



Go NAPSACC in Louisiana

Be a Leader for Learning Healthy Habits!

From mealtime, to playtime, to story time, children have many opportunities each day to learn and practice healthy habits. Go NAPSACC is a trusted online tool that helps child care centers go the extra mile to support healthy eating and physical activity. Go NAPSACC is also a key component of becoming a WellSpot.

Getting Started

Go NAPSACC provides easy-to-use online tools like videos, activities and flyers that help child care centers improve their menus, add more play to their daily schedules and educate families about healthy eating and active play.

Go NAPSACC is supported by the Louisiana Department of Education.



Make Healthy Changes through 5 Simple Steps!

1. Assess current practices in one of the following areas:



Child Nutrition



Breastfeeding & Infant Feeding



Farm to Early Child Education



Oral Health



Infant & Child Physical Activity



Outdoor Play & Learning



Screen Time

2. Plan how to improve
3. Take action with the help of a technical assistance professional
4. Learn more with Go NAPSACC's online resource library and local trainings
5. Keep it up!

For more information on Go NAPSACC or how to become a Child Care Center WellSpot, visit wellaheadla.com or www.gonapsacc.org.



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