

# What if small changes today built healthier futures for every child in your care?



## is here to help!

For questions,  
contact Lauri Choate,  
Director of Training at  
[lauri@mochildcareaware.org](mailto:lauri@mochildcareaware.org)  
or 314.754.1603



For more information  
or to register, scan  
the QR code



# 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 go the extra mile to 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!



See how others have found success with Go NAPSACC.

<https://youtu.be/qUiSK5K7Qrs>

Learn what to expect when you start Go NAPSACC.

<https://youtube.com/watch?v=EEcdw7f-ebg>

**For more information, call or email your Missouri Go NAPSACC TA consultant:**

Name







Organization

Email

Phone

## Go NAPSACC's 5 Steps to Success

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

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

2 **Plan** how to improve.

3 **Take action** with the help of a TA consultant.

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

5 **Keep it up!**



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