiales.

**Enfóquese en la comida y en los comensales.**  
Su hijo aprende observando. Después de comer ellos, cuébralo primero de los alimentos que le ofrece. Los niños copian lo que a usted le gusta. Lo que no le gusta y su interés en probar alimentos nuevos.

**Sea paciente con sus hijos.**  
Los niños disfrutan de la comida cuando ellos mismos los sirven. Así se aprenden nuevos hábitos. Al principio solo déles pequeñas porciones y repárenlos poco a poco. Déjenlos servir ellos mismos tomando pequeñas cantidades. Ofrezca alimentos nuevos muchas veces.

**Cocinan juntos.**  
**Comen juntos.**  
**Dialoguen juntos.**  
Convierta la hora de la comida en tiempo para la familia.

Healthy Eating Handout - English

Healthy Eating Handout - Spanish

**NEW GRANT OPPORTUNITY!**  
**School Garden Grants**

Florida Agriculture in the Classroom's (FAITC) School Garden Grant Program is designed to fund school garden projects that will educate Florida's students about the importance of agriculture, healthier meal options and allow teachers to use a school garden to teach Florida standards.



Share this resource with your ECE programs who may be interested.

*Read more at the link below for additional grant information, guidelines, and requirements.*

School Garden Grants

**NEW TRAINING OPPORTUNITY!**  
**School Garden Leadership Training**



**School Garden Leadership Training**

**Learn how to cultivate your school garden program!**

- Two Interactive virtual ZOOM trainings
- Regional hands-on training
- Virtual meet-ups for Q&A/Networking
- Facebook group for connection 

UF/IFAS Extension Family Nutrition Program   UF IFAS Extension UNIVERSITY OF FLORIDA   and   Florida Agriculture in the Classroom

Florida Agriculture in the Classroom and UF/IFAS Extension Family Nutrition Program are hosting a series of virtual and in-person School Garden Leadership Trainings. This training series is for Florida school garden leaders to build gardening confidence, foster collaboration, and strengthen garden programs for long-term success.

Two virtual webinar sessions will take place on **Thursday Sept 29 and Dec 1 from 3:30-5:00 pm EST**. Interested ECE Programs can register today for the virtual sessions and find more information at the link below. *Additionally, registration links for regional in-person workshops are forthcoming.*

[Register Here](#)

*For additional questions, contact the series host and State School Garden Specialist, Tiffany Torres, at [Tiffany@agtag.org](mailto:Tiffany@agtag.org).*

## NEW WEBINAR OPPORTUNITY! Motor Skills in Early Childhood

Motor skills are the foundation for children's movement experiences and are important in building movement competence and confidence.

Go NAPSACC is hosting a webinar to equip consultants with tips to best help child care programs meet physical activity recommendations through quality adult-led opportunities. Join us to learn what helps and hinders child care providers in meeting physical activity best practices.



**Wednesday, November 16th, 2022  
1:00 PM EST**

[Register Here](#)

# Go NAPSACC Continuum of Support

Go NAPSACC Continuum of Support by Consultants

Level of Support	Low Cost & Minimal Time	Low to Moderate Cost & Time	High Cost & Time Intensive
Level 1: Minimal	Consultant provides information and resources to support program improvement.	Consultant provides information and resources to support program improvement.	Consultant provides information and resources to support program improvement.
Level 2: Support	Consultant provides information and resources to support program improvement.	Consultant provides information and resources to support program improvement.	Consultant provides information and resources to support program improvement.
Level 3: Intensive	Consultant provides information and resources to support program improvement.	Consultant provides information and resources to support program improvement.	Consultant provides information and resources to support program improvement.

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 OneDrive 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!

[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					
	<b>Professional Development</b> Submit certificates of completion from approved trainings for directors and/or staff.		<b>Childcare Environment</b> Submit pictures of your childcare program's healthy environment for each benchmark.		<b>Staff Practices</b> Submit pictures of your childcare program's staff implementing healthy practices for each benchmark.
	<b>Childcare Policies</b> Submit a copy of your childcare program's policies that align with each benchmark's best practices.		<b>Family Engagement</b> Submit pictures of events or handouts that your childcare program shares with families you serve focused on benchmark best practices.		
<b>Benefits</b> <ul style="list-style-type: none"> <li>Free Technical Assistance</li> <li>Award Package*                             <ul style="list-style-type: none"> <li>Window Cling &amp; Banner</li> <li>\$500-1,000 in Kaplan credits</li> </ul> </li> </ul> <small>*Award package based on the achievement of each provider. New and new subjects will require an award.</small>					
				Scan QR code to submit an Interest Form or contact us for more information. <a href="http://www.eco4healthykids.org">www.eco4healthykids.org</a> <a href="mailto:Floridasherosteam@gmail.com">Floridasherosteam@gmail.com</a>	

## Early Learning Coalition of Palm Beach Quarterly ECE Provider Meetings

Do you provide early child care 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:  
October 20th  
3:00 PM - 5:00 PM

## Get Involved

### Join the Florida's HEROs Stakeholder Committee



Get Involved

The Florida's HEROs Stakeholder Committee is a group of diverse partners committed to obesity prevention in ECE settings.

- Meetings are quarterly
- Members promote healthy weight among children 0-5 years of age
- Members guide the development and expansion of the statewide technical assistance network and ECE recognition program

Next Meeting:  
December, 2022  
Time: TBD

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### Join the Farm2ECE Workgroup

The Farm2ECE Workgroup is a group of statewide nutrition and ECE stakeholders working to coordinate Farm2ECE efforts across the state with the goal of increasing usage of Farm2ECE best practices in ECE settings.

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





## 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 at the link below 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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