



Best Practice Standards for Healthy Out-of-School Settings

Quench their Thirst

HEALTHY BEVERAGES OFFERED

- Provide freely available, free water at all times for youth and staff
- Only 100% juice
- Skim (flavored or non-flavored) or low-fat milk (non-flavored)



PROHIBITED

- Full-calorie soda, sports drinks and juice drinks (not 100% juice)
- Diet soda, low-calorie sports drinks, or other low calorie beverages prohibited for elementary schools students and/or only allow these for high school

HEALTHY OPTIONS

- Make at least 50% or more of vending machine options healthy
- Serve at least one healthy option at all events and celebrations
- Serve a fruit or vegetable at least once per day (fresh, canned or frozen)
- Put guidelines in place for food brought in by families and youth



Fuel their Bodies

Get them Movin'

MAKE PHYSICAL ACTIVITY A PRIORITY

- At least 20% or 30 minutes of morning or afterschool program time includes physical activity and at least 60 minutes for full day programs
- 50% of activity time takes place outdoors whenever possible
- Short physical activity breaks to help eliminate long periods of sitting (no more than 60 minutes sitting)
- Physical activity is not withheld or used as a reward or punishment

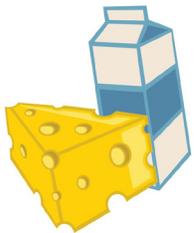
SCREEN TIME

- Limit TV and recreational screen time to no more than 30 minutes per day (computer use for homework is exempted)
- Devices should only be used for homework or physical activity and time should be limited to one hour a day
- Ensure that TV programming, videos, DVDs or computer programs are age-appropriate, non-violent and educational



BE A HEALTHY ROLE MODEL

- Policy requires healthy Staff role modeling (for example, no outside food or drink, engage actively in physical activity, and talk positively about healthy habits)
- All staff members are trained at least once per year and coached throughout the year on the role that healthy eating, physical activity, and social support collectively plays to support healthy behavior in youth
- Food served at staff meetings is consistently/regularly healthy



Starts with Staff

À la carte

PROMOTE HEALTHY LIFESTYLES

- Create and grow a garden
- Offer evidence-based nutrition education to youth
- Place prompts and signs around the building to promote healthy living

