



pa **nutrition** AND  
physical **activity**  
self-assessment  
FOR child care

# Recipe for Success:

**Children's Express Inc.**  
Cresson, PA

**Executive Director**  
Rebecca Strunk

PA NAP SACC is an easy-to-use, online continuous quality improvement tool that includes Self-Assessment, Action Planning, Implementation and Reflection. PA NAP SACC is designed for early childhood programs to help them evaluate and improve nutrition and physical activity practices and policies in their center, group or home-based settings.



## Self-Assessment

The self-assessment was great because **we learned about areas where we needed to grow**. For example, we didn't have a lot of pictures of healthy foods or nutrition posters in our classrooms. We talked about healthy food and had items in our play areas, but not displayed in our classroom.

## Action Steps

As part of our plan, staff participated in two trainings on movement and healthy bodies. **We created bulletin boards with healthy food themes** to promote nutrition. We replaced cupcakes with healthier options on our birthday celebrations policy and **increased our fruits and vegetables**.

## Policy Links

I worked with a health consultant who gave me some great resources and helped us design and add to our written nutrition policy. Since the health consultant gave us great resources, **we shared information with our parents**.

## Advice to Others

Our staff learned a great deal from this experience and got many great ideas. **The process was really simple and the website directions were easy to follow**. Plus, we found many places in our center where we could improve and grow!

## Interested in learning more?

Visit [panapsacc.org](http://panapsacc.org) and begin your continuous quality improvement journey by taking the self assessments.

This publication was supported by the Pennsylvania Department of Health through the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health grant and Preventive Health and Health Services Block Grant funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.