



NEBRASKA Nutrition And Physical Activity Self-Assessment for Child Care

WHAT IS NAP SACC?

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is a practice-based intervention designed to enhance policies, practices, and environments in child care by improving the:

- ◆ Nutritional quality of food served
- ◆ Amount and quality of physical activity
- ◆ Staff-child interactions
- ◆ Facilities' nutrition and physical activity policies, practices and overall wellness

HOW CAN NAP SACC HELP CHILD CARE PROVIDERS?

The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 encourages child care providers to promote health and wellness in child care through nutrition, physical activity and limited use of electronic media. NAP SACC framework provides the following services:

- ◆ Resources to implement healthier environments and policy changes for childcare providers and parents.
- ◆ Ongoing guidance to create and maintain strategies for healthy behaviors.
- ◆ Tips and hints for meeting the new anticipated USDA meal pattern requirements.
- ◆ Nutrition education learning opportunities for child care providers.
- ◆ Best practices for nutrition and physical activity in child care.
- ◆ Gaining points toward higher steps on Step Up to Quality (Nebraska's of Quality Rating and Improvement System).



“Our preschool has grown tremendously in our health and nutrition practices thanks to participation in the NAP SACC Program. Through this process we have learned to self-reflect on our policies and practices regarding nutrition and physical activity and then make changes and modifications to improve our program for the benefit of the children served. Our nutrition policies have improved by 34% showing us we have made significant improvements in this area. While physical activities have always been a part of our program, our policies regarding physical activity were either nonexistent or not well written. Through the NAP SACC Program we were able to develop clearly written physical activity policies and procedures.

Children are engaged in healthy habits throughout their day at our preschool and we would strongly encourage other programs to participate in this wonderful program.”

Quote provided by a Director at a Preschool in Lincoln, NE



For more information please contact:

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