Physical Activity and Nutrition Standards in Afterschool

Thank you for joining!
The webinar will begin shortly.
Experiencing Delays?
Try closing out the other programs running on your computer.

Have a question or comment?
Use the group chat to interact with speakers and other participants.

Audio difficulty?
Dial: 1-877-860-3058 1135574
Jennifer Hofman  
Specialist, Health Partnerships and Policy  
YMCA of the USA

Wendy Broderick  
Chief Development Officer  
YMCA of Columbia

Molly Newman  
Senior Project Manager  
Healthy Kids Out of School
Summer Meals Survey Results

Programs Participating in SFSP
- Programs NOT Participating in SFSP
  - No Snacks or Meals
  - Snacks Only
  - More than Snacks

Programs Participating in the Afterschool Meal and/or Snack Program
- 70% of programs
- 51% of programs

86% of summer learning programs serve students breakfast, lunch, supper or a snack
74% of summer learning programs serve students more than just a snack
63% of summer learning programs participate in the USDA Summer Food Service Program

Source: Afterschool Alliance
# Challenges

<table>
<thead>
<tr>
<th></th>
<th>Cost</th>
<th>Food Storage</th>
<th>Staffing</th>
<th>Paperwork</th>
<th>Student Preference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programs Participating in SFSP</td>
<td>20%</td>
<td>31%</td>
<td>26%</td>
<td>33%</td>
<td>34%</td>
</tr>
<tr>
<td>Programs NOT Participating in SFSP</td>
<td>68%</td>
<td>52%</td>
<td>47%</td>
<td>29%</td>
<td>21%</td>
</tr>
</tbody>
</table>

**Graph:**

- **Fruit:** 99% (Participating), 82% (NOT Participating)
- **Milk:** 99% (Participating), 70% (NOT Participating)
- **Vegetables:** 87% (Participating), 62% (NOT Participating)
- **Bread/Rolls:** 79% (Participating), 51% (NOT Participating)
- **Protein:** 72% (Participating), 58% (NOT Participating)
- **Cookies:** 29% (Participating), 45% (NOT Participating)
- **Crackers:** 50% (Participating), 59% (NOT Participating)
How It Works

- Receive a reimbursement for serving meals
- Site vs. sponsor
- Contact your state agency to participate

Call
1-866-3-HUNGRY or 1-877-8-HAMBRE
Visit www.whyhunger.org/findfood to find help getting food for your family
HEALTHY OUT-OF-SCHOOL TIME

Enhancing Physical Activity and Nutrition in Afterschool
Afterschool Alliance Webinar
July 24, 2013

Jennifer Hofman, Health Partnerships and Policy Specialist
YMCA of the USA
AGENDA

• TAKING ADVANTAGE OF THE OUT-OF-SCHOOL TIME OPPORTUNITY

• NAA HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA) STANDARDS

• HOW CAN YOU GET INVOLVED?
OUT-OF-SCHOOL TIME?
Did you know?

At least 8 million kids participate in out-of-school time programs
Did you know?

OST providers are ideally positioned to engage kids about healthy lifestyles.
Did you know?

OST settings can be places where kids have access to healthy food and are physically active.
NAA HEPA STANDARDS and BEST PRACTICES

Healthy Eating
Content and Quality
Staff Training
Nutrition Education
Social Support
Organizational Support
Environmental Support

Physical Activity
Content and Quality
Staff Training
Social Support
Organizational Support
Environmental Support
HEALTHY EATING

- Serve fruit or vegetable on a daily basis
- Serve healthier beverages (low fat milk, 100% fruit juice)
- Serve water at the table
- No fried foods
- Emphasize nutrient dense options (whole grains, lean meats, etc.)
PHYSICAL ACTIVITY

- Ensure children engage in physical activity for 60 minutes for full day programs and 30 minutes for ½ day programs
- Provide physical activities in which students are moderately to vigorously active
- Activities should include both bone and muscle strengthening
- Limit screen time
- Play outdoors whenever possible
Y-USA COMMITMENT TO PHA

• PHA brings together public, private and nonprofit leaders to broker meaningful commitments and develop strategies to end childhood obesity

• 9,000,000 children a year will be exposed to messages consistent with other national youth-serving partners

• The Y has adopted the HEPA Standards and are estimated to impact 700,000+ children and youth throughout the nation

Y ASSOCIATION GOAL:

85% of Y Associations implementing by June 30, 2015
HEALTHY EATING BARRIERS

• No refrigeration, storage or prep space for perishable items

• A third party making unhealthy food choice decisions for the Y program (i.e. competitive foods in school)

• Vendors who provide healthy options initially but then slide back into unhealthy options

• Association budgets which are not reflective of offering fresh fruits and vegetables, allowing for staff time to prep fresh food, etc.
PHYSICAL ACTIVITY BARRIERS

• Lack of indoor space to allow for physical activity
• Outdoor play areas on school grounds not accessible to Y programs
• Inclement weather (e.g. no sun protection, cold)
• Safety concerns in public space (i.e. broken glass, needles, lack of fencing)
• Funds for curriculum/equipment
• Lack of quality staff training
HEALTHY OUT-OF-SCHOOL TIME (HOST) COALITION

NIOST and Y-USA founded the Healthy Out-of-School Time Coalition in January 2009 with funding from RWJF

First Charge: create evidence-based, healthy eating and physical activity (HEPA) standards that foster the best possible nutrition and physical activity outcomes for children in grades K-12 attending OST programs

Since Then:
• Adopted by the National AfterSchool Association, the YMCA of the USA, the Council on Accreditation and the Alliance for a Healthier Generation
• Disseminated to tens of thousands out-of-school time professionals and supporters
• Promotion, adoption, implementation and evaluation underway
COALITION VISION & GOALS

Vision
To foster health and well-being practices in out-of-school time programs nationwide, using science-based standards for healthy eating, physical activity, screen time, and social supports for these behaviors including staff, family and youth engagement

Goals
• Raise awareness of the NAA HEPA Standards
• Promote sharing of resources, tools, training and technical assistance
• Engage in research that guides ongoing implementation of best practices
CURRENT EFFORTS

Dissemination
• Workshops/Presentations: NAA Conference, Healthy Communities Roundtable
• Publications
• One-to-one “recruitment”

Implementation / Evaluation
• Direct OST service providers committing to adoption, implementation and measurement
• Professional development providers creating/sharing content and process support and measuring results
• Researchers developing baseline data and monitoring preliminary results for future revisions
COALITION MEMBERS

- 4H
- Action for Healthy Kids
- Active Living Research
- Afterschool Alliance
- After-School All-Stars
- Alliance for a Healthier Generation
- American Camp Association
- Association of State and Territorial Health Officials (ASTHO)
- A World Fit for Kids
- Boys & Girls Clubs of America
- Bridging the Gap
- CANFIT
- Center for Collaborative Solutions
- Centers for Disease Control
- ChildObesity 180
- Easter Seals
- Food Research Action Center (FRAC)
- Forum for Youth Investment
- Mission Readiness
- National AfterSchool Association
- National Farm to School Network

- National Human Services Assembly
- National Institute on Out-of-School Time (NIOST)
- National League of Cities (NLC)
- National Recreation and Park Association (NRPA)
- National Summer Learning Association
- Nemours
- Out-of-School Time Resource Center at The University of Pennsylvania
- Playworks
- Robert Wood Johnson Foundation (RWJF)
- Safe Routes to School National Partnership
- Salud America!
- United States Department of Agriculture (USDA)
- United States Department of Defense (DOD)
- United Way
- University of Minnesota
- YMCA of the USA (Y-USA)
WANT MORE INFORMATION ABOUT THE NAA HEPA STANDARDS?

Visit the HOST Coalition website:
www.niost.org/HOST-Program

INTERESTED IN JOINING THE HOST COALITION?

Contact Jennifer Hofman: Jennifer.Hofman@ymca.net
THANK YOU!
BUILDING STRONG AND BRIGHT FUTURES

DEVELOPMENT, IMPLEMENTATION, AND EVALUATION OF STRATEGIES TO ACHIEVE HEPA STANDARDS

July 24, 2013
TIMELINE OF WORK

- Collaborative workgroup of YMCA of Columbia and University of South Carolina staff
- Work group met monthly September 2011 to May 2012
- Developed strategies to achieve standards
- Strategies adopted January 2012
- Evaluation before strategy implementation July, September and October 2011
- Evaluation of impact of strategies April, May and July 2012
PHYSICAL ACTIVITY STRATEGIES
IN AFTERSCHOOL AND SUMMER DAY CAMPS
LET US PLAY

We’re committed to making sure all children receive equal opportunity to be physically active every day. To accomplish this, we train all our staff on the LET US Play principles of removing lines, eliminating elimination, reducing team sizes, getting staff and kids involved, and thinking about the space, equipment, and rules we use during activity time.
**CHECKLIST**

## “Physical Activity” Checklist

<table>
<thead>
<tr>
<th>Amount of Time Allocated in the schedule for physical activity: ______ (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Activity Number</strong></td>
</tr>
<tr>
<td>1</td>
</tr>
<tr>
<td><strong>Yes</strong></td>
</tr>
<tr>
<td>Are children standing and waiting in lines?</td>
</tr>
<tr>
<td>Are games larger than the staff/camper ratio? (for example, if ratio is 1/10 then game should be 5v5)</td>
</tr>
<tr>
<td>Are children eliminated from physical activity opportunities?</td>
</tr>
<tr>
<td>Are staff engaged in the physical activity with kids? (for example, playing the game with kids, dancing with kids)</td>
</tr>
<tr>
<td>Are staff verbally encouraging kids to play?</td>
</tr>
<tr>
<td>Are staff wearing shoes that limit activity (for example, flip-flops, sandals)</td>
</tr>
<tr>
<td>Are all children moving?</td>
</tr>
<tr>
<td>Is the group following the schedule? (for example, correct place at correct time engaged in full body movement activity)</td>
</tr>
<tr>
<td>Is there a girls only physical activity option?</td>
</tr>
<tr>
<td>Are staff withholding or prescribing physical activity as a punishment? (for example, children must sit out of the game or run laps because they were talking)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity Number</th>
<th>Name of Activity</th>
<th>Grade Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**
**TYPICAL DAY SCHEDULE**

**Monday**

<table>
<thead>
<tr>
<th>Start time</th>
<th>End time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:15-3:30</td>
<td></td>
<td>Arrival</td>
</tr>
<tr>
<td>3:45pm</td>
<td></td>
<td>Classroom</td>
</tr>
<tr>
<td>4:15pm</td>
<td></td>
<td>Homework</td>
</tr>
<tr>
<td>4:30pm</td>
<td></td>
<td>Tracks</td>
</tr>
<tr>
<td>5pm</td>
<td></td>
<td>Gym Time</td>
</tr>
<tr>
<td>5:15pm</td>
<td></td>
<td>Tracks</td>
</tr>
<tr>
<td>5:45pm</td>
<td></td>
<td>Indoor</td>
</tr>
<tr>
<td>5:45pm</td>
<td></td>
<td>Rides Out Location</td>
</tr>
</tbody>
</table>

**Games:** Please pick according to groups. Red light Green Light, Capture the Flag, Airport, Killer Froggy, One Leg Tag, Soccer, The Blob, Snake Tag
## Detailed Schedule

<table>
<thead>
<tr>
<th>Start time</th>
<th>New Monday Activity</th>
<th>Location</th>
<th>Activity</th>
<th>Notes</th>
<th>Equipment</th>
<th>Staffers</th>
<th>PA Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30-3:45</td>
<td>Staff Arrive Prepare Equipment</td>
<td>Staff identify today's equipment and set aside for easy access</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:45-4:00</td>
<td>Rides In</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00-4:15</td>
<td>Instant Activity Dance</td>
<td>Gym</td>
<td>Get kids get in, up-n-active</td>
<td>Boom-box, speakers, markers for spaces on floor</td>
<td>A/B/C</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>4:15-4:30</td>
<td>Snack Snack + Nutrition Activity</td>
<td>Gym</td>
<td>Other staffers prep snack while kids dance</td>
<td>Dance Staff stop music and get girls to get snack first, boys continue to dance, then get their snack second (changes each day)</td>
<td>D/E/F</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30-5:15</td>
<td>Homework (for kids needing to complete) or Tracks T1: Outdoor Field Flag Football</td>
<td>T1: Outdoor Field Flag Football</td>
<td>Homework (for kids needing to complete) or Tracks T1: Outdoor Field Flag Football</td>
<td>10 per game</td>
<td>Footballs (2), Cones (8), Flags (20 kids)</td>
<td>A/B</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>T2: Gym Tag</td>
<td>T2: Gym Tag</td>
<td></td>
<td>15 per game</td>
<td>Cones (8)</td>
<td>C/D</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Jump rope up to15 kids</td>
<td>Jump rope up to15 kids</td>
<td></td>
<td></td>
<td>Bucket of jump ropes</td>
<td>D/E</td>
<td></td>
</tr>
<tr>
<td></td>
<td>HW Room</td>
<td>HW Room</td>
<td></td>
<td></td>
<td></td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>5:15-6:00</td>
<td>Arts and Crafts or Tracks Tracks T1: Outdoor Field Modified GAGA Ball</td>
<td>T1: Outdoor Field Modified GAGA Ball</td>
<td>Arts and Crafts or Tracks Tracks T1: Outdoor Field Modified GAGA Ball</td>
<td>10 per game</td>
<td>Bag of Gator Balls, Cones (8)</td>
<td>C/D/E</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>T2: Gym Dance</td>
<td>T2: Gym Dance</td>
<td></td>
<td></td>
<td>Boom-box, speakers, markers for spaces on floor</td>
<td>F/B</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>A&amp;C Room Nutrition Education Materials/Seasonal</td>
<td>A&amp;C Room Nutrition Education Materials/Seasonal</td>
<td></td>
<td></td>
<td></td>
<td>A</td>
<td></td>
</tr>
<tr>
<td>6:00-6:30</td>
<td>Ending Activity Gym Tag</td>
<td>Gym Tag</td>
<td>At least small sided games (15 per game)</td>
<td></td>
<td></td>
<td>A/B</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Jump Rope</td>
<td>Jump Rope</td>
<td></td>
<td>Bucket of jump ropes</td>
<td></td>
<td>C/D</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tossing Football</td>
<td>Tossing Football</td>
<td></td>
<td></td>
<td>Footballs (5)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
HEPA EXPECTATIONS

Physical Activity – Site Leaders

- A minimum of 60 minutes of physical activity programming is scheduled each day.

- Of the scheduled 60 minutes, a minimum of 60 minutes of Girls Only physical activity programming is included.

- During the 60 minutes of physical activity programming, there are no seated activities offered, such as enrichment.

- Games to be played, location, necessary equipment, and staff leading are clearly identified on the schedule.

- Outdoor activities are scheduled daily, weather permitting.

- A detailed schedule of all programming is posted for parents and staff.
HEPA EXPECTATIONS

Physical Activity – Staff

- Staff wear clothing to be physically active
  This includes athletic shoes and clothes, as appropriate for the weather

- Play the games with children

- Verbally encourage and praise children during physical activity opportunities
  Examples include “way to go”, “keep going”, “you’re doing great”

- Modify games and activities according to the LET US Play principles
  - No Lines
  - No Elimination
  - Reduce Team size to no more than staff to child ratio
    For example, if the staff to child ratio is 12, no more than 12 children should be playing the game
  - Uninvolved Staff/Kids
    Staff are involved and playing the games with the children
    Staff identify uninvolved children and encourage children to play
  - Space, equipment, and rules are modified to maximize physical activity
IMPACT ON PHYSICAL ACTIVITY
IN AFTER-SCHOOL PROGRAMS

Bars = Proportion of Children Meeting 30 Minutes of Moderate-to-Vigorous Physical Activity Each Day
Circles = Average Minutes of Moderate-to-Vigorous Physical Activity during the After-school Program

RED BAR: Expected Impact
Minus ASP Leader Turnover

Girls
- Fall 2011: 15.2% (18.0 mins)
- Spring 2012: 19.2% (20.3 mins)
- Fall 2012: 24.2% (21.7 mins)
- Spring 2013: 30.7% (22.3 mins)

Boys
- Fall 2011: 28.5% (22.8 mins)
- Spring 2012: 39.0% (26.4 mins)
- Fall 2012: 44.7% (28.4 mins)
- Spring 2013: 45.6% (28.8 mins)
IMPACT ON PHYSICAL ACTIVITY
IN SUMMER DAY CAMPS

Percentage of children physically active during summer day camp

- Girls - Summer 2011
- Girls - Summer 2012
- Boys - Summer 2011
- Boys - Summer 2012
HEALTHY EATING STRATEGIES
IN AFTERSCHOOL AND SUMMER DAY CAMPS
# LOCAL GROCERY STORE PARTNERSHIP

## Piggly Wiggly

Proud Sponsor of Healthy Snacks in Afterschool Programs
Healthy Snacks • Healthy Lunches • Healthy Kids

<table>
<thead>
<tr>
<th># Ordered</th>
<th>Product</th>
<th>Price</th>
<th>Case Amount</th>
<th>Serving Size</th>
<th>Total # Snacks/Container</th>
<th>Cost per Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit (serve fruit or veggies everyday)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>East Gold Apples</td>
<td>$31.00</td>
<td>100</td>
<td>1 apple</td>
<td>100</td>
<td>$0.31</td>
<td></td>
</tr>
<tr>
<td>Red Apples</td>
<td>$31.00</td>
<td>100</td>
<td>1 apple</td>
<td>100</td>
<td>$0.31</td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td>$21.00</td>
<td>113</td>
<td>1 orange</td>
<td>113</td>
<td>$0.19</td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td>$18.00</td>
<td>80</td>
<td>1 banana</td>
<td>80</td>
<td>$0.23</td>
<td></td>
</tr>
<tr>
<td>Dried/Packaged Fruit (serve fruit or veggies everyday)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunmaid mini snack Raisins</td>
<td>$1.55</td>
<td>14</td>
<td>1 box</td>
<td>14</td>
<td>$0.11</td>
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<tr>
<td>PW Applesauce</td>
<td>$1.93</td>
<td>6/4oz cups</td>
<td>1 - 4oz cup</td>
<td>6</td>
<td>$0.31</td>
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</tr>
<tr>
<td>Veggies (serve fruit or veggies everyday)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baby Carrots</td>
<td>$27.00</td>
<td>40lb/40ct</td>
<td>2 oz</td>
<td>240</td>
<td>$0.11</td>
<td></td>
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<tr>
<td>Celery</td>
<td>$33.00</td>
<td>36 bunches</td>
<td>1 stalk</td>
<td>252</td>
<td>$0.13</td>
<td></td>
</tr>
<tr>
<td>Grains</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PW Tortilla Chips</td>
<td>$18.00</td>
<td>16/8oz bags</td>
<td>2 oz</td>
<td>64</td>
<td>$0.28</td>
<td></td>
</tr>
<tr>
<td>Snyder's Pretzels</td>
<td>$2.37</td>
<td>1/16oz bag</td>
<td>28 pretzels</td>
<td>15</td>
<td>$0.16</td>
<td></td>
</tr>
<tr>
<td>Nabisco Whole Grain Saltine Crackers</td>
<td>$2.36</td>
<td>1/8oz box</td>
<td>10 crackers</td>
<td>14.5</td>
<td>$0.16</td>
<td></td>
</tr>
<tr>
<td>Dare Brenton Wheat Crackers</td>
<td>$2.61</td>
<td>1/8oz box</td>
<td>4 crackers</td>
<td>13</td>
<td>$0.20</td>
<td></td>
</tr>
<tr>
<td>Rice Crackers</td>
<td>$2.22</td>
<td>6/0.7oz packs</td>
<td>1 pack</td>
<td>6</td>
<td>$0.37</td>
<td></td>
</tr>
<tr>
<td>Triscuits</td>
<td>$3.00</td>
<td>9 oz</td>
<td>7 crackers</td>
<td>8</td>
<td>$0.38</td>
<td></td>
</tr>
<tr>
<td>PW Toasted Oats</td>
<td>$1.60</td>
<td>15 oz</td>
<td>2 oz</td>
<td>7.5</td>
<td>$0.21</td>
<td></td>
</tr>
<tr>
<td>Thomas Whole Wheat Muffins</td>
<td>$2.50</td>
<td>6 muffins</td>
<td>1 muffin</td>
<td>6</td>
<td>$0.42</td>
<td></td>
</tr>
</tbody>
</table>
THE HEALTHY LUNCHBOX CHALLENGE

A Parent’s Guide to... Building a Healthy Lunchbox

Whole Grains
Make sandwiches with whole grains bread. Look for labels that say “100% Whole Grain”

Fruit
Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day.

Snacks
Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruit for sweet treats.

Veggies
Add veggies in your child’s lunch. They add a healthy crunch instead of chips.

Bring WATER everyday! Putting tap water in a reusable bottle is free and will help keep your child hydrated all day.
A Counselor's Guide to...

the Healthy Lunchbox Challenge

HLBC groups will be divided based off of each site's system:
Lexington: K-1st, 2nd-3rd, 4th, 5th
Northwest: K-2nd, 3rd-5th
Jeep: K, 1st, 2nd, 3rd, 4th, 5th

1. During the first snack of the day at each SDC groups huddle, YMCA counselors will ask all children to remove any fruits, vegetables, and/or water from their lunch boxes and place them in front of them.

2. One designated counselor will tally the total number of children who brought 1 or more servings of fruits, vegetables, water among the group. For instance, if a child brings an apple, carrots, and water they will receive three points for their huddle. However, if they bring an apple and a banana they would still receive only one point. To receive a point for a fruit or vegetable, it must be whole fresh or dried.

   Fruit juices, gummies, fruit rollups, leathers and desserts do not count toward points.

3. The counselor will record this number on the HLBC recorder form and will deliver this form to the SDC director daily.

4. Each SDC director will calculate each group’s percentage of fruits, vegetables, and water brought that day. This percentage will be the group’s points for the day.

5. The SDC director will record each group’s daily points on the HLBC board, located by check-in/check-out.

6. On Friday mornings, following snack, the weekly points for each group will be added and the group with the highest points for the week will be announced at assembly and will receive an award (TBD).
HEPA EXPECTATIONS

Healthy Eating – Site Leaders

• Fruit or Vegetable is served every day

• NO candy or sugar-based foods or drinks are served

• Water is the only beverage provided (drinking fountain or in cups)

• Salsa is NOT a vegetable

• Healthy Eating education is scheduled a minimum of one day per week
  This needs to be clearly designated on the schedule
  Schedule this during snack time or enrichment
  This includes healthy eating coloring sheets, crossword puzzles, trivia, bingo, Food and
  Fun Curriculum, etc...

• A monthly snack menu is posted for parents and staff

• All snacks are purchased from Piggly Wiggly

• Piggly Wiggly coupons are handed to parents and staff at the beginning of each month
HEPA EXPECTATIONS

Healthy Eating – Staff

- Staff DO NOT consume outside foods or drinks during program time. This includes drinks or food in fast food containers, sport drinks, soda/pop bottles, etc.

- Staff deliver Healthy Eating education a minimum of one day per week.

- At least one staff is promoting healthy eating during snack. Examples of this include verbally encouraging children to eat the snack, eating the snack with the children, sitting with children while they eat the snack.

Healthy Eating – Children

- Children assist with the preparation and distribution of the snack. Examples of this include handing snacks to other children, placing snack servings on tables, cutting snack (when supervised).

- Children assist with cleaning up snack area.
IMPACT ON HEALTHY EATING IN AFTERSCHOOL AND SUMMER DAY CAMPS

Number of days/week snack item served

Serving FV everyday

Eliminated Less Healthful Options

- Spring 2011
- Spring 2013

Dairy (e.g., yogurt, cheese)
- Spring 2011: 0.1
- Spring 2013: 0.9

Fruits (e.g., fresh, frozen, dried)
- Spring 2011: 0.1
- Spring 2013: 0.1

Vegetables (e.g., baby carrots, celery)
- Spring 2011: 0
- Spring 2013: 0.6

Fruit or Vegetable served
- Spring 2011: 0.1
- Spring 2013: 5

Whole Grains
- Spring 2011: 0
- Spring 2013: 5

Serving FV everyday
- Spring 2011: 2
- Spring 2013: 3.1

Eliminated Less Healthful Options
- Spring 2011: 2.6
- Spring 2013: 1.7

- Pre-packaged fruit (e.g., sugar-added apple, sauce, fruit in...)
- Sugar-sweetened beverages (e.g., non-100% juices, juice)
- Non-fruit fruit (e.g., fruit snacks, leather)
- Sweeteners (e.g., candy, flavored ice pops, jam)
- Salty snacks (e.g., pretzels, crackers, tortilla chips, snack...)
- Desserts (e.g., cookies, pies, snack cakes, cereal bars,...)
- Whole Grains
- Fruit or Vegetable served
- Fruits (e.g., fresh, frozen, dried)
- Vegetables (e.g., baby carrots, celery)
- Dairy (e.g., yogurt, cheese)
ANNUAL SNACK EXPENDITURE

Estimated cost of snacks based on 180 day school year serving 500 children per day

- $0.34/snack $30,600
- $0.26/snack $29,093
- $0.32/snack $25,000
- $0.40/snack $36,090
- $0.36/snack $32,049

Serving flavored salty (e.g., Doritos) or sweet (e.g., cookies) snacks and sugar-sweetened beverages, daily
Serving fruit with unflavored salty snacks (e.g., pretzels) or string cheese, daily

Difference of $2,957
Difference of $6,997

Budgeted
Pre-Intervention (baseline)
Discounted Grocery Store
Food Service Vendor
Bulk Warehouse Club

$5,490 over
$1,450 over

$10,000
$15,000
$20,000
$25,000
$30,000
$35,000
$40,000

$0
$5,000
$10,000
$15,000
$20,000
$25,000
$30,000
$35,000
$40,000
KEY LESSONS

• Healthy Eating - Easy
• Physical Activity - Most Difficult
• Afterschool Program Leaders - Critical
• Detailed Schedules
• High Quality Professional Development Training
THANK YOU

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Afterschool Alliance
Enhancing Physical Activity and Nutrition in Afterschool

Molly Newman MS, RD
July 24, 2013
Unite out-of-school organizations around nutrition and physical activity principles and provide the resources to help them become effective venues for promoting healthy programs.
Three Guiding Principles

**Drink Right:** Choose water instead of sugar-sweetened beverages.

**Move More:** Boost movement and physical activity in all programs.

**Snack Smart:** Fuel up on fruits and vegetables.
Barriers We’ve Heard: Drink Right

- No access to drinking water
- Drinking water is unsafe
- Parents won’t be on board
- Kids don’t like water
- Contracts with Sports Beverage Co.
- Staff won't drink water/role model
- More expensive than juice/milk
- Concerns about bottled water waste
Barriers We’ve Heard: Move More

- No indoor outdoor space
- Unsafe to be outdoors
- Equipment is expensive
- Limited time in schedule
- Academics is focus
- Hard to motivate staff and children to be active
- Limited training/knowledge for leading Physical Activity
Barriers We’ve Heard: Snack Smart

• Kids don’t like vegetables
• Parents won’t support it
• Fresh produce is too expensive
• Hard to access fresh produce
• Lack of prep space/refrigeration
• Get snacks from school food service – don’t think we can influence options
• No storage space
• No time to prep fruits and vegetables
Welcome to the Healthy Kids Hub
A hub of resources for out-of-school programs

Our Guiding Principles

Drink Right

Move More
Boost movement and physical activity in all programs.

Take the Pledge

2,900 pledges taken so far!

Join parents, coaches, volunteers and staff from out-of-school time programs across the country in a movement to promote healthy programs by taking the pledge to help kids Drink Right, Move More, and Snack Smart.

Take the pledge

Ready to get started?

Take the pledge

I pledge to join leaders across the country in helping kids to Drink Right, Move More, and Snack Smart.

ZIP Code:  

Pledge

What's New!

- Featured Resource: Try out one of ChopChop magazine's healthy and great-tasting Strawberry Banana Smoothie.

- Featured Product: Get kids up and moving with the Zenergy Combo Kit, a program that combines yoga with superpowers.
Take the pledge

www.HealthyKidsHub.org
Stay in Touch

Web: Healthy Kids Hub:  www.HealthyKidsHub.org

Email: HealthyKidsOutOfSchool@tufts.edu

Facebook: Healthy Kids Out of School

Twitter: @HealthyKidsOOS

Thank You
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