

LET'S MOVE CALIFORNIA AFTER SCHOOL



*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 program.

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 SNAP (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 and resources to implement each of the above strategies, go to:

www.afterschoolnetwork.org/nutrition_pa
www.letsmove.gov/

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This resource was created by the California Afterschool Network Nutrition and Physical Activity Committee. To find out more, access additional resources, and join the committee go to www.afterschoolnetwork.org/nutrition_pa



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