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:

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

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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Get started by visiting our website negonapsacc.unl.edu

To learn more about SUTQ, visit: www.education.ne.gov/StepUptoQuality

NE Go NAPSACC is based on NAPSACC which was developed at the University of North Carolina at Chapel Hill.