

# Go NAPSACC



Join us!

## Give young children a healthy start with Go NAPSACC!

From mealtime, to playtime, to story time, children have lots of opportunities each day to learn and practice healthy habits. Go NAPSACC is a trusted online tool that helps child care programs support children's healthy eating and physical activity.

## Getting Started

Go NAPSACC provides easy-to-use online tools and an online library of helpful videos, activities, and flyers. Programs like yours have used Go NAPSACC to improve their menus, add more play into their daily schedules, and educate families about healthy eating and active play.

*"We started walking every day and now the kids ask to go for a walk."*

*"This allowed me to see the importance of having policies in place...and do more in the way of parent information."*

### Learn More!



Watch the [Go NAPSACC Video](#) to see how others have found success with Go NAPSACC. (<https://youtu.be/qUiSK5K7Qrs>)

### Join Today!

Fill out the enrollment information below to get started:








<https://www.surveymonkey.com/r/GoNAPSACC2019-2020>.

Once completed, someone from the Department of Public Health or the RESC Alliance will contact you with more information.

Enrolled programs will receive dedicated support from a technical assistance consultant and a variety of resources, valued at \$150 per site, to help support implementation!

## Go NAPSACC's 5 Steps to Success

1 **Assess** current practices in one of the following areas:

-  Child Nutrition
-  Breastfeeding & Infant Feeding
-  Oral Health
-  Infant & Child Physical Activity
-  Outdoor Play & Learning
-  Screen Time
-  Farm to ECE

2 **Plan** how to improve

3 **Take action** with the help of a technical assistance provider.

4 **Learn more** with our online resource library and local trainings

5 **Keep it up!**



Contact Jennifer Vinci, Nutrition Consultant at [Jennifer.Vinci@ct.gov](mailto:Jennifer.Vinci@ct.gov) for more information.