

# HELPING HANDS PRESCHOOL & CHILD CARE

IMPROVING THE HEALTH OF YOUNG CHILDREN  
THROUGH POLICY, SYSTEM, AND ENVIRONMENTAL  
CHANGES USING THE NAP SACC PROGRAM

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## SUMMARY OF IMPROVEMENTS

In 2019, Helping Hands Preschool & Child Care completed all NAP SACC online self-assessments and then set five goals and developed action plans. They completed the five goals; two nutrition and three physical activity, and made an additional improvement. Of the changes made; two were environmental, two were policies, and two were system level changes.

- Began offering more portable play equipment indoors and outdoors.
- Added more outdoor play areas.
- Developed a nutrition policy.
- Developed a physical activity policy.
- Revised menus by identifying fruit as fresh, canned, or frozen.
- Included exercise in daily routes/schedules.
- Staff were also educated on physical activity for young children and the director completed an online nutrition training.

