



## Florida's HEROs Monthly Newsletter

Welcome to Florida's HEROs Monthly Newsletter for Early Care and Education (ECE) providers!

Check out this month's newsletter for an opportunity to share your experiences, resources for promoting healthy eating, professional development opportunities for you and your staff, and more!

Thank you for all that you do. Check out our [Awardee Celebration Corner](#) and join us in congratulating all awardees!

## Survey Opportunity

### Share Your Perspectives as an Early Care and Education Provider in Florida



Go NAPSACC and Florida's HEROs are teaming up to gain a better understanding of your successes and challenges as an early care and education provider. We hope the knowledge from these surveys and the previous focus group sessions will inform future recruitment strategies and efforts to increase participation and engagement in these programs!

- Your responses will be **completely anonymous**.
- The survey takes **approximately 10 minutes** to complete.

If you already participated in a focus group, please not complete the survey.

## Florida's HEROs Award & Recognition

### Apply Now to Become a Florida's HERO

Florida's HEROs (Healthy Environments for Reducing Obesity) recognizes Florida's ECE providers that focus on creating healthy environments that reduce obesity for children ages 0 to 5.

The goal is to take proactive steps to improve your program's practices and policies for encouraging healthy behaviors among the children and families you serve.

Find more information about the application process at [our website](#) and check out our application at the links below.



English Application

Aplicación en Español

### What are the five benchmark areas for the Florida's HEROs Recognition Program?



Many children spend the majority of their day in early care and education programs. As such, child care providers are uniquely positioned to help the children they serve develop healthy habits. By taking voluntary steps to implement the Florida's HEROs best practices to create a healthy environment, you can help the kids you serve develop lifelong healthy habits.

The Florida's HEROs best practices to **increase physical activity**, **limit screen time**, **provide healthy food**, **offer healthy beverages**, and **support breastfeeding** come from the second edition of *Preventing Childhood Obesity in Early Care and Education*

Read more about why these best practice areas are important at the link below.

[Learn More](#)

## Go NAPSACC Announcements

### Need help with goal setting or applying to the FL HEROs Recognition Program?



The [Let's Be HEROs](#) Technical Assistance Program provides free access to Go NAPSACC and personalized support for your program from a local technical assistance (TA) consultant. Go NAPSACC is an evidence-based tool designed to help child care providers improve the health of young children by providing step-by-step guidance to enhance childcare program practices and policies.

This tool is [FREE](#) for ECE programs in Florida working with a local Technical Assistant (TA) Consultant.

To learn more about working with a TA consultant through the Let's Be HEROs Technical Assistance Program and accessing Go NAPSACC, contact Florida's HEROs at the link below.

[Contact Us](#)

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## Lets Be HEROs Award Opportunity

Child care programs will now receive an award amount of [\\$600 \(an increase from \\$400\)](#) in Kaplan dollars for participating in Let's Be HEROsGo 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 the [Kaplan Early Learning Company](#).

Interested in getting started? Submit an interest form below.

[Submit an Interest Form](#)

*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.*

## Go NAPSACC on-demand trainings now qualify for annual in-service credits!

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

## Awardee Celebration Corner



*Congratulations!*

*Please join us in congratulating our recent awardees!*

### Florida's HEROs Awardees

**2023**

Dawn's Home Preschool (Pinellas County)

Kathy's Home Daycare (Pinellas County)

Plato's Playgrounds 1 (Volusia County) **\*NEW\***

**2022**

Baby Fox Academy (Sarasota County)

Building Blocks to Learning (Pinellas County)

### Let's Be HEROs Awardees

**2023**

Beautiful Beginnings Child Care Center, Inc. (Volusia County)

Building Blocks to Learning (Pinellas County)

Dawn's Home Preschool (Pinellas County)  
Kathy's Home Daycare (Pinellas County)  
Kid City USA Edgewater (Volusia County)  
Kid City USA Port Orange (Volusia County)  
KinderCare Beville Rd (Volusia County)  
KinderCare Ormond Beach (Volusia County) **\*NEW\***  
Le Jardin Community Center 1 (Miami-Dade) **\*NEW\***  
Nature Coast Preschool & Therapy Center (Citrus County)  
Plato's Playgrounds 1 (Volusia County)  
Plato's Playgrounds 2 (Volusia County) **\*NEW\***  
Trinity Christian Academy Preschool (Volusia County)  
Sunshine Christian Academy (Manatee County)

**Thank you for taking the steps to create healthy environments for the children you serve!**

A full list of awardees can be found on our website at the following links:  
[Florida's HEROs Awardees](#), [Let's Be HEROs Awardees](#)

**Apply Today!**

## Resources of the Month

**Nutrition is an essential part of healthy child development.**

In honor of National Nutrition Month, this month's resources are all about encouraging healthy eating habits at a young age. Well-nourished children see many benefits, such as improved attention spans and increased mental performance. Additionally, children who eat nutritious food early in life are at lower risk for developing childhood obesity.

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### Child and Adult Care Food Program (CACFP): Cooking Videos



Need help planning and preparing nutritious meals? Check out these Child and Adult Care Food Program (CACFP), also known as the Child Care Food Program (CCFP) in Florida, cooking videos of USDA-standardized recipes perfect for children 3 through 5. There are videos of easy-to-prepare meals and snacks such as the Berry Medley and Parmesan Zucchini chips. YUM!

**Click the button below to explore recipes!**

## Florida Department of Health Lesson Plan: It's Fun to Eat Fruits and Veggies!

To promote the importance of and encourage eating various fruits and vegetables daily, the Florida Department of Health created this lesson plan perfect for children under 5!

Check out the lesson plan at the link below!

It's Fun to Eat Fruits and Veggies!



## Get Involved

### Join Florida's HEROs Stakeholder Committee



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

Register  
Here

### Join the Farm2ECE Workgroup

The Farm2ECE Workgroup is a group of statewide nutrition and ECE stakeholders working 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  
11:30AM - 12:30PM EST.

Learn  
More



## Florida Farm to ECE Quarterly Newsletter



Are you interested in incorporating more healthy food into your program's menu, nutrition education into your curriculum, or starting a garden for hands-on learning experiences with your children?

Read more about how to do all of these things and how to access technical assistance in the [Florida Farm to ECE Quarterly Newsletter](#) at the link below!

Read the  
Newsletter!

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