What is Go NAP SACC?

Go Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is designed to promote healthy child development by supporting healthy eating and physical activity for the children in your care.

How can Go NAP SACC help child care providers?

- Free nutrition & physical activity resources
- Free one-on-one mentoring
- Free approved in-service hours
- Incentives upon completion of program
- Promote healthy child development
- Earn points for Step Up to Quality

The 5 key elements of Go NAP SACC include the following:

1. Complete a Pre Self-Assessment
2. Attend a Go NAP SACC training
   - It is a state approved training
3. Develop an Action Plan
4. Reach Your Goals
5. Complete a Post Self-Assessment

How does Go NAP SACC fit into Step Up to Quality?

- View the Go NAP SACC orientation video*
- Complete Go NAP SACC pre self-assessment*

Additional points (up to 14) may be earned with Go NAP SACC in steps 3-5 of Step Up to Quality by:

- Attending a Go NAP SACC training (6 hour minimum)
- Submit a Go NAP SACC action planning document*
  - Ongoing support is available
- Complete the post self-assessment* and receive points for the number of best practices met
- Incorporate a nutrition and/or physical activity curriculum

*Available online at: http://negonapsacc.unl.edu

Register for an upcoming Go NAP SACC training!

| Trainer Name: Audra Losey |
| Phone or Email: alosey2@unl.edu |
| Training Date: Wednesdays, Sept. 16, 23 & 30, 2020 |
| Time: 6:30 PM - 8:30 PM |
| Location: https://go.unl.edu/gonapsacc-0920 |

This material was funded in part by USDA’s Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.