



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

# Recipe for Success:

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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 very interesting! **We created a committee to go through this process so that we were able to get different perspectives** on how we were currently doing. The self-assessment revealed that we needed improvement, although many were just little tweaks.

## Action Steps

One of our goals was to increase indoor and outdoor portable play equipment. Our space is limited, so **we needed minimal equipment that still could support a variety of gross motor skills** and be used in multiple ways with different age groups. Increasing portable play equipment has really made a difference in our physical activity practice.

## Policy Links

We had very basic guidelines on nutrition and physical activity when we started this program. The Child Care

Health Consultant we worked with reviewed the guidelines we had and offered suggestions on what more to include. **We now have formal written policies on nutrition and physical activity** and also have resources to reference if anyone has a question as to why a certain policy exists.

## Advice to Others

Before we started the project I thought we had good policies and procedures in place. **This program really opened my eyes to how much more we can do to encourage healthy lifestyles.** PA NAP SACC is definitely worth the effort! Just a few small changes and healthy, detailed policies can make a huge difference in your program and the children's lives.

## Interested in learning more?

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