



PA NAP SACC Self-Assessment - Instructions

Completing the PA NAP SACC Intervention for continuous quality improvement is a team effort. A diverse team can be helpful. As time and resources allow, you are encouraged to invite partners to join you to complete the self-assessments, develop your action plan focused on practice and policy, Implement your action plan, re-assess, and reflect on your challenges and successes. You are encouraged to invite: directors, classroom teachers and aides, cooks/chefs, parents, CACFP sponsors, and other community collaborators to join you.

After you have formed your team, your first step is to complete the self-assessments. The self-assessment is categorized in two age groups: Preschool (3-5) and Infant/Toddler (birth – 3). Teams are encouraged to complete both self-assessments even if they are primarily serving only one of the age groups at present. To begin the self-assessment process, follow these steps:

- Use a printed copy of the self-assessments to preview the questions and work with your team to determine your responses. Read the questions and responses carefully. Some questions include additional information to assist in clarification.



For this assessment, vegetables do not include French fries, tater tots, hash browns, or dried beans.

- When you have determined your responses to the questions, select one person to enter your compiled answers using the online, interactive self-assessments.
- From the answers you enter, you will receive individualized feedback related to both age groups. You can print this feedback to share with PA NAP SACC team members, but you are also encouraged to save the feedback to your computer because it contains links to many resources to support you in developing your action plan and moving towards best practices in nutrition and physical activity.

Things to keep in mind –

- ✓ The PA NAP SACC is targeted toward preschool children birth – 5 years.
- ✓ You should answer based on your behaviors and practices MOST of the time.
- ✓ The self-assessments are meant to help you target areas to improve.
- ✓ You will complete this self-assessment process again at the end of the intervention.

If you have questions or require technical assistance, contact Cindy at 717-248-4942 x 143, or cjwilson@tiu11.org.