



Improving YOUR Facility's Nutrition and Physical Activity Environment

Complete the following brainstorming exercise in pairs or by yourself. Then share your ideas with the group.

List three ways you can help the children at your facility eat or drink healthier.

1.

2.

3.

List three things you can do at your facility to get the children more active.

1.

2.

3.

BONUS: Think of a NAP SACC motto or catchphrase for your facility. As a group, vote on the best one!

