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 program.

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/







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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