

NAP SACC AT A GLANCE

NAP SACC is a 3 month-long no-cost outreach initiative by United Way's Success By 6 and Childcare Resources to Jefferson County child care centers interested in improving their nutrition and physical activity standards to help children lead healthier lives and provide even more value to parents. Contact Katie at 205-458-2173 if you are interested in participation!

WHAT WILL YOU RECEIVE?

- Physical Activity Curriculum with Movement/Activity Kit, and other classroom items
- Opportunity to apply, through a competitive process, for funding for playground equipment
- On-site in-service training for your staff
- Innovate and creative problem-solving to help improve areas such as fried food consumption, holiday celebrations, television viewing, and outdoor/indoor active play time
- Resources for parents
- Certificate of Completion

WHAT IS EXPECTED OF YOUR FACILITY?

- Timely completion of the self-assessment instrument (Let us know if you need assistance!)
- Active participation in a goal setting meeting
- Active participation in staff workshops
- The commitment and leadership to be a healthier and more active center

WHAT SHOULD YOU PLAN FOR?

- 12 weeks of implementation
- 30 minutes to complete Self-Assessment Form
- 1 hour meeting to discuss assessment and plan steps for improvements
- Phone calls or visits every week or two to see how you're doing and what support you need
- Reassessment at the end of the period and continued follow-up support as-needed



WHAT TRAINING IS AVAILABLE?

- Five 30-60 minute workshops for you and your staff on Childhood Obesity, Nutrition for Young Children, Physical Activity for Young Children, Personal Health and Wellness and Working with Families to Promote Healthy Kids
- Qualified trainers for DHR In-Service Hours
- Can be presented at your convenience and on-site

GOALS OF NAP SACC

1. To provide child care facilities with an easy tool to evaluate their own nutrition and physical activity environment and make changes to support healthy weight in young children.
2. To promote healthy eating in preschool age children in child care settings by serving appropriate foods and role modeling healthy eating behaviors.
3. To promote active play in preschool age children in child care settings by providing plenty of indoor/outdoor active playtime and role modeling active lifestyles.
4. To reach out to parents through child care settings to promote healthy weight behaviors at home.



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