

## Welcome to NAP SACC

Your child care facility has decided to participate in the NAP SACC program. Staff here understand how important your child's health is and realize the important role they play in the lives of young children. Over the course of several months, your child care facility will be working to improve their nutrition and physical activity environment .



## What Is NAP SACC?

The goal of NAP SACC is to assist child care facilities in improving their nutrition and physical activity environments, including policies and practices, for the prevention of obesity in preschool age children. This is done through the use of a child care nutrition and physical activity self-assessment, goal setting, and technical support from local health professionals.



## Children eating smart



and moving more!



For more information visit:  
[www.napsacc.org](http://www.napsacc.org)



Moving Towards Excellence:  
Healthy Eating and Active Play



**Nutrition And  
Physical activity  
Self Assessment  
for Child Care**



# Key Areas of NAP SACC



## Nutrition

- Fruits and Vegetables
- Meats, Fats, and Grains
- Beverages
- Menus and Variety
- Feeding Practices
- Foods Offered Outside of Regular Meals and Snacks
- Supporting Healthy Eating
- Nutrition Education
- Nutrition Policy

## Physical Activity

- Active Play and Inactive Time
- Play Environment
- Supporting Physical Activity
- Physical Activity Education
- Physical Activity Policy

These are the key areas of focus when making changes to the child care environment.



## Changes you may see in your facility

- Menus offering more fruits and vegetables prepared using healthy recipes
- Fewer fried or high-fat meats and more beans, lean meat and poultry
- A switch to lowfat or skim milk instead of whole or 2% for children age 2 and older
- More outdoor play time, even when the weather isn't perfect
- More active time indoors and limited television use
- More communication with parents about what foods their children are trying and activities they enjoy

## Offering Suggestions

Don't hesitate to get involved and help your child care providers with their changes or ask them what areas they are planning on improving.



## What Can You Do at Home



**NAP SACC** asks child care providers to make some changes and serve as role models by eating healthy and showing children that physical activity can be fun. Parents can do the same thing. Here are some ways you can help at home:

- 1. Ensure your child gets at least 60 minutes of physical activity everyday**  
Plan special weekend activities that include enjoyable physical activity for the family
- 2. Limit consumption of sugar-sweetened beverages**  
Offer water when your child is thirsty and limit 100% juice to 4-6 ounces
- 3. Limit television/video time to no more than 1 to 2 hours a day**  
Encourage active play as an alternative to television
- 4. Prepare and eat more meals at home and as a family**  
There are many benefits to eating at home and together as a family. Find simple, quick recipes and let your children be involved in cooking and menu planning.

