



Florida's HEROs Monthly Newsletter

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

Check out this month's newsletter for an opportunity to share your experiences as a TA consultant, key resources and information to share with your ECE programs, and more!

Thank you for promoting and establishing healthy habits among young children. We're so glad you're here, check out our [Awardee Celebration Corner](#), and join us in congratulating all our new awardees!

Survey Opportunity: For TA Consultants and Stakeholders

To increase participation and engagement with Go NAPSACC and the Florida's HEROs recognition program, our team hosted focus groups to evaluate successes and challenges experienced by TA consultants, stakeholders, and child care providers. **Due to low participant turnout, the focus group questions have been developed into a survey to further increase engagement and data collection efforts.**

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

TA Consultant Survey

Go NAPSACC and Florida's HEROs are teaming up to gain a better understanding of your successes and challenges as a TA Consultant. We hope the knowledge from these surveys and the previous focus group sessions will inform future recruitment strategies and efforts to increase participation and



TA Consultant Survey

engagement in these programs!

- Your responses will be completely anonymous.
- The survey takes approximately 10 minutes to complete.
- TA Consultants - Please share the ECE Stakeholder Survey link below with any ELCs, Head Start, or other child care stakeholders you have a relationship within your area.

ECE Stakeholder Survey

We also want to hear from stakeholders in the child care sector. Stakeholders in child care can include child care coalition members, state agency or organization staff, parents, licensing entity staff, Child Nutrition Program staff, Head Start Collaboration staff, and child care advocacy or technical support staff, among others. The goal of the survey is to learn more about your experiences related to [Go NAPSACC](#) and the [Florida's HEROs Recognition Program](#). Prior experience with these programs is NOT required.

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



Stakeholder Survey

Florida's HEROs Announcements

New Florida's HEROs Contact Email

We have a new email address!

Please direct all future emails to info@eces4healthykids.org. We'll



update all documents in the coming weeks to reflect this change. Any emails to the old address, floridasheros@gmail.com, will be forwarded to the new email address.

Let's Be HEROs TA OneDrive Folder

NEW FLYERS AVAILABLE IN ENGLISH AND SPANISH!

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 that you'd like to see included!*

TA OneDrive Folder

Spanish Documents

Is your early care and education (ECE) program working to give children a healthy start? Apply to the Florida's HEROs Recognition Program and be awarded for your hard work!

The Florida's Healthy Environments for Reducing Obesity (FL HEROs) Recognition celebrates and rewards ECE programs for encouraging healthy habits among their children and meeting goals related to obesity prevention. Through FL HEROs, you will have access to:

- FREE technical assistance to help you improve
- FREE continuing education opportunities
- Free \$216 - \$1,000 in Kaplan Early Learning Company credits based on your award level!

Provide Healthy Food | Offer Healthy Beverages | Support Breastfeeding | Limit Screen Time | Promote Physical Activity

Need help before you apply? Receive FREE technical assistance and FREE access to Go NAPSACC, a trusted, nationwide online tool for ECE providers to access evidence-based trainings and resources, through the Let's Be HEROs Program!

Let's Be HEROs of us child care providers personalized support on their journey towards achieving Florida's HEROs best practices. TA consultants will help providers set goals and implement solutions that support healthy habits. Through Let's Be HEROs, you will have access to:

- FREE comprehensive resource library
- FREE on-demand trainings for all staff eligible for on-site insurance credits
- \$200 in Kaplan Early Learning Company credits for active participation*

Ready to get started? Contact us for more information: www.floridasheros.com

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.

For TA Consultants

TA Consultant Office Hours

Open to all certified Go NAPSACC TA Consultants!

A Go NAPSACC Implementation Advisor will facilitate the session. Come prepared with questions or talk with other consultants from across the nation! *Go NAPSACC Office Hours are held every other month.*

Wednesday, April 26, 1 pm EST

Register
Here

For ECE Providers

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 info@eces4healthykids.org.

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 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.

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 to all of our TA Consultants for your work assisting ECEs implementing healthy environments for the children they 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.

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 ages 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!

[CACFP Cooking Videos](#)

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 every day, the Florida Department of Health created this lesson plan perfect for children under 5!

Click the button below to view the lesson plan!

[It's Fun to Eat Fruits and Veggies!](#)



Get Involved!

Join the 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 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](#)

Join the Florida Farm to ECE 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](#)

Florida Farm to ECE Quarterly Newsletter

Do you have an ECE program interested in incorporating healthier food into its menu, nutrition education into its curriculum, or starting a garden for hands-on learning experiences with children?

[Share this resource](#) with your ECE programs who may be interested and

read more in the Florida Farm to ECE Quarterly Newsletter at the link below!

[Read the Newsletter](#)



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](#)

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](#)



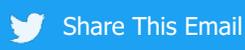
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