



## Wellness Resolution for After School Programs

Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.

The obesity rate for pre-school children has doubled over the past few decades and has tripled for adolescents during the same time period<sup>1</sup>.

Children learn to initiate, sustain, and terminate social interactions through activity and play<sup>2</sup>.

Physical activity improves a youth's perceptual skills, intelligence quotient, achievement, verbal tests, mathematic tests, developmental level and academic readiness<sup>2</sup>.

The social skills learned through play, are foundational to successful relationships and interactions that a child engages in not only now, but through out his or her life.<sup>3</sup>

Establishing healthy eating and exercise habits early in life can lead to long term healthy behaviors in adulthood<sup>3</sup>.

After School Programs offer a place to learn, grow and thrive and should maintain a healthy environment for children that is tobacco free.

Children who exercise regularly and eat healthily are likely to:

- perform better academically
- feel better about themselves, their bodies, and their abilities
- cope with stress and regulate their emotions better
- avoid feelings of low self-esteem, anxiety, and depression<sup>3</sup>.

Thus, [After School Programs] is committed to helping ensure that all children:

1. Maintain a healthy weight.
2. Have a lower risk for cardiovascular disease, diabetes and other weight related co-morbid conditions.
3. Expend energy and reduce stress.
4. Learn and socialize through play.
5. Have access to healthy foods while at the after school program.
6. Learn and understand healthy eating behaviors.
7. Have a tobacco-free environment.

Therefore, it is the goal of [After School Program] that all children have equal opportunities, support, and encouragement to be physically active on a regular basis, to have access to nutritious and appealing foods that meet the health and nutritional needs of the children and not expose children to tobacco products.

---

After School Program, Director

---

Date

---

<sup>1</sup> <http://www.cdc.gov/obesity/childhood/index.html>

<sup>2</sup> <http://www.indiana.edu/~nca/leisureed/play6.html>

<sup>3</sup> <http://www.apa.org/topics/children/healthy-eating.aspx>

## **Wellness Resolution for After School Programs**

TO ACHIEVE THESE GOALS:

### **Physical Activity**

The after school program dedicates at least 20 percent or at least 30 minutes to physical activity and provides physical activities in which youth are moderately to vigorously active for at least 50 percent of the physical activity time.

Physical activity takes place outdoors whenever possible.

The physical activity provided to students is a combination of unstructured free play and structured activities that involve all students.

Physical activity will positively be promoted within the after school program through actual space and equipment provided to the children. Staff will encourage students to be active and often join students in active play.

Opportunities for physical activity will not be withheld from students as a punishment.

The after school program provides short physical activity breaks between and/or within learning activities to invigorate students and eliminate long periods of sitting.

Physical activity is incorporated into transition times.

The after school program will support parent's effort to provide physical activity opportunities for their children. Support may include; physical activity education opportunities offered to parents, sending home physical activity information such as flyers, handouts and pamphlets, posting physical activity ideas, games and tips on the center's website.

### **Screen Time**

The after school program will limit the use of digital devices to less than 1 hour per day. Digital device use is limited to homework or activities that engage youth in moderate to vigorous physical activity.

Television and videos will not be used within the after school program.

### **Food Served:**

The afterschool program will meet the nutrition guidelines outlined in this resolution (See Supporting Document- Nutrition Guidelines)

### **Nutrition Education**

The after school program will offer nutrition education to the students utilizing an evidence based curriculum.

The after school program will provide visible support for good nutrition in classrooms and common areas through the use of posters, pictures and displayed books.

The after school program will support parent's efforts to provide a healthy diet. Support may include: nutrition education opportunities offered to parents at least twice a year, sending home nutrition information such as flyers, handouts and pamphlets, posting nutrition tips on the center's website, providing nutrition analysis of the center's menu.

Approved 8/26/2014

Resolution Adapted from: National After School Associated Standards for Healthy Eating and Physical Activity Alliance for a Healthier Generation Standards and Best Practices for Developing Healthy Out-of-School Time Environments

**Celebrations**

The center will celebrate holidays and birthdays with healthy foods or non-food treats.

**Food and Behavior**

Food will not be used as reward or punishment. All students are encouraged, but not forced, to eat or taste all of his or her food.

Staff members will eat the same foods as the students and will sit and join the students at each meal or snack. Children with special needs will have meals planned with professional and family consultation.

**Tobacco**

The after school program will prohibit the use of all tobacco products by staff, parents and visitors on all property owned and operated by the center including indoor and outdoor spaces, center vehicles and center-sponsored events off campus.

Tobacco is defined to include any lighted or unlighted cigarette, cigar, pipe, bidi, clove cigarette and any other smoking product, and spit tobacco, also known as smokeless, dip, chew, and snuff, in any form.

**Nutrition Guidelines:**

Foods served will:

- Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters).
- Have no more than 10% of its calories from saturated fat and zero grams trans. fats.
- Have no more than 35% of its weight from added sugar.
- Contain no more than 200 calories per individual snack item.
- Contain no more than 350 calories per individual food item.
- Contain no more than 230 mg of sodium per individual snack item.
- Contain no more than 480 mg of sodium per individual food item.

Drinks:

- Water will be freely available so students can serve themselves both indoors and outdoors.
- Only skim or 1% unflavored milk fortified with vitamin A and vitamin D will be served to the students.
- Only 100% fruit juice will be served and students will receive no more than 8 ounces per day of 100% fruit juice.

We offer:

- A fruit or vegetables at every snack and/or meal.
- Only fruit canned in its own juice (light syrups), fresh, frozen or dried with no added sweeteners.
- We offer vegetables that are fresh, canned or frozen with no added ingredients except or water, or dried with no added ingredients.
- No foods that are deep fried, par fried or flash fried.
- Grain products that are whole grain rich.
- Sweets or salty foods less no more than twice a month

Snacks offered will:

- Be a “whole grain-rich” grain product; OR
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; OR
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; OR
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).