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.
   - Eliminate sodas, fast food, and junk food on site.

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 SNAP (food stamps) and food banks with families.

For more information and resources to implement each of the above strategies go to:

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