



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

Recipe for Success:

Ivy May Day Care & Pre School
State College, PA

Owner
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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

PA NAP SACC took the guesswork out of what we are doing. I liked that **it involved critical reflection on practices from multiple perspectives**, including families and community partners. The results highlighted our strengths, including relationship building, community partnerships and support for families.

Action Steps

Our goal was to develop written nutrition and physical activity policies and build on community partnerships. **Community networking resulted in collaboration with a local martial arts instructor and multicultural potlucks with nutrition presentations** by a local chef.

Policy Links

I worked with a Child Care Health Consultant who saved me time and helped me understand how to fully develop my policies. She shared information and led me to resources that helped add the meat to the skeleton of health policy.

Having written policies in place provided me with a point of reference with families and gave me support that I could talk from objectively.

Advice to Others

I discovered policy becomes the thread that reinforces and continues program improvement. Improvement is necessary and ongoing. The process allowed the community to become more aware of what my program provides.

When I sought community resources, I shared information with the agencies about my program and purpose. It provided an opportunity to get together and start the conversation. This opportunity was like a pebble, when you toss it in a brook, it gives that rippling look that goes on and on and on.

Interested in learning more?

Visit panapsacc.org and begin your continuous quality improvement journey by taking the self assessments.