

# HEALTHY Environment

FREE COMMUNITY COACHING TO CREATE A HEALTHIER ENVIRONMENT

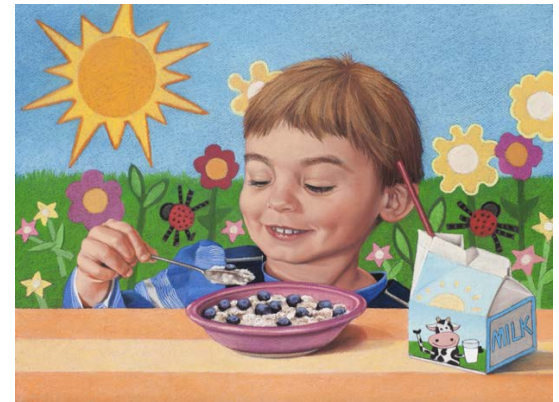
The **Healthier Child Care Environment** initiative will help you build healthy eating and physical activity environments and habits in children. A trained nutrition education coach from Michigan State University Extension helps SNAP-Ed eligible childcare providers (unlicensed, licensed, group or family home, center or preschool) through the Go NAPSACC assessment and connects them with resources.

### Go NAPSACC's 5 steps to success:

- Assess current practices in at least one topic area
- Plan how to improve
- Take action with your MSU Extension coach
- Learn more with our online resource library and local trainings
- Keep it up

### Benefits to participating:

- Assessment of your environment
- FREE virtual coaching throughout the process
- Assistance creating an action plan
- Up to 10 educational hours
- Great Start MiRegistry approved
- A healthier environment for you and the children you care for!



### Contact Information:

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### Topic areas include:

- Child Nutrition
- Breastfeeding and Infant Feeding
- Infant and Child Physical Activity
- Outdoor Play and Learning
- Screen Time
- Farm to Early Childhood Education

*“They [children] are more open to trying new foods than they were in the beginning of the year. We have tasted foods such as black beans, cucumbers, sugar snap peas, red/yellow bell peppers, pineapple, brown rice, berries, and tuna.” - Participant*



**#SNAPeWorks Funded by the USDA SNAP. Delivered by MSU Extension.**