



## Florida's HEROs Monthly Newsletter

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

We are excited to announce that there has been a **new award amount increase!** Check out this month's newsletter for key resources and information on **promoting healthy beverages** among children, **award and grant opportunities**, and more!

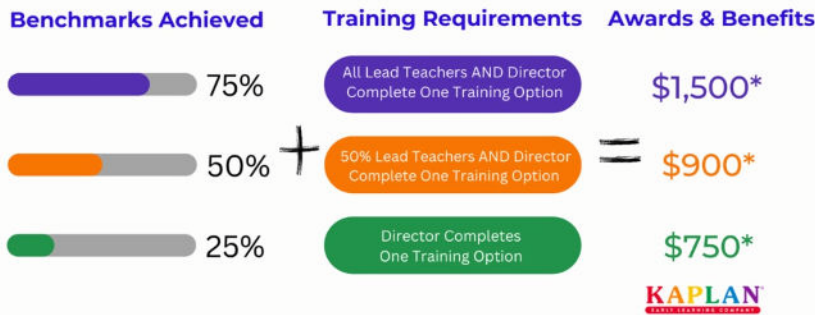
Thank you for your hard work promoting and establishing healthy habits among young children. We're so glad you're here, check out our **new Awardee Celebration Corner**, and join us in congratulating all awardees!

## Florida's HEROs Announcements

### Florida HEROs ncreased Award Levels!

The Florida's HEROs award levels have now increased to **\$750, \$900, and \$1,500** based on the percentage of benchmarks achieved in each focus area and professional development requirements. For more information, please get in touch with 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.

Are you working with a child care program that is ready to apply? The updated Florida HEROs application can be found at the link below.

[Florida's HEROs Application](#)

## Let's Be HEROs TA OneDrive 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 TA OneDrive shared folder. *Please let us know if anything is missing you'd like to see included!*

[TA OneDrive 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>Childcare Policies</b> Submit a copy of your childcare program's policies that align with each benchmark's best practices.	 <b>Staff Practices</b> Submit pictures of your childcare program's staff implementing healthy practices for each benchmark.	 <b>Family Engagement</b> Submit pictures of events or handouts that your childcare program shares with families, you have focused on benchmark best practices.
Benefits				
<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>				Scan QR code to submit an interest form or contact us for more information. <a href="http://www.ece4healthykids.org">www.ece4healthykids.org</a> <a href="mailto:FloridasherOs@gmail.com">FloridasherOs@gmail.com</a>

\*Award values are based on the percentage of best practices met and are subject to change without notice.

## Go NAPSACC Announcements

[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 lifelong health.



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## For TA Consultants

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### New Demo Site URL!

Please save this [new Demo Site link](#) for your future use. Continue to use your Go NAPSACC demo account usernames and passwords at this new website.

*Website Tip: Having problems? Try logging in on Google Chrome. Go NAPSACC always works best on Chrome!*

[New Demo URL](#)

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## For ECE Providers

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### NEW AMOUNT INCREASE! Let's Be HEROs Award Opportunity

Child care programs will now receive an award amount of **\$600 (an increase from \$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 directly to the program director through [Kaplan Early Learning Company](#).

**Additional questions?** Contact us at [floridasheros@gmail.com](mailto:floridasheros@gmail.com).

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

## Trainings now qualify for annual in-service credits!

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

**NEW!**

## Awardee Celebration Corner



Please join us in congratulating our awardees!

### FL HEROs

- Dawn's Home Preschool

### Let's Be HEROs

- Dawn's Home Preschool
- Kid City USA Edgewater
- Nature Coast Preschool
- Trinity Christian Academy Preschool
- Sunshine Christian Academy

[Apply Today!](#)

Thank you for all your work assisting ECEs with implementing healthy environments for the children they serve!

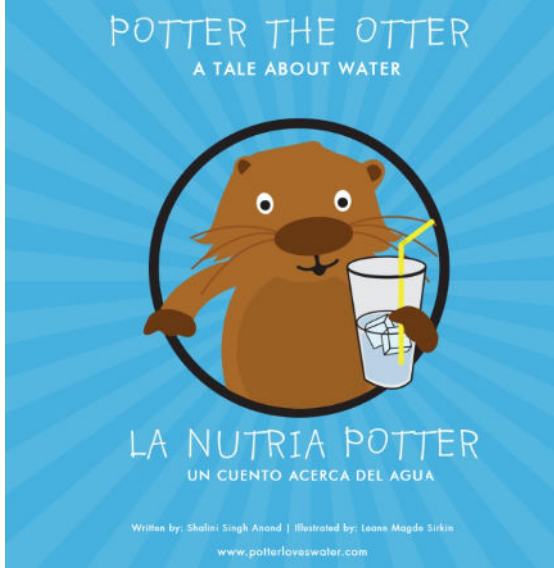
## Resources of The Month

**NEW RESOURCE!**

### Potter the Otter: A Tale About Water

Research shows that drinking water can offer many benefits. It helps limit sugar intake and prevents dehydration, constipation, and fatigue. Read this book, [Potter the Otter: A Tale About Water](#), to help young children develop healthy habits early.

*Click on the button below or the image to access the FREE online version.*



Free eBook



### NEW RESOURCE!

### Early Childhood Education Activities for Promoting Water

Childcare programs offer a unique opportunity to support the development of healthy drinking habits from an early age. Rev your Bev developed this Lesson Plan to help encourage children to drink more water. [Rev your Bev](#) is part of the Virginia Foundation for Healthy Youth's initiative to increase water consumption.

The lesson plan guide is available in English, Spanish, French, and Arabic!

Lesson Plan- English

Lesson Plan- Multiple Languages

#### INTRODUCTION

Healthy hydration habits start in early childhood! Because young children spend the majority of their day in child care, it is important that safe drinking water is available at all times – served inside and outside, during meals, and be easily accessible throughout the day.

Establishing water drinking habits at an early age protects children's health now and for the future!

LESSON PLAN SUMMARY	DID YOU KNOW?
1. Coloring Crown	• Dietary preferences are established in early childhood.
2. What Does Hydration Look Like?	• Drinking water can help children feel more alert and energized.
3. Fruity Popsicles	• Children get fewer cavities when they drink water. Water contains fluoride which protects teeth and prevents cavities.
4. Sink or Float	• Water makes up 60% of children's bodies, so it is important to keep them hydrated.
5. RYB Storytime	• Active kids need to drink 1/2 to 2 cups of water for every 15 to 20 minutes of physical activity.



Learn more about [providing healthy beverages for young children in child care](#) at the link below!

Resources for Providing Healthy Beverages

Additional Resources and Opportunities



## Child Care Food Program (CCFP)



The **Child Care Food Program (CCFP)** in Florida is a federally funded program that helps child care providers implement best practices to support healthy growth and reduce obesity risk among children through nutritious food.

This program reimburses child care providers for meals and snacks that meet a certain nutrition standard and provides educational opportunities and resources on integrating healthy meals into child care programs.

Are you working with a child care program interested in learning more or getting started? Read the CCFP fact sheet below.

[CCFP Fact Sheet](#)

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## 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](#)

**Get Involved!**

## Join the Florida's HEROs Stakeholder Committee



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 in child care settings.
- Members guide the development and expansion of the statewide technical assistance network and ECE recognition program.

Next Quarterly Meeting:  
Wednesday, March 22, 2023  
10:30 - 12:00 PM, via Zoom

[Register Here](#)

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## Join the Farm2ECE Workgroup

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

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



[Learn More](#)

## Partner With Us!

Refer a Child care Program



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

**We are here to support you!**

Click on the [Contact Us](#) button 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. *Note: ELC staff are also eligible to be TA consultants.*



[Join Us](#)



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



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