



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

# Recipe for Success:

**YWCA Tri-County Area YW CHAMPS**  
Pottstown, PA

**Youth Program Manager**  
Kelly Grosser

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

We learned the **children are not exposed to a variety of fresh fruits and vegetables on a regular basis** at home or in school, and need help learning whether they are hungry or full. The self-assessment also found the children in some classrooms have more opportunities for structured physical activity than children in other classrooms.

## Action Steps

YWCA Tri-County Area has in place a nutrition and fitness education program called YW CHAMPS, which offers a variety of activities to a specific classroom taking part in YWCA programming. We were able to expand YW CHAMPS to all preschool classrooms. **Through this program, children are exposed to healthy foods, learn age-appropriate portion sizes and increase activity** through structured fitness instruction.

## Policy Links

**There were written nutrition and physical activity policies in place, which were expanded to ensure**

**that each child in every classroom received equivalent nutrition and fitness education and enrichment.** Policies have been shared with parents/caregivers, stakeholders and community partners.

## Advice to Others

The successes of the program demonstrated that children and their families are interested in choosing a variety of healthy foods and building healthy fitness habits. **One parent said she was thrilled with the positive influence and tangible life changes that she saw in her kids.** The program results will inform future programming around nutrition and fitness.

## Interested in learning more?

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

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