

Seven Simple Steps for Program Directors

After school programs are the perfect time and the place to ensure that youth are fit, healthy, and ready to learn. Below are seven simple tips for **program directors** to create high quality programs and an organizational culture of health!

1. Start with your staff.

- Include nutrition and physical activity in your staff development plan.
- Establish a policy that all staff model healthy eating and physical activity on site and at staff meetings.

2. Develop your budget to reflect programming priorities.

- Make physical activity and nutrition a key part of your core program.
- Include nutritious snacks, physical activity equipment, gardens, and cooking classes.
- Make events and fundraisers healthy, fun, active, and educational!

3. Provide physical activity every day!

- Build in 30-60 minutes of moderate to vigorous physical activity – it doesn't have to be all at one time.
- Move it! Ensure a 5-10 minute activity break for each hour of sitting, including meetings.

4. Make healthy foods and fresh, free drinking water available.

- Be sure snacks meet California food standards.
- Add fresh fruits and vegetables and whole grains.
- Participate in the federally reimbursable snack and meal programs.

5. Engage youth!

- Train staff on how to involve youth in selecting and leading nutrition and physical activities.
- Make it possible for all to be emotionally safe, physically active, and successful in their own way.
- Go global: Include healthy food and physical activities from multiple cultures.

6. Promote healthy family involvement!

- Offer family fitness and nutrition nights.
- Serve healthy foods at all family meetings and events
- Share information on CalFresh (formerly Food Stamps) and food banks.

7. Don't do it alone!

- Join your district's school health advisory council or local school wellness policy committee.
- Reach out to local organizations such as grocery stores, fitness centers, hospitals, and health departments.
- Recruit volunteers and parents.



For more information, please visit
www.afterschoolnetwork.org/nutrition_pa



Seven Simple Steps for Site Coordinators

After school programs are the perfect time and the place to ensure that youth are fit, healthy, and ready to learn. Below are seven simple tips for **site coordinators** to create a healthy after school environment!

1. Set a good example. Model healthy eating and physical activity.

- Encourage staff to be engaged and safely participate in physical activities with students.
- Drink plenty of water.

2. Provide physical activity every day!

- Offer 30-60 minutes of moderate to vigorous physical activity – it doesn't have to be all at one time!
- Get moving! Implement 5-10 minute activity breaks for each hour of sitting.
- Do more, watch less! Reduce screen time in your program (computers, TV, handheld games).

3. Encourage good nutrition. Make healthy foods and fresh, free drinking water available.

- Be sure snacks meet California food standards.
- Include fresh fruits and vegetables.
- Encourage students to participate in the school lunch and breakfast programs.

4. Make healthy eating fun and educational!

- Create a garden at your site.
- Offer healthy cooking classes.
- Share simple, healthy and culturally-relevant recipes with kids and family.

5. Engage youth!

- Include students in the design and choice of physical activities.
- Make nutrition and physical activity options physically and emotionally safe.

6. Get families moving!

- Start walking clubs.
- Offer family fitness nights.
- Include physical activity and healthy foods in family events.

7. Connect with the community.

- Collaborate with health clubs, grocery stores, and other organizations in the promotion and implementation of good nutrition and physical activity.
- Share information about CalFresh (formerly Food Stamps) and food banks with families.



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