



# WHAT IS Go NAPSACC?

From mealtime, to playtime, to story time, children have many opportunities each day to learn and practice healthy habits.

Nutrition and Physical Activity Self-Assessment for Child Care, known also as Go NAPSACC, is a trusted process that helps child care centers and homes go the extra mile to support children's healthy eating and physical activity and is available in Nebraska at no cost.

## BENEFITS

- Nutrition and physical activity resources
- One-on-one support from a Go NAPSACC consultant to create goals and an action plan for your facility.
- Earn points for Step Up to Quality
- Access to Go NAPSACC's easy-to-use online tools and an online library of free trainings
- Tools and resources are there at your fingertips, available any time you need them

**"THESE GOALS WERE ALL THE THINGS I WANTED TO EVENTUALLY DO, AND GO NAPSACC FINALLY HELPED ME GET THEM DONE!"**

- CHILD CARE CENTER DIRECTOR, HASTINGS



## THE 5 MAIN HEALTH AREAS



Infant & Child  
Physical Activity



Child Nutrition



Breastfeeding &  
Infant Feeding



Outdoor Play  
& Learning



Screen Time

Plus BONUS  
Materials!



Oral Health



Farm to  
ECE

# How does Go NAPSACC fit into Step Up to Quality?



Go NAPSACC is required in **Step 2** of Step Up to Quality:

- ✓ Complete the Go NAPSACC pre self-assessment

Earn points in **Steps 3-5** of Step Up to Quality by completing the following:

Up to  
9 Points!

Complete the Go NAPSACC post self-assessment

- Prior to completing the post, the Go NAPSACC training and action plan must be completed
- Points received on the post are based on the number of best practices met

- ✓ Incorporate a nutrition and/or physical activity curriculum



Get started by  
visiting our website  
[negonapsacc.unl.edu](http://negonapsacc.unl.edu)

To learn more about SUTQ, visit:  
[www.education.ne.gov/StepUptoQuality](http://www.education.ne.gov/StepUptoQuality)

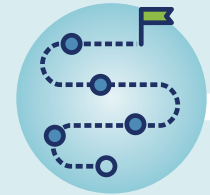
## THE 5 STEPS OF Go NAPSACC



Assess Current Practices



Attend a Go NAPSACC Training



Create an Action Plan



Reach Your Goals



Reassess and Celebrate Progress

## Go NAPSACC Contact

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