

Go NAPSACC

Join us!



Give young children a healthy start with Go NAPSACC!

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.

Getting Started

Go NAPSACC provides easy-to-use online tools and an online library of helpful 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.

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

"This allowed me to see the importance of having policies in place...and do more in the way of parent information."

Learn More!



Watch the [Go NAPSACC Video](#) to see how others have found success with Go NAPSACC.

Join Today!



Look for an invitation from an Oklahoma technical assistance consultant or state-level Go NAPSACC coordinator.

Get Started!










Watch the Go NAPSACC [5 Step Improvement Process](#) to get started.

For more information, e-mail Reaina.Harris@health.ok.gov

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!**

