



Creating Healthier Environments for Children to Thrive

Illinois Nutrition Education Programs supports child care centers with engaging, high quality programming and resources to encourage children, their families, and child care staff to eat healthy foods and be more physically active.



"Taking the time to complete the assessments gave me the push I needed to update our center's menus and increase our variety of fruits and vegetables. We were also very hesitant to offer our meals family style, but by starting small we were able to be successful. Now, I couldn't imagine serving meals any other way."
- Jackson County Child Care Center



Connect with Illinois Nutrition Education Programs at:
healthychildcare@illinois.edu



Source: Go NAP SACC, University of North Carolina

By using the Go NAP SACC 5-step process - Illinois Nutrition Education Programs empower childcare centers to make positive changes to support children's health. Centers can:

- enhance their nutrition and physical activity environment,
- improve policies and practices, and
- have a positive impact on childhood obesity.

As an Authorized Entity, Illinois Gateways to Opportunity Registry® Approved Training can be provided to support staff in implementing healthy changes.

Children that are healthy will be more ready to learn.

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