



NEBRASKA Nutrition And Physical Activity Self-Assessment for Child Care

What is Go NAP SACC?

Go Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is a practice-based, research-tested, intervention designed to enhance policies, practices, and environments in child care settings through the process of the following 5 key elements:

- ◆ Complete a Pre Self-Assessment
- ◆ Attend a Go NAP SACC Training (It's state approved.)
- ◆ Develop an Action Plan
- ◆ Reach your Chosen Goals
- ◆ Complete a Post Self-Assessment

Go NAP SACC focuses on 5 main health areas, which include: Breastfeeding & Infant Feeding, Child Nutrition, Infant & Child Physical Activity, Outdoor Play & Learning and Screen Time. The target age range for Go NAP SACC is birth to 5 years.

Go NAP SACC in Step Up to Quality:

Step Up to Quality—Step 2 (REQUIRED):

- View the Go NAP SACC Orientation Video
- Complete the Go NAP SACC Pre Self-Assessment
- Both are available online at <http://negonapsacc.unl.edu/>

Step Up to Quality—Step 3 (OPTIONAL):

- Attend a Go NAP SACC Training (6 hour minimum)
- Submit a Go NAP SACC Action Planning Document
 - Coaching/Technical Assistance provided to child care program for 5+ weeks
- Complete the Post Go NAP SACC Self-Assessment and receive points for the number of Best Practices met
- Training schedule, action planning document, and post self-assessment are available online at <http://negonapsacc.unl.edu/>



What's in it for child care programs?

- ◆ FREE Nutrition & Physical Activity Resources
- ◆ Hands on Skill-Building Activities
- ◆ One-on-One Mentoring
- ◆ Improve Program Quality
- ◆ Promote Healthful Child Development
- ◆ FREE Continuing Ed. Hours by attending training
- ◆ Related Incentives provided upon completion