

# Give Young Children a Healthy Start with Go NAPSACC!





“We started walking every day and now the kids ask to go for a walk.”

## Why Go NAPSACC?

Go NAPSACC provides **easy-to-use online tools** and resources like 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.

Best of all, Go NAPSACC is **now free** to all Early Care and Education providers in Arizona!

## Learn More!

-  Watch the [Go NAPSACC video](#) to see how others have found success with Go NAPSACC.
-  Watch the Go NAPSACC [5-step improvement process](#).

## Join Today!


[Click here](#) to let us know you are interested, and an Arizona consultant will contact you soon.



**The first 75 providers who register by June 30, 2022, receive a \$20 Amazon gift card!**

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.

## Go NAPSACC’s 5 Steps to Success

- 1 Assess** current practices in one of the following areas:
  -  **Child Nutrition**
  -  **Breastfeeding & Infant Feeding**
  -  **Oral Health**
  -  **Infant & Child Physical Activity**
  -  **Outdoor Play & Learning**
  -  **Screen Time**
  -  **Farm to ECE**
- 2 Plan** how to improve.
- 3 Take action** with the help of a TA professional.
- 4 Learn more** with our online resource library and local trainings.
- 5 Keep it up!**



Go NAPSACC is offered by Empower Plus+ 2.0, brought to you by the Arizona Department of Health Services.

