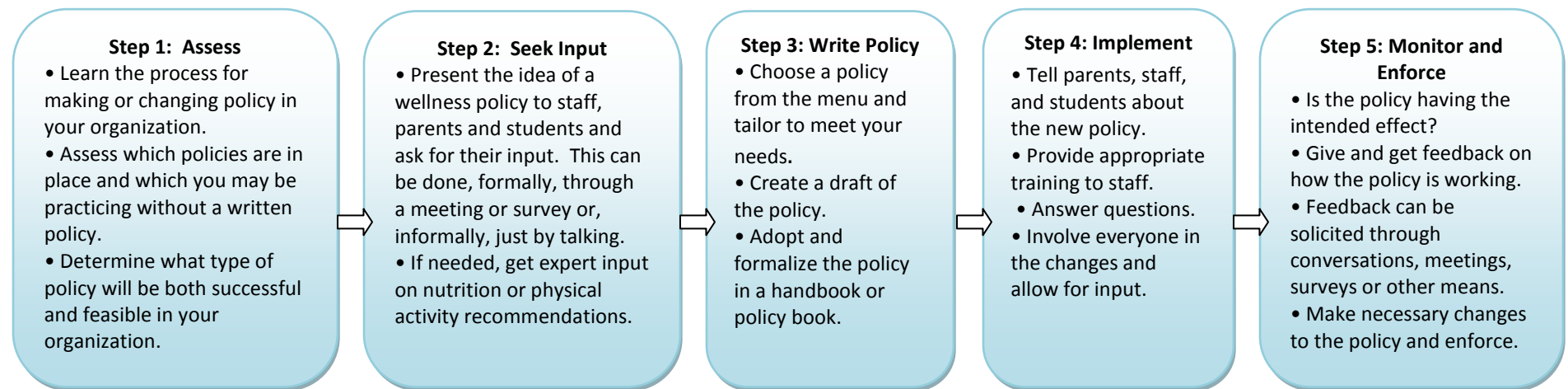


## Healthy Out-of-School-Time (OST) Program Menu

Before and after school programs play a critical role in the comprehensive approach to improving child health. These programs have a unique opportunity to implement model practices when it comes to healthy eating and physical activity. Learning and developing healthy eating and physical activity skills at a young age will create a healthier population, reduce obesity and chronic disease, and allow for children to develop, grow, learn, and have a healthy future. Implementing a wellness policy focusing on healthy out of school time will demonstrate that your organization recognizes the importance of a healthy lifestyle, and supports an environment conducive to healthy lifestyle choices.

### Adopting a Healthy Program Policy

Creating a policy is your organization's commitment to operating in a certain way. Adopting a policy may be as simple as writing it and putting it in your organization's handbook or it may require a bit more time. Just as each organization's policy will be different, so will the process for adopting the policy. The model below can be used as a guide to adopting your organization's healthy program policy:



### Healthy Program Menu

This menu provides a selection of wellness policy ideas for your organization to consider. As you read through the menu use the check box to assess what **practices** are already in place, what **policies** are currently in place and where the most **opportunity** will be for your organization.

Creating a written policy ensures that the healthy practices your organization wants to adopt will be standard for years to come regardless of changes to the organization. It also helps your organization communicate to parents, caretakers, partners, potential funders, and staff, your commitment to the children you serve and creates the best possible environment for their growth, learning and development.

## Healthy Program Policy Menu

### Physical Activity

Adopting policy related to physical activity helps to ensure that children will get the recommended amounts of physical activity each day. The recommend minimum amount of physical activity for children ages 6-17 is 60 minutes each day.

Policy	Practicing and policy	Practicing, but no written policy	Opportunity for policy
Brief (10-15 minute) physical activity sessions are incorporated into the daily schedule (This may work best for programs that have children for only a limited amount of time, like before school programs ) <ul style="list-style-type: none"> <li>• 10-15 minute morning stretch or movement activity like walking, dancing or a game incorporating physical play</li> </ul>			
Active play time is incorporated into the daily schedule for all children <ul style="list-style-type: none"> <li>• Time for physical play can be specified: Once a day for 30 min or less; 1 or more times a day for a total of 45-60 min or more; 2 or more times a day for a total of 60 min or more</li> <li>• Consider specifying time for outdoor active play, and structured vs. unstructured play time</li> <li>• In the case of bad weather or poor air quality consider having an alternate plan for indoor physical activity</li> </ul>			
Encourage walking and biking as transportation to or from the program – provide accessible bike racks, walking buddies, or crossing guards. <ul style="list-style-type: none"> <li>○ If the program is within walking distance to schools or family homes it may be an opportunity to have the kids and families be active and teach safe pedestrian behaviors.</li> </ul>			
Physical activity will not be used or taken away as a punishment.			
<b>Resources: Check the air quality before taking children outside for physical activities. Call (775) 785-4110 for local air quality information.</b> <b>Notes - use this space to write down next steps, ideas, or challenges you anticipate:</b>			

**Practicing and Policy** = Yes, we already do that! It is already a written policy at our organization.

**Practicing, but no written policy** = Yes, we do that all the time, but it isn't written down anywhere. **Hint:** A check in this box indicates a great, yet easy opportunity to adopt policy.

**Opportunity for Policy** = We can do this! Put a check here if you think this is a policy your organization could adopt.

## Healthy Program Policy Menu

### Nutrition

Adopting policy related to nutrition helps to ensure that children receive and learn about adequate nutrition for optimal learning and growth. For example, getting the recommended amount of fruits, vegetables and whole grains, and learning positive nutrition behaviors.

Policy	Practicing and policy	Practicing, but no written policy	Opportunity for policy
Snacks will meet certain nutritional standards. Such as low in sugar, saturated and trans fats, and sodium. For ideas on healthy snacks, see appendix A. <ul style="list-style-type: none"> <li>• This policy can be made to restrict beverages and foods brought from home if desired.</li> </ul>			
Food will not be used as a reward or punishment. This will help to avoid the association between food and feelings and avoid reinforcing unhealthful eating habits.			
Children will have access to drinking water.			
Sodas and other sweetened beverages will not be provided to children while participating in sanctioned activities by the organization. <ul style="list-style-type: none"> <li>• This policy can be made to restrict beverages from home if desired.</li> </ul>			
Incorporate nutrition education into program activities on a regular basis (i.e. once a week cooking, gardening, snack making, etc will be a scheduled activity).			
Staff join children at the table for meals and snack			
<b>Notes - use this space to write down next steps, ideas, or challenges you anticipate:</b>			

**Practicing and Policy** = Yes, we already do that! It is already a written policy at our organization.

**Practicing, but no written policy** = Yes, we do that all the time, but it isn't written down anywhere. **Hint:** A check in this box indicates a great, yet easy opportunity to adopt policy.

**Opportunity for Policy** = We can do this! Put a check here if you think this is a policy your organization could adopt.

## Healthy Program Policy Menu

### Environment

Adopting policy including the environmental aspects of your program helps ensure that children will be surrounded by images, media, and other influences that supports making healthy decisions. Creating a healthy environment could mean taking down the soda advertisements or providing staff training to create strong health role models.

Policy	Practicing and policy	Practicing, but no written policy	Opportunity for policy
Restrict unhealthy marketing, and provide images and materials for students that support healthy eating and physical activity. For examples of 'unhealthy marketing' see Appendix B.			
Restrict or eliminate screen time (computers, television, or video games); and use screen time primarily for educational and physical activity purposes.			
Training opportunities are available to staff about on being positive role models in healthy living by having healthy snacks and drinks and participating in physical activities with children.			
<b>Notes - use this space to write down next steps, ideas, or challenges you anticipate:</b>			

**Practicing and Policy** = Yes, we already do that! It is already a written policy at our organization.

**Practicing, but no written policy** = Yes, we do that all the time, but it isn't written down anywhere. **Hint:** A check in this box indicates a great, yet easy opportunity to adopt policy.

**Opportunity for Policy** = We can do this! Put a check here if you think this is a policy your organization could adopt.

## Healthy Program Policy Menu

### Family Involvement

Adopting policy related to family involvement will help parents understand your organizations commitment to wellness. It may also encourage them to adopt healthier practices in the home.

Policy	Practicing and policy	Practicing, but no written policy	Opportunity for policy
Parents and students will have opportunities to give suggestions for physical activity, nutrition, and other wellness policy (i.e. through conversations, comment box, meetings or other means).			
The organization will communicate its wellness policies to parents regularly (i.e. through a website, newsletter, bulletin board or other form of media). <ul style="list-style-type: none"> <li>○ Assist parents in being a part of any policy that is implemented. For example if your organization adopts a healthy snack policy, provide parents with a list of examples of healthy snacks.</li> </ul>			
<b>Notes - use this space to write down next steps, ideas, or challenges you anticipate:</b>			

**Practicing and Policy** = Yes, we already do that! It is already a written policy at our organization.

**Practicing, but no written policy** = Yes, we do that all the time, but it isn't written down anywhere. **Hint:** A check in this box indicates a great, yet easy opportunity to adopt policy.

**Opportunity for Policy** = We can do this! Put a check here if you think this is a policy your organization could adopt.

### **Is there help available for implementing a wellness policy?**

Now that you have assessed your organization and have a plan for adopting wellness policy there is a good chance you may have questions about moving forward. The Washoe County Health District can help you at any stage of your policy adoption. Whether you need ideas for a healthy menu or help drafting a policy, their staff is willing to help provide the appropriate resources. For help with your wellness policy, contact Kelli Goatley-Seals at (775) 328-6160 or [kseals@washoecounty.us](mailto:kseals@washoecounty.us)

### **Index**

<b>Topic</b>	<b>Page</b>
Adopting a Healthy Program Policy	1
Physical Activity	2
Nutrition	3
Environment	4
Family Involvement	5
Assistance Implementing a Policy	6

### **Appendices**

A. Healthy Kids' Snacks	7
B. Examples of 'unhealthy marketing'	8

## Appendix A:

# HEALTHY KIDS' SNACKS

Snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets — depending on the choices we offer. Next time your children say, "I'm hungry," or if you need to get them through to the next meal, reach for one of these healthy snacks.

## VEGETABLES

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Popular vegetables that can be served raw with dip or salad dressing include:

- Broccoli
- Baby Carrots
- Celery Sticks
- Cucumber
- Peppers
- Snap Peas
- Snow Peas
- String Beans
- Grape or Cherry Tomatoes
- Yellow Summer Squash
- Zucchini slices

For dips: Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter

## LOW-FAT DAIRY FOODS

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods are low-fat or fat-free

- Yogurt
- Lower-Fat Cheese
- Low-Fat Pudding and Frozen Yogurt—Serve only as occasional treats because they are high in added sugars

## FRUIT

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (red, green, or purple)
- Honeydew Melon
- Kiwis
- Mandarin Oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

### Other popular fruit forms:

- Applesauce (Unsweetened), Fruit Cups, and Canned Fruit
- Dried Fruit - Try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugars.
- Frozen Fruit
- Fruit Salad - Get kids to help make a fruit salad
- Popsicles - Look for popsicles made from 100% fruit juice with no added caloric sweeteners



## HEALTHY GRAINS

Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains.

- Whole Wheat English Muffins, Pita, or Tortillas
- Breakfast Cereal - Either dry or with low-fat milk, *whole* grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks. Look for cereals with no more than about 8 grams of sugar per serving
- Whole grain crackers like Triscuits
- Rice Cakes
- Popcorn
- Baked Tortilla Chips
- Granola and Cereal Bars - Look for whole grain granola bars that are low in fat and sugars
- Pretzels, Breadsticks, and Flat-breads - These low-fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt

**IMPORTANT!** Water should be the main drink served to kids at snack times. Water satisfies thirst and does not have sugar or calories. (Plus, it is low-cost!) If kids are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.

FOR MORE TIPS, GO TO [WWW.CSPINET.ORG/NUTRITIONPOLICY](http://WWW.CSPINET.ORG/NUTRITIONPOLICY)



## Appendix B: Examples of 'unhealthy marketing'



### Vending Machines

It is common to find unhealthy marketing on vending machines. Discuss options with your vendor. They could advertise water or a 100% Fruit Juice product instead of the soda. Consider changing the options in vending machine too! All vendors provide healthier alternatives to soda, candy and other junk foods.



### Sponsorships

Restaurants may offer to sponsor event or provide free food. Be cautious about the message this could send. If providing sponsored food is essential, ask for healthy options and for them to promote health – not just their logo. Companies may also donate materials, backboards, or score boards branded with their logo. Try to avoid such opportunities for marketing.



### Images and Posters

Often you must choose images or poster to use in your programs. Make sure your images represent health and the healthy choices you want your children to make.

Images like the one to the left would be just as funny if they were eating an apple!