

NAP SACC CLASSES FORMING NOW!



Since 2013, hundreds of Lane County child care providers have participated in NAP SACC, a national program designed to build healthy eating and physical activity habits in children. This research-based program can help you develop a deeper understanding of children's nutrition and physical activity needs and learn how to help the children in your program grow up healthy.

To participate:

- Your program must be an approved Child Care Provider serving infants, toddler, and/or preschoolers.
- A majority of your staff must attend five FREE training sessions.
- The Provider or Director must actively commit to making necessary improvements to your physical activity and nutrition practices.
- The Provider or Director must complete three brief online assessments and an action plan meeting.

NAP SACC Benefits

- 7.5 hours of free online training
- Individual and ongoing support to help you improve your program's nutrition and physical activities
- \$50-\$200 to use towards nutrition and fitness supplies for you

For Questions or to register, please contact Debra Dreiling at 541-463-4960 or via email at dreilingd@lanecc.edu