

# Healthy Living Guidelines for Out-of-School Time Programs **TOOLKIT**



# Healthy Living Guidelines for Out-of-School Time Programs TOOLKIT

**THE HEALTHY LIVING GUIDELINES FOR OUT-OF-SCHOOL TIME (OST) PROGRAMS** were developed to provide youth with the best opportunity to be healthy while attending OST programs in Philadelphia. These guidelines were developed through a process including local OST providers and health experts studying the OST system in Philadelphia. When imagining a setting that supports health and keeps youth at a healthy weight, our Healthy Kids, Healthy Communities (HKHC) Leadership Team envisioned healthy, attractive, and tasty foods; space to play; and peers and staff supporting fun, physical activity. This vision grounded the discussion about the best guidelines and strategies for OST programs. The goal of these guidelines and this toolkit is to improve the OST environment to support healthy behaviors, like eating healthy foods and ensuring time for enjoyable physical activity, and to reverse the incidence of overweight youth.

Many factors contribute to the statistics showing 30-50% of youth are overweight or obese, depending on where they live in Philadelphia. Many neighborhoods lack access to healthy foods and safe places to play. Sugary, fatty, and salty foods are common nourishment for many youth and few eat the recommended servings of fruits and vegetables. Unfortunately few youth meet the recommendation of 60 minutes a day for physical activity.

It is our hope that these Healthy Living Guidelines and this toolkit will help OST programs in Philadelphia offer physical activity and create an environment where healthy food behaviors are supported.

We thank the Robert Wood Johnson Foundation, the Centers for Disease Control and Prevention, and the Philadelphia Department of Public Health's *Get Healthy Philly* initiative for their support and funding of this program and toolkit. We also thank the Philadelphia Departments of Human Services, and Health and Opportunity; the OST management staff, Research and Evaluation Group, and Communications Department at Public Health Management Corporation (PHMC), The Food Trust, National Nursing Centers Consortium, The University of Pennsylvania, The HKHC OST Partnership and Leadership Teams, The Robert Wood Johnson Foundation Clinical Scholars, and the many OST staff, youth, parents, caregivers and other key informants who contributed to this process. A special thank you goes to the staff of Health Promotion Council for their time, effort and support for this initiative.





# Healthy Living Guidelines for Out-of-School Time Programs TOOLKIT

## FOR THE HEALTH OF CHILDREN IN PHILADELPHIA

The HKHC OST initiative wants all youth attending after school and summer programs to be healthy and live a healthy life.

Statistics show that over 40% of youth in Philadelphia are overweight or obese. Philadelphia OST Healthy Living Guidelines have been developed after careful consideration of how to improve the environment for OST youth so they get healthy food and a chance to be active every day.

### *Proven strategies to combat obesity and keep youth at a healthy weight*

#### **Increase physical activity**

- ▶ 76% of Philadelphia youth do not attend physical education classes daily and many do not get recess in school.
- ▶ Less than one-third of our youth ages 6-17 nationally engage in vigorous physical activity for 20 minutes a day.

#### **Reduce screen time activities**

- ▶ Youth spend 5-7 hours watching TV or playing computer or video games a day.

#### **Reduce the consumption of sugary drinks**

- ▶ Youth are drinking at least two sugary drinks – about 500 calories a day.

#### **Reduce exposure to foods marketed to children**

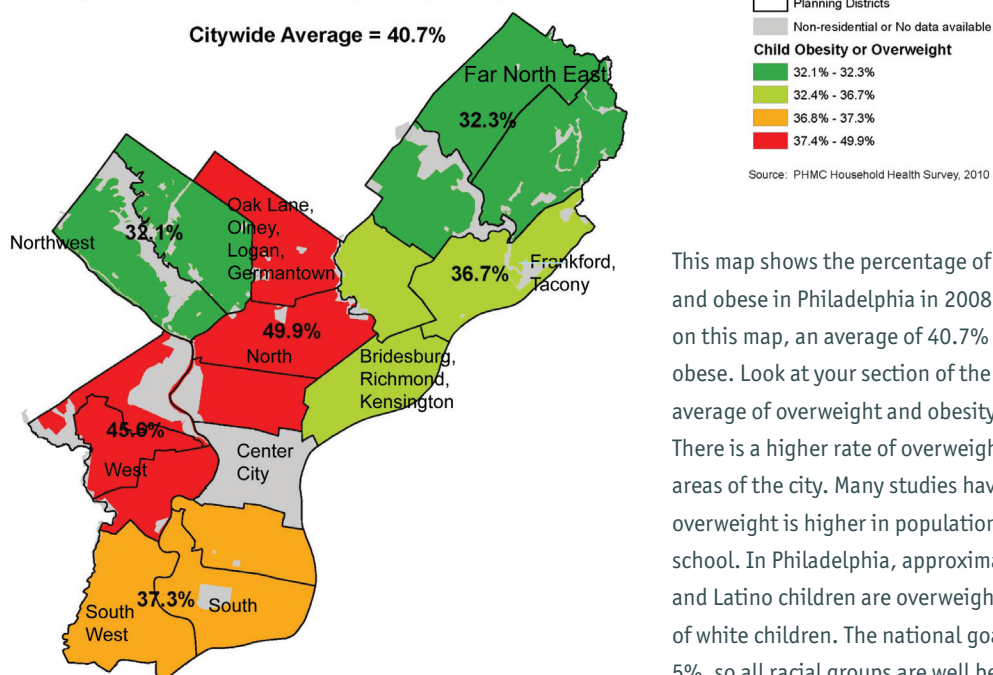
- ▶ Up to \$10 billion are spent advertising foods each year.

#### **Eat more whole grains, fruits, and vegetables**

- ▶ Many youth live in neighborhoods where they can't buy these foods.
- ▶ Families often can't afford to buy these foods.

**Percentage of Children (6-17y) who are Overweight or Obese (BMI>=85th percentile for age and gender), 2010**

Citywide Average = 40.7%



This map shows the percentage of children who were overweight and obese in Philadelphia in 2008. According to the information on this map, an average of 40.7% of children are overweight or obese. Look at your section of the city on this map to see the average of overweight and obesity rate in your neighborhood. There is a higher rate of overweight and obesity in lower-income areas of the city. Many studies have shown the rate of obesity and overweight is higher in populations who did not graduate high school. In Philadelphia, approximately 60% of African-American and Latino children are overweight or obese, compared to 50% of white children. The national goal for overweight and obesity is 5%, so all racial groups are well beyond the target.

# Healthy Living Guidelines for Out-of-School Time Programs TOOLKIT

## What is the problem with being overweight or obese?

Being overweight or obese does not guarantee health problems, but it does increase the risk of 20 major diseases, including high blood pressure, heart disease, and type 2 diabetes. In one population-based study, 60% of youth ages 5-10 that were obese had at least one cardiovascular risk factor, such as high blood pressure, high cholesterol, high triglycerides, and 25% had two or more risk factors. Medical costs to manage these diseases are sky-rocketing, and our workforce is less able to compete and be productive. In fact, nearly one-third of Americans ages 17-24 are too heavy to join the military.

## How do we define overweight and obesity?

**Obesity** is defined as an excessively high amount of body fat compared to lean muscle mass.

**Overweight** is an increased body weight in relation to height and compared to standard acceptable weight.

## How is obesity or overweight measured?

A formula called body mass index (BMI) is used to determine weight to height.

$$\text{BMI} = \frac{(\text{weight in pounds})}{(\text{height in inches}) \times (\text{height in inches})} \times 703$$

A simple online calculator from the Centers for Disease Control and Prevention for youth and teens can be found at <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>

The BMI is charted on a BMI for age percentile growth chart. This compares the BMI of youth to others of similar age.

- ▶ A youth is considered underweight if they are less than the 5th percentile.
- ▶ A youth is at a healthy weight if they are at the 5th percentile to the 85th percentile.
- ▶ A youth is considered overweight if they are at the 85th to 95th percentile.
- ▶ A youth is considered obese if they are equal to or greater than the 95th percentile.

Please remember that family genetics can impact weight. Doctors look to see if the trend for the child's weight is constant. For example, a child who was born and measured at 85% BMI, and stays that way over their life is less concerning than a child who has been at 50% most of their life and shoots up to 85% at age 15. Also, a muscular person may weigh more and have a higher BMI than someone who is not as muscular. While BMI is a measure comparing weight and height, then compared by age, it isn't a perfect measurement of overweight and obesity.

Nurses in Philadelphia public schools take BMI measurements of all students to screen for overweight and obesity. If a child's BMI puts them in overweight or obese category, a letter is mailed home to the parents. Parents who receive this letter can talk to the school nurse or their family doctor.

**See the Food Fit Philly Website for more information about overweight and obesity in Philadelphia:**

<http://foodfitphilly.org/all-about-sugary-drinks/obesity/>

**For more general information about obesity see the Centers for Disease Control and Prevention website:**

<http://www.cdc.gov/obesity/>



# Healthy Living Guidelines Pledge

The Healthy Living Guidelines are an important part of keeping children healthy, fit, and active in their OST programs. The Healthy Living Guidelines include:

## FOOD AND NUTRITION

**Guideline #1** OST programs do not serve or allow sugary drinks.<sup>1</sup>

**Guideline #2** Safe, fresh drinking water is available to youth at all times, indoor and outdoors, including field trips.

**Guideline #3** Each OST provider adopts a comprehensive strategy to improve the food environment during OST, reflecting food service requirements, community perspectives, and good nutrition by eliminating outside food, OR allowing food in the program that reflects recommended health and nutrition principles, for example, the Dietary Guidelines for Americans 2010.

**Guideline #4** A pleasant, social environment is provided during scheduled meals and snacks, encouraging social interaction, conversations, and positive eating behaviors.

**Guideline #5** OST programs that offer nutrition education use credible nutrition materials from nonprofit, federal, state, or city agencies. Materials with food company logos or advertising are not to be used.

**Guideline #6** The OST program serves meals and snacks in a clean and safe environment, at proper serving temperatures, in compliance with the Philadelphia Department of Public Health Office of Food Protection requirements.

## PHYSICAL ACTIVITY

**Guideline #1** School-year OST programs serving youth in grades K-5 provide a minimum of 30 minutes per day, 150 minutes per week of moderate to vigorous activity. Summer OST programs serving youth in grades K-5 provide a minimum of 60 minutes of daily OST time or a minimum of 300 minutes per week of moderate to vigorous<sup>2</sup> activity. OST programs serving youth in grades 6-12 provide a minimum of 20% of daily or weekly OST time of moderate to vigorous activity.

**Guideline #2** Non-work screen time<sup>3</sup> is limited to 30 minutes per 3-hour block of OST time.

**Guideline #3** OST programs provide a safe environment for play and physical activity.

**Guideline #4** OST programs provide equitable opportunities for all youth to participate in quality sport and fitness programs.

<sup>1</sup>Sugary drink: a non alcoholic beverage with added sugar, such as soda, non-100%-fruit drinks, sports drinks, flavored water, energy drinks, and ready-to-drink sweetened tea and coffee.

<sup>2</sup>Moderate intensity: exercise causing sweating but talk is possible. Vigorous intensity: exercise causing rapid breathing and unable to talk.

<sup>3</sup>Work can include homework, project-based learning, and enrichment work. Screen-time is defined as sitting in front of a television, video or computer screen, computer game, or gaming system.

Children need healthy food, nutrition, and physical activity to be able to learn, develop, and grow to their full potentials. As a staff member of the \_\_\_\_\_ OST program, I understand that modeling the Healthy Living Guidelines provides an environment in which the children may follow these guidelines as well. This allows for both staff and children to lead healthier, more enjoyable lifestyles while in the OST program. Furthermore, to make best use of the Healthy Living Guidelines, staff and youth can use these standards outside of the after school program to stay healthy, happy and fit.

Therefore, I, \_\_\_\_\_, pledge to follow the Healthy Living Guidelines, as stated above while I am present in the \_\_\_\_\_ Out-of-School Time program. I will also attempt to follow these guidelines to the best of my ability in my daily life as well so I may be a good role model for children and lead a healthier lifestyle.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



For copies of this pledge, and pledge pages for parents and youth, see the Nutrition Resources & Parent Handouts section.

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Section

**1**

# Food & Nutrition





# Section 1: Food & Nutrition



## Guideline #1

OST programs do not serve or allow sugary drinks.

**Programs can create an environment that supports health by not serving sugary drinks.**

## WHAT IS A SUGARY DRINK?

**Sugary drink** (n): a non alcoholic beverage with added sugar, such as soda, non-100%-fruit drinks, sports drinks, flavored water, energy drinks, and ready-to-drink sweetened tea and coffee.<sup>1</sup>

## THE OST DRINK LIST

### *Drink these healthy drinks*

- Water
- Sparkling water with a splash of 100% juice
- Plain fat-free or low-fat milk
- 100% fruit juice
- Unsweetened decaffeinated or herbal teas
- Nondairy milk
- V-8 juice or vegetable juice

Water is the best drink! It has no calories and will quench your thirst better than juice or soda.

### *Avoid these sugary drinks*

- Non-diet sodas: orange, cola, grape, ginger ale, root beer, or lemon-lime, etc.
- Sweetened iced tea, sweetened tea, or coffee drinks
- Fruit drinks: Little Hugs, fruit punch
- Non-diet flavored water: fruit waters, energy waters
- Sports drinks
- Sweetened ice-based drinks, icy slushies, water ice
- Fruitades: lemonade, limeade
- Energy drinks: Red Bull, Monster

<sup>1</sup>National School Lunch Program and Child and Adult Care Food Program Guidelines only allow fat-free and 1% milk, and it can be flavored, (although we do not recommend flavored milks due to the sugar content). In addition, parents or caregivers can request in writing a non-dairy substitution without providing a medical statement. This request must identify the special medical restriction or child's dietary need. Such substitutions are at the option and expense of the facility.

# Section 1: Food & Nutrition



## Guideline #1

OST programs do not serve or allow sugary drinks.

## How this Guideline Helps OST Youth

If children consume sugary drinks instead of healthier beverages, they miss out on important nutrients that are needed for their growth and development. A perfect example is milk, which has calcium and vitamin D needed for bone health. Because Americans are drinking more sugary beverages in place of milk, most are not getting enough of either nutrient.

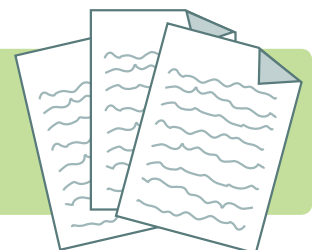
- Too many calories from sugary drinks can be a cause of unhealthy weight gain and other health problems, such as diabetes and heart disease.
- Too many sugary drinks can cause tooth decay and cavities.

## TIPS FOR OST PROGRAMS TO KEEP PROGRAMS FREE OF SUGARY DRINKS

- Try the Rethink Your Drink lesson with youth in your program, so youth can see how much sugar they are getting in their favorite beverages. This works at parent meetings too!
- Send a note home to parents and caregivers about a sugary-drink-free environment and do a lesson on sugary drinks at a program, open-house, or enrollment event.
- Change vending machine selections to include healthier options.
- Talk with the local corner store and fast food sites about having healthier drinks available for youth.
- Start a sugary-drink-free environment poster contest!
- Ask youth to keep their sugary drinks in their school bag during OST time.
- Call parents and remind them of the sugary drink policy at OST sites.
- Be a role model—serve only healthy beverages in OST programs, celebrations, and events.

**Model the behavior you want to see! Drink water and do not consume sugar-sweetened beverages on-site.**

Additional resources available: see the "Sugary Drinks and Healthy Beverages" handout in the Nutrition Resources & Parent Handouts section.



# Section 1: Food & Nutrition



## Guideline #1

OST programs do not serve or allow sugary drinks.

## Read It Before You Drink It! Understanding the Nutrition Facts

### SUGARY DRINK LABEL:

The **Serving Size** defines the size of the portion.

**Calories** list the amount of energy in a serving. There are 100 calories in one serving, and 2.5 servings in the whole container. Therefore, there are 250 calories in the entire bottle.

Look for beverages that contain 3 grams of **sugar** or less per serving.

4 grams of sugar =  
1 teaspoon of sugar

### Nutrition Facts

Serving Size 8 fl. oz. (246 g)  
Servings Per Container 2.5

Amount Per Serving

**Calories** 100      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 5mg      0%

**Total Carbohydrate** 27g      9%

Dietary Fiber 0g      0%

Sugars 27g

**Protein** 0g

**Vitamin A** 0%      • **Vitamin C** 0%

**Calcium** 0%      • **Iron** 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Servings Per Container** shows how many servings are in the container.

If one serving is 8 fluid ounces (1 cup) and there are 2.5 servings in the container, the container holds 2½ cups.

20% or higher indicates that your drink is a good source of this nutrient.

5% or lower means your drink is low in that vitamin or mineral.



# Section 1: Food & Nutrition



## Guideline #1

OST programs do not serve or allow sugary drinks.

## The Ingredient Label

### EXAMPLE OF A REAL BEVERAGE LABEL

CONTAINS PURE FILTERED WATER, SWEETENERS (HIGH FRUCTOSE CORN SYRUP, SUGAR) PEAR, PINEAPPLE AND ORANGE JUICES FROM CONCENTRATE, LESS THAN .5% OF: PASSION FRUIT JUICE FROM CONCENTRATE, CITRIC ACID, NATURAL FLAVORS, MODIFIED CORNSTARCH, GLYCEROL ESTER OF ROSIN, POTASSIUM SORBATE AND SODIUM BENZOATE AND SODIUM HEXAMETAPHOSPHATE, AND CALCIUM DISODIUM EDTA, RED #40, GREEN # 3.

### HIDDEN NAMES FOR SUGAR!

Ingredient labels list the ingredients used in making a food product. Ingredients are listed by the most by weight to the least by weight. Water is listed as the first ingredient in most beverages, and has no calories. But the sugars listed do!

**Sugar by any name is still sugar.** Sometimes food companies will use a variety of types of sugar in their product. Here is a list of other sugars often found on beverage labels: *Sugar, corn syrup, brown sugar, cane sugar, corn sweetener, evaporated cane juice, honey, invert sugar, raw sugar, molasses, maple syrup.* And anything with an “ose” ending: *maltose, lactose, fructose, glucose, high fructose corn syrup, crystalline fructose.*

***So be moderate and wise and avoid sugary drinks!***



**DID YOU KNOW?** Soft drink makers produce a staggering 10.4 billion gallons of sugary soda each year, enough for a 12-ounce can for every American, every day, 365 days a year.

# Section 1: Food & Nutrition



## Guideline #1

OST programs do not serve or allow sugary drinks.

## Re-Think Your Drink

### *A great activity for staff, youth, and parents*

Class participants will examine the beverages they drink. They will learn how to read food labels to make healthier beverage choices and understand serving sizes.

**Purpose of activity** This activity will help students see how much sugar is added to various beverages.

**Age level** Any

**Group size** Can be adapted for almost any size

**Time involved** Preparation time: 10 minutes; Activity time: 15–30 minutes; depends on number of beverages.

#### **Materials needed**

- Several beverage containers with nutrition labels
- Measuring spoons or plastic teaspoons
- Sugar
- Clear plastic drinking cups

Additional resources available: see the “Re-Think Your Drink” handout in the Nutrition Resources & Parent Handouts section.

### *Activity*

1. Depending on the number of individuals, divide students into small groups or have them work individually. If they are too young to do the math, it may be necessary to show them how to figure out the amount of sugar per beverage.
2. Ask youth to think about how many bottles of sugary drinks they usually drink every day.
3. Provide each group with a beverage label. Have group members read the labels and figure out how many servings are in each container. Example: A 20-ounce container is 2 ½ servings. See label reading handout (*Read It Before You Drink It*) for details.
4. Multiply the number of grams of sugar (see nutritional label) per serving by the number of servings in the beverage container.  
\_\_\_\_ grams sugar per serving X \_\_\_\_ servings =  
\_\_\_\_ grams in beverage container
5. One teaspoon equals four grams of sugar; therefore divide the grams of sugar by 4.  
\_\_\_\_ grams in beverage container ÷ 4 =  
\_\_\_\_ teaspoons of sugar per beverage container
6. Have a student, or group leader, measure out the number of teaspoons of sugar in their beverage into clear plastic cups.
7. Compare the amount of sugar in the various beverages.
8. Discuss the effects too much sugar has on our bodies.

# Section 1: Food & Nutrition



**Guideline #2** Safe, fresh drinking water is available to youth at all times, indoors and outdoors, including field trips.

## How This Guideline Helps OST Youth

Everyone needs water for good health. We lose water through urination, breathing, and sweating so it is important to drink water every day to prevent dehydration. Water is a healthy replacement for sugar-sweetened beverages and has no calories or sugar.

### WHAT ARE THE BENEFITS OF DRINKING WATER?

- Regulates your body temperature
- Moistens tissues
- Moistens skin
- Moistens joints
- Helps flush out waste
- Carries nutrients to cells
- Protects bodily organs
- Prevents dehydration

Your body needs  
or more of water

8

cups  
each day





# Section 1: Food & Nutrition



**Guideline #2** Safe, fresh drinking water is available to youth at all times, indoors and outdoors, including field trips.

## Tips for Having Water Available in OST Programs

1

### *Create a hydration station:*

- Provide tap water by placing a gallon or more of water in a jug or pitcher and have cups in an area where the youth are located.
- Place water in an area where children are active to encourage water drinking before, during, and after activities.
- Float slices of lemon, lime or orange in a pitcher of ice water.

2

### *Advocate*

- Parents and community advocates can work with schools and their local government to raise awareness and money to improve drinking water access for students.
- Have a local major grocery store donate bottle water for summer trips.
- Purchase water bottles for your youth, or encourage youth to bring in water bottles from home.

3

### *Educate*

- Be artistic! Have students create posters encouraging their peers to drink more water.
- Always remind youth about the importance of fresh drinking water.

When do you need more water?

- 1) When you are physically active for more than 10 minutes
- 2) When it is hot and humid
- 3) When you feel thirsty, you are already dehydrated

Drink up!



# Section 1: Food & Nutrition



**Guideline #2** Safe, fresh drinking water is available to youth at all times, indoors and outdoors, including field trips.

## DRINKING WATER AVAILABILITY CHECKLIST

Use this simple checklist to evaluate water availability in your site.

### Indoor

Yes No Plan to improve

Is fresh, safe drinking water available, free of charge?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are all drinking water sources clean?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are all cups, coolers, and water bottles clean?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Is water available at meals?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Is water pleasant in terms of taste and temperature?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are posters hanging that highlight the benefits of drinking water?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are youth encouraged to drink water?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are pipes free of lead?	<input type="checkbox"/>	<input type="checkbox"/>	_____

### Outdoor

Yes No Plan to improve

Are water fountains/coolers available?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do supervisors refill water coolers when needed?	<input type="checkbox"/>	<input type="checkbox"/>	_____

### OST trips

Yes No Plan to improve

In the summer, is cool fresh water provided to students during trips?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are parents sent reminders to provide water bottles?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Is there a plan in case a child forgets/loses their water bottle?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are adequate water and toilet breaks scheduled for trips lasting an hour or longer?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Does staff schedule water breaks and actively remind youth to drink regularly on trips?	<input type="checkbox"/>	<input type="checkbox"/>	_____

# Section 1: Food & Nutrition



**Guideline #3** Each OST provider adopts a comprehensive strategy to improve the food environment during OST, reflecting food service requirements, community perspectives, and good nutrition by eliminating outside food, or allowing food in the program that reflects recommended health and nutrition principles, for example, the Dietary Guidelines for Americans 2010.

*Please adopt one of the two above strategies to improve the foods eaten and the food environment in OST programs. The first option also covers food for daily consumption, refreshments for meetings, celebrations, and fundraisers.*

## How This Guideline Helps OST Youth

We want youth to have the opportunity to live healthy and active lives. This OST Healthy Living Guidelines Toolkit makes it easier for youth to be healthy. Both youth and staff benefit. The Dietary Guidelines recommend the best choices for good health and were created by the United States Department of Health and Human Services and the U.S Department of Agriculture.

### DIETARY GUIDELINES KEY RECOMMENDATIONS

1

***Balance calories, eat healthy foods, and be active!***

A lifestyle that includes healthy eating (calories in) and physical activity (calories out) supports good health.

Choose healthy foods and don't overeat.

Physical activity builds stronger bones, muscles, lungs, and heart, stimulates brain function, and helps maintain a healthy weight. Youth should be active at least 60 minutes a day; adults should be active 30 minutes a day.

*If you want more information about the 2010 Dietary Guidelines please visit [www.cnpp.usda.gov/DietaryGuideline.html](http://www.cnpp.usda.gov/DietaryGuideline.html) or [www.health.gov/dietaryguideline](http://www.health.gov/dietaryguideline)*

2

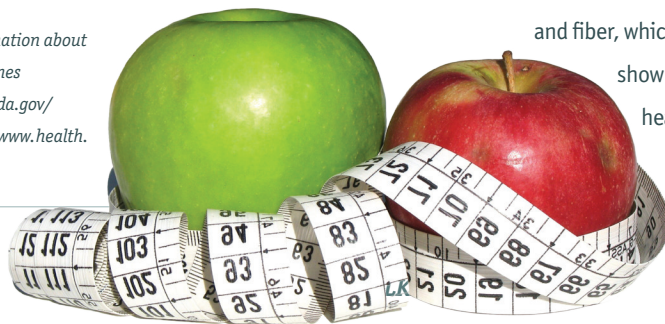
***Eat less salt, sugar, saturated and trans fats, and foods made with refined grains.***

A diet high in sugar, saturated fats, trans fats, refined grains, and salt (sodium) has been linked to weight gain, heart disease, diabetes, and certain kind of cancers.

3

***Eat more whole grain foods, fruits, vegetables, and fat-free and low-fat dairy products.***

These foods contain important nutrients such as vitamins, minerals, and fiber, which are needed for good health. Studies have also shown that a diet rich in these foods can reduce the risk of heart disease and certain types of cancers. Choose more nutritious foods to give your body the best "fuel."





# Section 1: Food & Nutrition



**Guideline #3** Each OST provider adopts a comprehensive strategy to improve the food environment during OST, reflecting food service requirements, community perspectives, and good nutrition by eliminating outside food, or allowing food in the program that reflects recommended health and nutrition principles, for example, the Dietary Guidelines for Americans 2010.

The dietary guidelines contain three key recommendations to improve or sustain overall health and well-being.<sup>1</sup>

## TIPS TO IMPROVE THE QUALITY OF FOODS FOR OST PROGRAMS

- Provide youth and parents with examples of healthy foods. (See pages 18 and 20.)
- Model good nutrition; when you have celebrations, fundraisers, and meetings, the foods served should be healthy foods.
- Serve fruit, veggies, and other healthy foods for snacks at program-sponsored events.
- Offer nonfood prizes as rewards for good behavior instead of cookies and candy.
- Use games, field trips, or extra playtime instead of food-based celebrations.
- Instead of selling unhealthy foods, choose from the list of creative fundraisers. (See page 22.)
- OST staff should model healthy eating habits in front of youth.
- Educate OST youth about healthy food using some of the lessons in this toolkit.
- Give your food service provider suggestions of healthy snacks and meals that your youth enjoy. Offer to host a taste-test!
- Have youth, parents and staff sign pledge in toolkit to encourage them to eat and bring in healthy food during OST programming. (See pledge in introduction.)



# Section 1: Food & Nutrition



**Guideline #3** Each OST provider adopts a comprehensive strategy to improve the food environment during OST, reflecting food service requirements, community perspectives, and good nutrition by eliminating outside food, or allowing food in the program that reflects recommended health and nutrition principles, for example, the Dietary Guidelines for Americans 2010.

## Go, Slow, Whoa Snacks

FOOD GROUP	GO FOODS Eat almost anytime	SLOW FOODS Eat sometimes or less than often	WHOA FOODS Eat only once in a while or on special occasions
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Raw vegetables like carrots, celery, broccoli, green beans with low-fat dressing</li> </ul>	<ul style="list-style-type: none"> <li>Baked French fries</li> <li>Fresh vegetables with regular dressing</li> </ul>	<ul style="list-style-type: none"> <li>Hash browns</li> <li>French fries</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>All fresh fruits – whole or cut up</li> <li>Canned or frozen fruit in their own juice</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruits (e.g., raisins)</li> <li>Fruits canned in light syrup</li> <li>100% fruit juices</li> <li>Frozen fruit juice bars</li> </ul>	<ul style="list-style-type: none"> <li>Fruits canned in heavy syrup</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>Low-fat yogurt</li> <li>Low-fat string cheese</li> <li>Fat-free or low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate milk</li> <li>Low-fat frozen yogurt</li> <li>2% milk</li> </ul>	<ul style="list-style-type: none"> <li>Ice cream</li> <li>Whole milk</li> <li>Milk shakes</li> <li>Full-fat cheeses</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>Whole grain crackers</li> <li>Whole grain cereal</li> <li>Whole grain muffins</li> <li>Whole grain pretzels</li> <li>Air-popped popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Baked tortilla chip</li> <li>White bread</li> <li>White crackers</li> <li>Low-fat microwave popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Cookies, cakes, pies</li> <li>Donuts</li> <li>Sweetened cereals</li> <li>Honey buns</li> <li>Cheese and buttery popcorn</li> </ul>
<b>Meat/Nuts/Beans</b>	<ul style="list-style-type: none"> <li>Unsalted sunflower seeds</li> <li>Tuna in water</li> <li>Unsalted nuts</li> <li>Hummus</li> <li>Bean dip</li> <li>Three bean salad</li> </ul>	<ul style="list-style-type: none"> <li>Salted sunflower seeds</li> <li>Tuna in oil</li> <li>Turkey or beef jerky</li> <li>Hoagies with wheat bread</li> </ul>	<ul style="list-style-type: none"> <li>Hot dogs</li> <li>Chicken nuggets</li> <li>Hoagies with white bread</li> <li>Fried chicken</li> <li>Hamburgers</li> <li>Cheesesteaks</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>Water</li> <li>Free-fat or low-fat milk</li> <li>Unsweetened ice tea</li> <li>V-8 juice</li> <li>Fruit smoothies</li> <li>Seltzer water</li> </ul>	<ul style="list-style-type: none"> <li>100% fruit juices</li> <li>2% milk</li> <li>Sport drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fruit punch, lemonade</li> <li>Soda</li> <li>Sweetened ice teas</li> <li>Whole milk</li> </ul>

# Section 1: Food & Nutrition



**Guideline #3** Each OST provider adopts a comprehensive strategy to improve the food environment during OST, reflecting food service requirements, community perspectives, and good nutrition by eliminating outside food, or allowing food in the program that reflects recommended health and nutrition principles, for example, the Dietary Guidelines for Americans 2010.

## Healthy School Celebrations

***Let's party! From birthday parties to holiday celebrations, there are many celebrations in OST sites. Along with the fun, usually comes food. Just one school party can include pizza, sugary beverages, chips, cake, and ice cream, plus a goodie bag with candy.***

Offering so many treats so often can contribute to unhealthy eating habits. However, with a few easy changes, parents, OST staff, and students can shift the focus of school parties from unhealthy food to healthy fun.



### TIPS FOR NONFOOD CLASSROOM CELEBRATIONS

- Have a scavenger hunt for items or information around your OST site. Have children search for items related to the party theme.
- Provide “free choice” activity time at the end of the day.
- Provide extra recess time.
- Celebrate creatively by setting up craft stations and playing music in the background.
- Plan special party games.
- Have a dance party.
  - Read a children’s book related to the party theme.
  - Allow students to pick a book of their choice and ask the principal or a parent to come in and read it.

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## CELEBRATE WITH A VARIETY OF HEALTHY SNACKS

*Serve snacks with fun plates, napkins, cups, or straws, or have a tasting party where children can vote for their favorite healthy snack.*

- Trail mix (pretzels, dried fruit, whole grain low-sugar cereals, sunflower or sesame seeds, etc.)
- Fruit kabobs made with a variety of fruits
- Yogurt parfaits with fat-free or low-fat yogurt, granola, and fruit
- Light or low-fat popcorn (without butter)
- Fat-free or low-fat pudding
- Applesauce or other fruit cups
- Raw veggies served with fat-free or low-fat dip, like salad dressing or hummus
- Bananas or strawberries and yogurt as a dip
- Graham crackers with jam or apple butter
- Fresh apple slices with caramel or yogurt dip
- Raisins or dried fruit such as bananas, apples, peaches, apricots, plums, etc.
- Whole grain tortilla chips and salsa
- Healthy breads, like corn bread or banana bread
- Whole grain cereal bars
- 100% frozen fruit bars
- Fruit smoothies
- Crackers and cheese
- Hummus and vegetables





# Section 1: Food & Nutrition



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## Healthy Incentive Days!

### PHYSICAL ACTIVITY

**Themed days: Students can make an art project earlier in the week that goes along with the theme for the incentive day**

- Carnival/fair
- Olympics
- Dancing with the staff day
- Glee or other popular TV show theme
- Staff vs. student basketball game
- Hula hoop competition
- Double-dutch competition

### Dance parties:

- Line dancing
- Salsa
- Other cultural music
- Children bring in their favorite CD (approved by staff)

### Cooperative games

### HEALTHY NUTRITION

#### Create your own fruit smoothies!

- Visit local garden to see how/where fruits grow
- Children learn about different fruits
- Children pick out fruits to use in their fruit smoothie

#### Air-popped popcorn day!

- Students can choose what spices to add to their popcorn: Cinnamon, Cayenne pepper, Chili powder, Paprika, Parmesan cheese

#### Healthy cooking/snack day!

- Build a salad
- Ants on a log

#### Make your own trail mix

- Dry whole grain cereal
- Low-fat granola
- Raisins or dried fruits
- Whole grain pretzels
- Nuts (if permitted by site)

#### Make your own yogurt fruit parfait

- Low-fat yogurt
- Fruit of choice (strawberries, blueberries, etc.)
- Low-fat granola or whole wheat cereal

#### Fruit and vegetable tasting

#### Trip to the farmers market

# Section 1: Food & Nutrition



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## Read It Before You Eat It! Understanding the Nutrition Facts

### SAMPLE FOOD LABEL: POTATO CHIPS

The **Serving Size** defines the size of the portion.

**Calories** are a measurement of energy.

**Total fat** lists the amount of fat in a serving. Eat a diet low in dietary fats. Avoid foods high in saturated and trans fat. Remember if you have more than one serving you need to multiply the amount per serving times the number of servings.

20% or higher means that your food is a good source of this vitamin or mineral.

5% or lower means your food is low in that vitamin or mineral.

### Nutrition Facts

Serving Size 1 oz. (28 g)  
Servings Per Container 10

Amount Per Serving

**Calories** 150      **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g      **15%**

**Saturated Fat** 1.5g      **8%**

**Trans Fat** --g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 14g      **5%**

**Dietary Fiber** 1g      **4%**

**Sugars** 0g

**Protein** 2g

**Vitamin A** 0%      • **Vitamin C** 8%

**Calcium** 0%      • **Iron** 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**Servings Per Container** show how many servings are in the container.

Limit foods high in cholesterol, sodium and sugar. Consuming too much fat, cholesterol, sodium, and sugar can lead to weight gain, heart disease and diabetes.

The **% Daily Value** shows the percent of this nutrient compared to what you need in a day. Eat less foods with high percentage of fats, cholesterol, and sodium.

A higher % Daily Value for fiber or protein is good.

Remember to multiply the number of servings you eat times each nutrient to get realistic nutrition information.

# Section 1: Food & Nutrition



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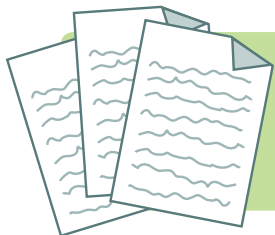
## Alternative Non-Food Fundraiser Ideas

### TO DO

- Ask local businesses to donate a portion of their sales on a given date to your OST program.
- Organize a marathon; dance-a-thon, bike-a-thon, walk-a-thon, read-a-thon, and have sponsors pledge money, per mile, or numbers of books/pages.
- Organize a car wash.
- Hold a talent show and sell tickets.
- Invite community members and businesses to donate items for a silent auction.
- Rent-a-teen helper
- Penny wars (pennies +1 point, nickels +5 points, quarter +25 points, team with the most points wins)
- Book fair
- 3-on-3 basketball tournament
- Recycle cell phones and printer cartridges.
- Bowling/Skate night

### TO SELL

- Magazines
- Holiday ornaments/flowers
- Mother's Day baskets
- Picture frames
- Gift wrap
- Greeting cards
- Pedometers
- Cookbooks with healthy recipes
- Balloon bouquets
- Calendars with photos and upcoming events
- Music CDs
- Fitness video/DVD
- Valentine's Day flower sale
- Halloween pumpkin sale
- Vegetable seedling or herb plants
- Tickets to a sporting event or concert
- Sport equipment: jump ropes, balls, hula hoops, Frisbees



Additional resources available: see the "Analyzing Fast Food" activity and the "Let's Eat for the Health of it" handout in Nutrition Resources & Parent Handouts section.

# Section 1: Food & Nutrition



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## Food in After School Programs

Many OST programs offer snacks or meals to youth. The National School Lunch Program and the Child and Adult Care Food Program (CACFP) are both programs of the U.S. Department of Agriculture, which reimburses meals and snacks at schools and OST programs serving youth from low-income families. Each program has specific requirements for the types of foods that must be included to get reimbursed. If your program is located in a School District of Philadelphia (SDP) building, OST snacks or meals are provided by the Division of Food Services of the School District of Philadelphia. Programs not housed in SDP buildings may utilize any of the following “school food sponsors” for meals or snacks. These sponsors will provide the food. Your OST program will need to provide necessary documentation for the sponsors to get reimbursed for the food.

### Nutritional Development Services (NDS)

Archdiocese of Philadelphia  
222 North 17th Street, Philadelphia, PA 19103  
215-895-3470  
<http://www.ndsarch.org/>

### Primo Food Service

2411 Kingman Drive  
Wilmington, DE 19810  
800-249-0521  
[www.primofoodservice.com](http://www.primofoodservice.com)

### CBS Kosher Food Program

85 Tomlinson Rd Unit D, Huntingdon Valley, PA 19006  
215-938-0201  
<http://www.cbsfoodprogram.com/index.html>

### Preferred Meals

800-886-6325 ext.#9967  
<http://www.preferredmealsystems.com/>  
[sales@preferredmealsystems.com](mailto:sales@preferredmealsystems.com)

### Philadelphia Parks & Recreation

215-685-2725

Sites may also provide snacks or meals on their own, or contract with another food provider or caterer. To find out how to provide after-school meals through your organization, contact the Pennsylvania Department of Education, Division of Food and Nutrition at 800-331-0129. Kitchens will need to be certified by the Philadelphia Department of Health, Division of Food Protection. See Food and Nutrition Guideline 6 for more information.



# Section 1: Food & Nutrition



**Guideline #4** A pleasant social environment is provided during scheduled meals and snacks, encouraging social interaction, conversation, and positive eating behaviors.

## How This Guideline Helps OST Youth

A pleasant social eating environment is relaxing, promotes healthy eating habits, and allows youth to accept and enjoy meals and snacks without pressure. This allows youth to learn to listen to their hunger cues and understand when they are full, attain self-control, and practice mindful eating. OST programs can encourage youth to try new foods by increasing their exposure to a greater variety of foods.

Never praise, reward or bribe a youth to finish a meal, or use food as a punishment. Weight problems can result if food is used as a reward or punishment. Offer healthy foods and let youth choose how much to eat.



## TIPS FOR OST PROGRAMS TO PROMOTE HEALTHY EATING BEHAVIORS

- Have regularly scheduled meals and snacks and avoid eating in between.
- Allow plenty of time to eat and enjoy foods.
- Allow youth to eat in small groups to encourage socializing and conversation.
- Trust children with their food. If children say they are hungry at mealtime, it is okay for them to eat. If they say they are full, it is okay for them to stop. It is important for everyone to get a sense of when they have had enough.
- Offer positive feedback to reinforce nutrition guidelines.
- Set clear expectations for mealtime behaviors and socialization. For example, expectations may include sharing pleasant conversations, trying new foods, practicing good table manners, and helping with clean up.
- Be a role model. Youth respect and look up to their teachers. If youth see their teachers eating healthy foods they will learn to like them too.
- Involve youth with planning meals, food preparation and clean up.
- Encourage youth to try new foods. Explain that learning to like new foods takes time and encourage them to try to be open-minded.
- Never force or bribe youth with food.
- Don't use mealtime and snack time to reward or discipline youth.

# Section 1: Food & Nutrition



**Guideline #4** A pleasant social environment is provided during scheduled meals and snacks, encouraging social interaction, conversation, and positive eating behaviors.

## Promoting Positive Eating Behaviors

### *Have regular family meals.*

When youth know when meals are served, they will come to the table hungry and ready to eat. Scheduled family meals and snacks encourage positive interactions between parents and children. Studies have shown that children who have regular family meals are less likely to become overweight and do better in school. This is a great opportunity to learn about what is going on in your children's lives. Even if you are bringing in takeout food, sit down and eat together as a family.

### *Cook more meals at home.*

Eating home-cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Preparing meals at home is also less expensive than dining out. Save dining out for special occasions.

### *Involve children with food chores.*

Children like to help adults shop for groceries, choose what goes in their lunch box, prepare dinner, and clean up. It's also a chance for you to teach them about different foods, their nutritional value, and (for older children) how to read food labels.

### *Make a variety of healthy snacks available.*

Keep plenty of fruits, vegetables, whole grain snacks, and healthy beverages (water, milk, 100% fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.

### *Be a role model.*

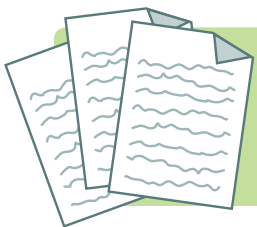
Parents are children's first teachers. Children often mimic their parents' behaviors. If children see their parents eating healthy foods it is more likely that youth will choose healthy foods too.

### *Don't force or bribe kids with foods.*

Offer and encourage youth to try new foods. Be patient, it sometimes takes more than a dozen times to learn to like a new food. Eating is a learned behavior and it takes time to learn new flavors and textures. Forcing may result in kids refusing certain foods.

### *Let your children choose how much to eat.*

Suggest they take enough food to start and more if they are still hungry. Don't insist that children finish all their food unless they want to. Let them know they won't be eating again until snack time or the next meal.



Additional resources available: see the "Be a Healthy Eating Role Model" and the "Benefits of Family Meals" posters in Nutrition Resources & Parent Handouts section.

# Section 1: Food & Nutrition



**Guideline #5** OST programs that offer nutrition education use credible nutrition materials from nonprofit, federal, state, or city agencies. Educational materials with food company logos or advertising are not to be used.

## How This Guideline Helps OST Youth

Nutrition education helps youth and their families make healthier food choices and develop healthy eating behaviors.

Nutrition education can be formal or informal. For example, it may be led by a nutrition educator, with or without the help of curriculum, or it can take advantage of teachable moments during eating times.

Nutrition education can take place anywhere: in the classroom, in a food store, in a vegetable garden, through a cooking class, or at mealtime. Send the right health messages to youth. Avoid using materials from food companies that use health messages as marketing tools that can be misleading.

Nutrition information should come from credible sources, without any bias from food companies trying to sell their products. Credible sources include government agencies, universities, school districts, nonprofit agencies, and health education foundations.

## TIPS FOR OST PROGRAMS TO OFFER NUTRITION EDUCATION

- Hang nutrition posters, like MyPlate or ReThink Your Drink.
- Discuss the benefits of healthy foods during snack and mealtime.
- Include activities that involve healthy eating.
- Have youth create a list of fruits and vegetables they want to try. Then sample them each week.
- Provide handouts, coloring pages, and healthy eating worksheets.
- If possible, get youth involved with food preparation. A food activity, like making pizza or smoothies, or a vegetable tasting offer youth hands-on experience.

# Section 1: Food & Nutrition



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## Nutrition Education in OST

### ONLINE RESOURCES

#### OST Project Based Learning Blog

<http://ostprojects.wordpress.com/2011/02/28/school-gardens/>

A resource for OST providers in Philadelphia, this project-based learning website offers examples of successful PBL activities including gardening activities.

#### Media Smart Youth

<http://www.nichd.nih.gov/msy/index.htm#subnav3>

Media Smart Youth is an interactive after-school program for youth **ages 11-13**. The goal of this program is to show youth how the media can influence their nutrition and physical activity choices. This program is designed to help students become critical thinkers and develop skills on how to make good decisions concerning their health.

#### Milk Matters

<http://www.nichd.nih.gov/milk/teachers/index.cfm>

Milk Matters is a public health campaign designed to encourage youth to consume more calcium-rich foods. This site allows providers to find a variety of activities such as fun worksheets and online games for **all ages**.

#### Team Nutrition

<http://teamnutrition.usda.gov/Resources/eatsmartmaterials.html>

Team Nutrition is a national initiative designed to bring youth, schools, and families together to improve the health of the nation's children. This initiative based on the principles of the Dietary Guidelines and MyPyramid encourages students and their parents to eat a variety of low-fat and nutrient-rich foods. Even though schools are the primary focus for Team Nutrition there are many great and interactive materials on this site that can be used in any setting.

#### Produce for a Better Health Foundation

<http://www.pbhfoundation.org/educators/teachers/curriculum/index.php>

Produce for a Better Health Foundation is an organization that is dedicated to ensuring that individuals have access to fruits and veggies. Their curriculum "Healthy Eating with Peanut and Produce," designed for **grades 3-6** teaches students the nutritional benefits of eating fruits, vegetables, and peanuts. Another great component of this curriculum is that it teaches students where we get our food.



# Section 1: Food & Nutrition



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## **Eat.Right.Now**

<http://philasad.org/offices/nutrition>

The Eat.Right.Now Program provides nutrition education in Philadelphia public and charter schools for youth and low-income families. To see if your program qualifies for this free program, check out the Eat.Right.Now website.

## **MyPlate.gov**

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

This communication initiative based on the 2010 Dietary Guidelines is designed to serve as a reminder to eat healthy at all times. The main objectives of MyPlate are to remind consumers to balance calories and what foods to increase and reduce.

## **We Can!**

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

We Can! is a national movement spearheaded by the National Heart, Lung, and Blood Institute that is designed to give parents, caregivers, and communities the tools to help prevent obesity in children **ages 8-13**. On We Can!'s website you can find informative factsheets tailored towards adults and interactive activities for children.

## **KidsHealth by Nemours**

<http://kidshealth.org/>

KidsHealth is a popular website for children's health and development. This is a good website to visit if you are looking

for healthy recipe ideas or if you are trying to get a better understanding of the terms that surround nutrition.

## **Tiger's Action Plan - Fit Plan Living Healthy**

<http://web.tigerwoodsfoundation.org/programs/twlcLessons/fitPlan/index>

Developed and tested at the Tiger Woods Learning Center, Fit Plan is a unique curriculum focusing on living healthy through nutrition activities, exercise, and diet. This contains many good lessons and fun activities using real-life examples. **All ages.**

## **National Heart, Lung, and Blood Institute's Portion Distortion**

<http://hp2010.nhlbihin.net/portion/>

Over the past 20 years the portion sizes served at restaurants and fast food establishments have increased. To find out how today's portions compare to the portions available 20 years ago, quiz yourself on Portion Distortion I (2003) and Portion Distortion II (2004). You will also learn about the amount of physical activity required to burn off the extra calories provided by today's portions.

## **Growing Healthy Habits**

<http://md.nutrition-ed.org/>

This curriculum developed by the University of Maryland teaches nutrition through gardening.

# Section 1: Food & Nutrition



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## TAKE ADVANTAGE OF LOCAL TALENT

There are many food and nutrition experts in your community. For example nutrition experts may include chefs, university nutrition students, hospital dietitians, and farmers. Invite them to come in and speak to youth about their careers. If they have nutrition cooking expertise, they can do a food demonstration or tasting at your site.

Nutrition education from SNAP-Ed or Penn State is available in many of our communities and may be able to work with your youth. <http://www.panen.org/philadelphia-county>



# Section 1: Food & Nutrition



**Guideline #6** The OST program serves meals and snacks in a clean and safe environment, at proper serving temperatures, in compliance with the Philadelphia Department of Public Health Office of Food Protection requirements.

## How This Guideline Helps OST Youth

Safe food handling is critical to help prevent food borne illnesses and to keep people healthy. Handwashing is essential to prevent the spread of infections. Food should be completely defrosted and served at proper serving temperatures for youth to enjoy. Serving utensils as well as food preparation and eating surfaces must be clean and sanitized.

### TIPS FOR OST PROGRAMS FOR HANDWASHING

- Always wash your hands before and after handling or serving food.
- Hang handwashing signs on bathroom walls to remind youth and staff to wash their hands.
- Wash your hands after using the bathroom, taking out the trash, eating, drinking, smoking, gardening, or handling any chemicals.



Additional resources available: see the “Wash Your Hands” posters in the Nutrition Resources & Parent Handouts section.

*All OST sites must register with the Office of Food Protection in the Philadelphia Department of Public Health. Go to [www.phila.gov/health/environment/foodprotection.html](http://www.phila.gov/health/environment/foodprotection.html) and fill out pages 22-24.*

# Section 1: Food & Nutrition



**Guideline #6** The OST program serves meals and snacks in a clean and safe environment, at proper serving temperatures, in compliance with the Philadelphia Department of Public Health Office of Food Protection requirements.



## TIPS FOR OST PROGRAMS TO KEEP FOOD SAFE

Wash hands for at least 10-15 seconds with soap and warm water. Use a paper towel to turn off the faucet!

- Defrost and store food in the refrigerator and not on the counter.
- If you touch raw meat before serving and preparing another food, always wash hands, and make sure the preparation surfaces are clean.
- Rinse fresh fruits and veggies before serving.
- Serve and prepare food on clean surface areas.
- Clean all surface areas with detergent and hot water.
- Make sure that dishes and utensils are clean before using.
- Do not serve or prepare food for others if you are sick.
- Do not sneeze or cough near food.
- Keep cold food cold, keep hot food hot.
- Wear plastic gloves when working with, or serving foods that will not receive further cooking.



Section

1

# Nutrition Resources & Parent Handouts



# Section 1: Food & Nutrition



## Additional Resources

### Guideline 1

- Philadelphia Department of Public Health: <http://foodfitphilly.org/all-about-sugary-drinks/facts/>
- Harvard School of Public Health: <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html>
- Liquid Candy, Center for Science in the Public Interest: <http://www.cspinet.org/liquidcandy/index.html>
- The Negative Impact of Sugar Sweetened Beverages on Children's Health  
The Robert Wood Johnson Foundation Healthy Eating Research Synthesis, November 2009:  
<http://www.rwjf.org/childhoodobesity/product.jsp?id=52668>
- Sweet and Vicious, The Case Against Sugar, by Gary Taubes, April 17, 2011, [The New York Times Magazine](#)
- Are You Pouring on the Pounds? NYC Health Anti-Soda Ads
  - Man Drinking Fat: <http://www.youtube.com/watch?v=-F4t8zL6F0c>
  - Do You Drink 93 Sugar Packets a Day?: <http://www.youtube.com/watch?v=hF8XnU4L33U>
  - Man Eating Sugar: <http://www.youtube.com/watch?v=62JMfv0tf3Q>
- PSA on Sugar-Loaded Beverages, Seattle & King County Public Health Dept:  
<http://www.youtube.com/watch?v=6idXR08Voas&NR=1>
- How Much Sugar in a Can of Cola?: <http://www.youtube.com/watch?v=yKZ2ZqBYlrI&NR=1>

### Guideline 2

- Water in Schools: [www.Waterinschools.org/faqs](http://www.Waterinschools.org/faqs)

### Guideline 3

- Dietary Guidelines: <http://health.gov/dietaryguidelines> or <http://www.cnpp.usda.gov/dietaryguidelines.htm>
- MyPlate: <http://www.choosemyplate.gov/> or <http://www.choosemyplate.gov/food-groups/>

### Guideline 4

- Ellyn Satter: <http://www.ellynsatter.com/>

### Guideline 6

- Food Safety: <http://www.foodsafety.gov/>  
<http://www.fightbac.org/>

# Healthy Living Guidelines Pledge for Parents

The Healthy Living Guidelines are an important part of keeping children healthy, fit, and active in their OST programs. The Healthy Living Guidelines include:

## FOOD AND NUTRITION

**Guideline #1** OST programs do not serve or allow sugary drinks.<sup>1</sup>

**Guideline #2** Safe, fresh drinking water is available to youth at all times, indoor and outdoors, including field trips.

**Guideline #3** Each OST provider adopts a comprehensive strategy to improve the food environment during OST, reflecting food service requirements, community perspectives, and good nutrition by eliminating outside food, OR allowing food in the program that reflects recommended health and nutrition principles, for example, the Dietary Guidelines for Americans 2010.

**Guideline #4** A pleasant, social environment is provided during scheduled meals and snacks, encouraging social interaction, conversations, and positive eating behaviors.

**Guideline #5** OST programs that offer nutrition education use credible nutrition materials from nonprofit, federal, state, or city agencies. Materials with food company logos or advertising are not to be used.

**Guideline #6** The OST program serves meals and snacks in a clean and safe environment, at proper serving temperatures, in compliance with the Philadelphia Department of Public Health Office of Food Protection requirements.

## PHYSICAL ACTIVITY

**Guideline #1** School-year OST programs serving youth in grades K-5 provide a minimum of 30 minutes per day, 150 minutes per week of moderate to vigorous activity. Summer OST programs serving youth in grades K-5 provide a minimum of 60 minutes of daily OST time or a minimum of 300 minutes per week of moderate to vigorous<sup>2</sup> activity. OST programs serving youth in grades 6-12 provide a minimum of 20% of daily or weekly OST time of moderate to vigorous activity.

**Guideline #2** Non-work screen time<sup>3</sup> is limited to 30 minutes per 3-hour block of OST time.

**Guideline #3** OST programs provide a safe environment for play and physical activity.

**Guideline #4** OST programs provide equitable opportunities for all youth to participate in quality sport and fitness programs.

<sup>1</sup>Sugary drink: a non alcoholic beverage with added sugar, such as soda, non-100%-fruit drinks, sports drinks, flavored water, energy drinks, and ready-to-drink sweetened tea and coffee.

<sup>2</sup>Moderate intensity: exercise causing sweating but talk is possible. Vigorous intensity: exercise causing rapid breathing and unable to talk.

<sup>3</sup>Work can include homework, project-based learning, and enrichment work. Screen-time is defined as sitting in front of a television, video or computer screen, computer game, or gaming system.

My child needs nutritious foods and physical activity to be able to learn, develop properly and live a healthy lifestyle. As a parent of the \_\_\_\_\_ OST program, I understand that modeling the Healthy Living Guidelines allows my child to lead healthier and more enjoyable lives while in their OST program.

Therefore, I \_\_\_\_\_ pledge to encourage my child to follow the Healthy Living Guidelines, as stated above when they are present in \_\_\_\_\_ Out-of-School-Time program. I will also support the staff at \_\_\_\_\_ Out-of-School Time program by ensuring that my child(ren) is/are dressed properly for physical activity and by providing only healthy foods and beverages for snacks, fundraisers and other celebrations. I will attempt to follow these guidelines not only during afterschool but also at home to the best of my ability so my child(ren) and I can lead a healthier life.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of child or children

# Healthy Living Guidelines Pledge for Youth

The Healthy Living Guidelines were created to help keep my classmates and I healthy, active and having fun afterschool in my OST program. The Healthy Living Guidelines include:

## FOOD AND NUTRITION

**Guideline #1** OST programs do not serve or allow sugary drinks.<sup>1</sup>

**Guideline #2** Safe, fresh drinking water is available to youth at all times, indoor and outdoors, including field trips.

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<sup>2</sup>Moderate intensity: exercise causing sweating but talk is possible. Vigorous intensity: exercise causing rapid breathing and unable to talk.

<sup>3</sup>Work can include homework, project-based learning, and enrichment work. Screen-time is defined as sitting in front of a television, video or computer screen, computer game, or gaming system.

I need healthy foods and physical activity to be able to learn, grow and be healthy adults. As a student of the \_\_\_\_\_ OST program, I understand that by following the Healthy Living Guidelines while I am in my OST program will help me achieve these goals.

Therefore, I \_\_\_\_\_ (name) pledge to follow the Healthy Living Guidelines, listed above while I am attending the \_\_\_\_\_ Out-of-School-Time program.

I will follow the guidelines:

- By following and listening to my teachers' directions while exercising so my classmates and I will not get injured.
- By bringing only healthy foods and drinks such as fruits, vegetables and water to my OST program.
- By leaving my videos games and cell phone in my book bag during OST hours.

I will attempt to follow these guidelines not only during afterschool but also at home to the best of my ability so I can lead a healthier life.

---

Signature

---

Date



# Your Child's After-School and Summer Camp Program Is Sugary Drink Free!

Sugary drinks are full of sugar and calories. When kids drink sugary drinks instead of milk, juice, or water, they probably are not getting the nutrients they need for healthy growth. Sugary drinks can lead to an unhealthy weight and cavities, and many parents and teachers report that youth behave better when they avoid sugary drinks.

## SUGARY DRINKS INCLUDE:

- Non-diet sodas: orange, cola, grape, ginger ale, root beer, or lemon-lime, etc.
- Sweetened iced tea, sweetened tea, or coffee drinks
- Fruit drinks: Little Hugs, fruit punch
- Non-diet flavored water: fruit waters, energy waters
- Sports drinks
- Sweetened ice-based drinks, icy slushies, water ice
- Fruitades: lemonade, limeade
- Energy drinks: Red Bull, Monster

## *Serve and send in healthy drinks!*

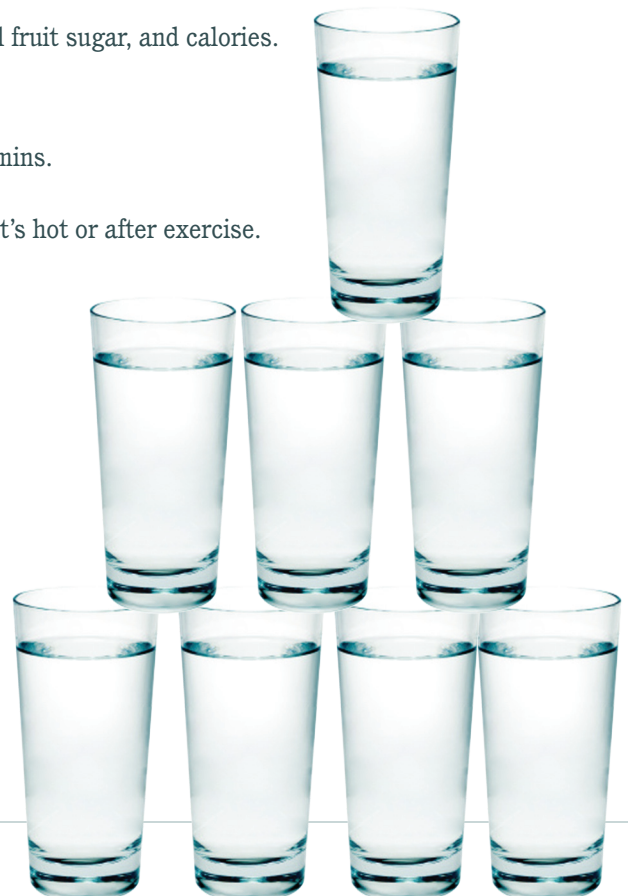
Fat-free or low-fat milk and 100% fruit or vegetable juice, and water are the healthiest drinks.

Try lactose-free milk, rice milk, almond milk or soy milk if your child has trouble digesting milk due to “lactose intolerance”

100% fruit juice is loaded with vitamins and minerals, natural fruit sugar, and calories.  
8 ounces a day is plenty!

100% vegetable juice is delicious and loaded with lots of vitamins.

Everyone needs about 8 cups of water a day, and more when it's hot or after exercise.





# Rethink Your Drink

*A great activity for staff, youth, and parents, this activity will help students see how much sugar is added to various beverages.*

Class participants will examine the beverages they drink. They will learn how to read food labels to make healthier beverage choices and understand serving sizes.

## Materials needed

- Several beverage containers with nutrition labels
- Measuring spoons or plastic teaspoons
- Sugar
- Clear plastic drinking cups



## Activity

1. Depending on the number of individuals, divide students into small groups, have them work individually. If they are too young to do the math, it may be necessary to show them how to figure out the amount of sugar per beverage.
2. Ask youth to think about how many bottles of sugary drinks they usually drink every day.
3. Provide each group with a beverage label. Have group members read the labels and figure out how many servings are in each container. Example: A 20-ounce container is 2 ½ servings. See label reading handout (*Read It Before You Drink It*) for details.
4. Multiply the number of grams of sugar (see nutritional label) per serving by the number of servings in the beverage container.
5. One teaspoon equals four grams of sugar; therefore divide the grams of sugar number by 4.
6. Have a student, or group leader, measure out the number of teaspoons of sugar in their beverage into clear plastic cups.
7. Compare the amount of sugar in the various beverages.
8. Discuss the effects too much sugar has on our bodies.

\_\_\_ servings per beverage container X

\_\_\_ grams sugar per serving =

\_\_\_ grams in beverage container

\_\_\_ grams in beverage container ÷



\_\_\_ (# of grams/teaspoon) =

\_\_\_ teaspoons sugar per beverage container



# Rethink Your Drink

DRINK NAME: \_\_\_\_\_

## Step One:

number of servings		grams of sugar in one serving		total amount of sugar
_____		_____		_____

## Step Two:

total amount of sugar		grams of sugar in one teaspoon*		total number of teaspoons of sugar
_____		_____		_____



\* 4 grams of sugar = 1 teaspoon of sugar

DRINK NAME: \_\_\_\_\_

## Step One:

number of servings		grams of sugar in one serving		total amount of sugar
_____		_____		_____

## Step Two:

total amount of sugar		grams of sugar in one teaspoon*		total number of teaspoons of sugar
_____		_____		_____

\* 4 grams of sugar = 1 teaspoon of sugar

# Drinking Water Availability Checklist

Use this simple checklist to evaluate water availability in your site.

## Indoor

Yes No Plan to improve

Is fresh, safe drinking water available, free of charge?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are all drinking water sources clean?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are all cups, coolers, and water bottles clean?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Is water available at meals?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Is water pleasant in terms of taste and temperature?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are posters hanging that highlight the benefits of drinking water?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are youth encouraged to drink water?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are pipes free of lead?	<input type="checkbox"/>	<input type="checkbox"/>	_____

## Outdoor

Yes No Plan to improve

Are water fountains/coolers available?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Do supervisors refill water coolers when needed?	<input type="checkbox"/>	<input type="checkbox"/>	_____

## OST trips

Yes No Plan to improve

In the summer: Is cool fresh water provided to students during trips?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are parents sent reminders to provide water bottles?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Is there a plan in case a child forgets/loses their water bottle?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Are adequate water and toilet breaks scheduled for trips lasting an hour or longer?	<input type="checkbox"/>	<input type="checkbox"/>	_____
Does staff schedule water breaks and actively remind youth to drink regularly on trips?	<input type="checkbox"/>	<input type="checkbox"/>	_____

# How Much Calories, Fat, Salt, & Sugar Do I Need Each Day?

## FEMALES

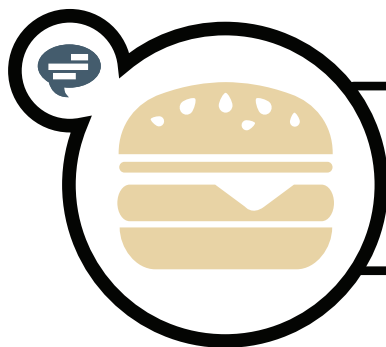
Age	Activity Level	Calories	Fat 30 % or less of calories from fat per day	Sodium (salt) In milligrams (mg)	Sugar
9-13	Not active	1,400-1,600	50	1,500*- 2,300	None
	Active	1,600-2,000	60	1,500*- 2,300	None
	Very Active	2,000	67	1,500*- 2,300	None
14-18	Not Active	1,800	60	1,500*- 2,300	None
	Active	2,000	67	1,500*- 2,300	None
	Very Active	2,400	80	1,500*- 2,300	None

\* Further reduce sodium intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.

## MALES

Age	Activity Level	Calories	Fat 30 % or less of calories from fat per day	Sodium (salt) In milligrams (mg)	Sugar
9-13	Not active	1,600-2,000	60	1,500*- 2,300	None
	Active	1,800-2,200	60-73	1,500*- 2,300	None
	Very Active	2,000-2,600	67-87	1,500*- 2,300	None
14-18	Not Active	2,000-2,400	73-80	1,500*- 2,300	None
	Active	2,400-2,800	80-93	1,500*- 2,300	None
	Very Active	2,800	93	1,500*- 2,300	None

\* Further reduce sodium intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.



## STUDENT SHEET 1.5A

# ANALYZING FAST FOOD

### INTRODUCTION:

Mmmmm... fast food; so delicious, but do you really know what you are putting into your body when you eat a cheeseburger and french fries? Do you ever feel lazy and bloated after a fast food meal? Fast food is very cheap, convenient and tasty, but the food is loaded with empty calories, fat, sodium and sugar – nutrients that can alter mood and cause stomach pains if eaten in excess. The following activity will help show you what is lurking in your favorite fast food meals!

### MATERIALS (OPTIONAL):

- Shortening
- Table sugar
- Digital scale or teaspoons
- Spoons
- Weighing boats or clear cups
- Fast food nutrition facts

### PROCEDURE: PART I- FINDING OUT THE FACTS

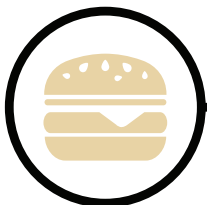
1. Using the nutrition facts from Student Sheet 1.5b or the internet, record the amount of calories, fat, sodium and sugars from each of your food items in the data table below.

### ANALYSIS:

<u>FOOD ITEM:</u>	<u>CALORIES:</u>	<u>TOTAL FAT (G):</u>	<u>SODIUM (MG)</u>	<u>SUGAR (G)</u>
<u>TOTAL:</u>				

1. What do you think about the amount of calories, fat, sodium and sugar in your fast food meal?  
\_\_\_\_\_  
\_\_\_\_\_
2. Look at the total amounts of calories, fat, sodium and sugar in your meal. How do these numbers compare to the recommended daily amounts for the average person?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## ANALYZING FAST FOOD

### PART II: VISUALIZING THE FACTS (OPTIONAL)

#### DIRECTIONS:

Measure the amount of fat (shortening) and sugar (table sugar) in your entire fast food meal using the digital gram scale or a teaspoon. If you are using a teaspoon, use the conversion 1 teaspoon = 4 grams and measure accordingly.

#### FAT:

1. Record the total amount of fat in your meal: \_\_\_\_\_g.
2. Gather the shortening.  
  
If using a scale:
3. Zero the scale with the weighing boat on the measuring platform.
4. Using a spoon, add shortening until the total amount equals the amount of fat in your meal.
5. Set aside final amount.

If using the teaspoon method, assume  
1 teaspoon = 4 grams of fat:

6. Using the teaspoon, add shortening until the total amount equals the amount of fat in your meal. You may need to estimate a fraction of the teaspoon to get the measurement as exact as possible.
7. Set aside the final amount.

#### SUGAR:

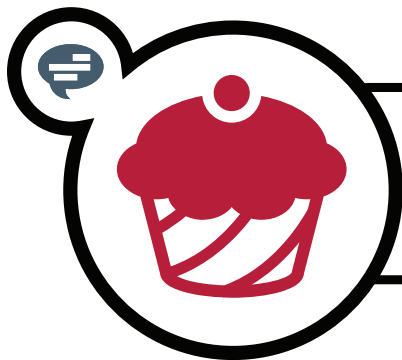
1. Record the total amount of sugar in your meal: \_\_\_\_\_g.
2. Gather the granulated sugar.  
  
If using a scale:
3. Zero the scale with the weighing boat on the measuring platform.
4. Using a spoon, add sugar until the total amount equals the amount of sugar in your meal.
5. Set aside final amount.

If using the teaspoon method, assume  
1 teaspoon = 4 grams of sugar

6. Using the teaspoon, add sugar until the total amount equals the amount of sugar in your meal. You may need to estimate a fraction of the teaspoon to get the measurement as exact as possible.
7. Set aside the final amount.

#### ANALYSIS:

1. Observe your results. What do you think about what you see?  
\_\_\_\_\_  
\_\_\_\_\_
2. Do you think this is a healthy meal? If not, what kind of changes can you make to cut down on the calories, fat, sodium and sugar? List a few examples of healthier menu items.  
\_\_\_\_\_  
\_\_\_\_\_
3. How has this activity changed your outlook on fast food?  
\_\_\_\_\_  
\_\_\_\_\_



## STUDENT SHEET 1.5B

# FAST FOOD NUTRITION FACTS

### LARGE HAMBURGER:

Calories ..... 540  
Total fat ..... 29g  
Sodium ..... 1040mg  
Sugar ..... 9g

### SMALL

### CHEESEBURGER:

Calories ..... 300  
Total fat ..... 12g  
Sodium ..... 750mg  
Sugar ..... 6g

### LARGE

### CHEESEBURGER:

Calories ..... 440  
Total fat ..... 23g  
Sodium ..... 1150mg  
Sugar ..... 7g

### SMALL FRENCH FRIES:

Calories ..... 250  
Total fat ..... 13g  
Sodium ..... 140mg  
Sugar ..... 0g

### MEDIUM FRENCH

### FRIES:

Calories ..... 380  
Total fat ..... 20g  
Sodium ..... 220mg  
Sugar ..... 0g

### LARGE FRENCH FRIES:

Calories ..... 570  
Total fat ..... 30g  
Sodium ..... 330mg  
Sugar ..... 0g

### CHICKEN SANDWICH:

Calories ..... 500  
Total fat ..... 17g  
Sodium ..... 1150mg  
Sugar ..... 10g

### GRILLED CHICKEN

### SANDWICH:

Calories ..... 420  
Total fat ..... 10g  
Sodium ..... 1190mg  
Sugar ..... 11g

### CHICKEN NUGGETS:

### (4PCS)

Calories ..... 170  
Total fat ..... 10g  
Sodium ..... 450mg  
Sugar ..... 0g

### FISH SANDWICH:

Calories ..... 380  
Total fat ..... 18g  
Sodium ..... 660mg  
Sugar ..... 5g

### CHICKEN SALAD W/

### DRESSING:

Calories ..... 320  
Total fat ..... 9g  
Sodium ..... 970mg  
Sugar ..... 11g

### WATER:

Calories ..... 0  
Total fat ..... 0g  
Sodium ..... 0mg  
Sugar ..... 0g

### REGULAR ICED TEA:

Calories ..... 0  
Total fat ..... 0g  
Sodium ..... 15mg  
Sugar ..... 0g

### SMALL SODA:

Calories ..... 150  
Total fat ..... 0g  
Sodium ..... 10mg  
Sugar ..... 40g

### MEDIUM SODA:

Calories ..... 210  
Total fat ..... 0g  
Sodium ..... 15mg  
Sugar ..... 58g

### LARGE SODA:

Calories ..... 310  
Total fat ..... 0g  
Sodium ..... 20mg  
Sugar ..... 86g

### HARD TACO:

Calories ..... 170  
Total fat ..... 10g  
Sodium ..... 350mg  
Sugar ..... 1g

### SOFT CHICKEN TACO:

Calories ..... 270  
Total fat ..... 14g  
Sodium ..... 820mg  
Sugar ..... 3g

### LARGE BURRITO:

Calories ..... 390  
Total fat ..... 13g  
Sodium ..... 1360mg  
Sugar ..... 5g

### BEAN & CHEESE

### BURRITO:

Calories ..... 470  
Total fat ..... 20g  
Sodium ..... 1400mg  
Sugar ..... 5g

### MEDIUM SHAKE:

Calories ..... 550  
Total fat ..... 13g  
Sodium ..... 190mg  
Sugar ..... 72g

### ICE CREAM:

Calories ..... 330  
Total fat ..... 10g  
Sodium ..... 180mg  
Sugar ..... 48g

### BAKED APPLE PIE:

Calories ..... 270  
Total fat ..... 12g  
Sodium ..... 190mg  
Sugar ..... 14g

### COOKIE:

Calories ..... 160  
Total fat ..... 7g  
Sodium ..... 90mg  
Sugar ..... 15g

### FRUIT YOGURT:

Calories ..... 130  
Total fat ..... 2g  
Sodium ..... 55mg  
Sugar ..... 19g

### NACHOS:

Calories ..... 330  
Total fat ..... 21g  
Sodium ..... 530mg  
Sugar ..... 3g

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A Full disclaimer and Additional Fit Plan activities are available at: <http://web.tigerwoodsfoundation.org/programs/twlcLessons/index>.

# Healthy Lunch Tips

In order to ensure your child's health, we would like to recommend healthy options for you to pack your child for lunch. These recommendations are based on daily nutrition recommendations from the United States Department of Agriculture (USDA).

Recommendations include...



Example of a healthy lunch:

- Low-fat turkey and cheese sandwich on whole grain bread with lettuce, tomato and cucumber slices
- Apple or orange slices
- Carrot or celery sticks

Example of a healthy lunch:

- Rice, beans, and veggies
- Mango or banana
- Cheese stick
- 100% fruit juice

# Nutrition Measuring Fast Facts

## MEASUREMENT EQUIVALENTS

### *By volume*

- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1 ounce
- 1 cup = 8 ounces = 16 tablespoons

### *By weight*

- 454 grams = 1 pound
- 16 ounces = 1 pound

## FOR NUTRITION CALCULATIONS

### *Fat*

- 1 teaspoon fat = 4 grams
- 1 gram of fat has 9 calories

### *Salt*

- 1 level teaspoon (6 grams) = 2,400 mg sodium

### *Sugar*

- 1 teaspoon = 4 grams
- 1 gram of sugar has 4 calories

### *Calories*

- 1 pound of fat has 3500 calories
- 1 cup of sugar has 775 calories



## How do I get started?

Organizations can either (1) prepare meals on site or (2) receive ready-to-serve meals.

### (1) To prepare meals on site:

CACFP offers meal planning guidelines to support your organization in preparing nutritious meals. Having a kitchen is not a requirement and meals can be stored in coolers.

To begin serving afterschool meals through your organization, contact the Pennsylvania Department of Education, Division of Food and Nutrition at 800-331-0129.

### (2) Receive ready-to-serve meals:

You can sign up to receive food from a "sponsor" organization, such as Philadelphia Parks & Recreation. Sponsors purchase, prepare, and deliver the food to your door!



## Afterschool Meals Starting Strong at Recreation Centers!

In November 2010, Philadelphia Parks & Recreation began offering healthy afterschool meals. Now in over 40 recreation centers, the program has tailored its menu based on feedback and taste tests from youth and staff. The meals include "kid favorites" such as low-fat string cheese, baby carrots, and sliced apples.

*"These meals have good food. Better than what the kids get at the corner store."*

—Center Supervisor, Northeast Philadelphia

*"I started the afterschool meal program because I know one family doesn't eat. Now I get all these kids coming in asking for the meals."*

—Rec Leader, North Philadelphia

*"I don't have to go out to get food for my kids anymore."*

—Center Supervisor, South Philadelphia

**Contact Philadelphia Parks  
& Recreation to set up meal delivery  
directly to your site.  
Call Patrice Patton at 215-685-2725  
for an application.**

[www.fns.usda.gov/cnd/care/](http://www.fns.usda.gov/cnd/care/)

**City of Philadelphia, Department of Public Health:**  
[www.phila.gov/health](http://www.phila.gov/health)

**Supported by a grant from the U.S. Department  
of Health and Human Services**



**PHILADELPHIA  
PARKS &  
RECREATION**



# Afterschool Meal Program



**Bring healthy meals  
to your center!**



# Healthy Fuel for Afterschool

## What is the Afterschool Meal Program?

The Afterschool Meal Program offers healthy meals to the children you serve in Philadelphia. These meals, composed of the four main food groups, can help youngsters get the energy and nutrition they need to learn and play afterschool.

## What are the benefits to my organization?

- Allows you to use resources for programming, not food.
- Provides hungry children and teens a complete meal.
- Gives parents peace of mind that their children are offered healthy food.
- Offers significant added value to busy families.
- Attracts children and teens to programs that help them learn, socialize, be active, and be safe.

## How does it work?

Funding for the afterschool meal program is made possible through the USDA Child and Adult Care Food Program (CACFP). CACFP provides a reimbursement based on the number of children who participate in your organization's programming. As child participation increases, so does the funding to provide food.



## Why should I participate?

The Afterschool Meal Program allows your organization to devote more resources to programming while offering a valuable benefit to the children and families you serve.

Afterschool meals provide nutritious food to help children be active and learn. These meals also teach youth healthy eating. Children try new foods, socialize with other children, and enjoy shared mealtimes.



## Who can participate?

- Organizations that operate in low-income areas where 50 percent of the children in the local elementary, middle or high school qualify for free or reduced price meals, and
- Offer educational or enrichment activities afterschool, and
- Meet state and local health and safety standards or, when required, be licensed for child care.

# Healthy Corner Stores in Philadelphia

Healthy corner stores are improving access to healthy food in their communities. Every corner store in the Philadelphia Healthy Corner Store Network has introduced at least four healthy products, such as fresh produce, low-fat dairy, and whole grain products.

These corner stores also help customers make healthy choices with colorful signage inside the store that provides easy-to-use nutrition information.

Look for the Healthy Corner Store Network in the window of your corner store for healthy-eating options.

For a list of over 500 corner stores that are part of the Healthy Corner Store Network go to [FoodFitPhilly.org](http://FoodFitPhilly.org)

<http://foodfitphilly.org/eat-healthy/healthy-corner-stores/>

## CHECK IT OUT

Snackin Fresh is a website that helps youth learn how to get healthier foods in their neighborhoods.

For more information please visit <http://www.thefoodtrust.org/php/SnackinFresh>



# The 10 Most Common Causes of Infection



## WASH YOUR HANDS

**Handwashing is the Most Effective Way  
to Stop the Spread of Illness**

### **Wash Your Hands After:**

- (and before!) Handling food or eating.
- Using the bathroom or changing diapers.
- Sneezing, blowing your nose or coughing.
- Touching a cut or open sore.
- Playing outside or with pets.

### **Here's How:**

1. Wet your hands with WARM, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.
3. Rinse. Dry hands with a clean paper towel.
4. Turn off water with used paper towel(s) before throwing it away.

# Wash Your Hands!

## ¡Lávese Las Manos!



**1 Wet Hands**  
**Mójese las manos**



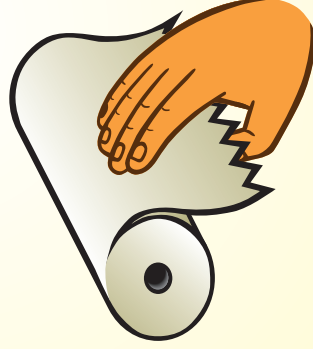
**2 Soap**  
**Enjabónese**



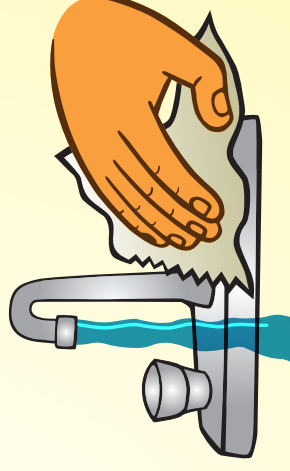
**3 Wash for 20 seconds**  
**Lávese las manos por 20 segundos**



**4 Rinse**  
**Enjuáguese**



**5 Dry**  
**Séquese las manos**



**6 Turn Off Water with Paper Towel**  
**Cierre el grifo usando una toalla de papel**



# For Parents

## NEED MONEY FOR FOOD?

### SNAP (Food Stamps)

SNAP provides households with an ACCESS card to buy food.

To see if you are eligible or to learn more about this program contact:  
Department of Public Welfare's (DPW) Helpline toll-free 1-800-692-7462 <http://www.dpw.state.pa.us> or

The Greater Philadelphia Coalition Against Hunger Hotline:  
215-430-0556

\*If you get SNAP and need to report a change, call the DPW Change Center 215-560-7226

## CHILD NUTRITION PROGRAMS

### WIC (Women, Infants, Children)

WIC provides nutritional services for pregnant, postpartum and breastfeeding women and children from infancy until 5 years old.

Contact: 1-800 WIC-WINS (1-800-942-9467) or visit  
<http://www.fns.usda.gov/wic/>

### School Breakfast and Lunch Programs

Contact your child's school

### Free Summer Meals for Kids

Nutritional Development Services

Contact: 215-895-3470, press 1

Philadelphia Department of Recreation

Contact: 215- 685-2727

## FARMERS' MARKET CHECKS

Farmers' Market Checks can be used for Pennsylvania-grown fruits and vegetables at farmers' markets until November.

### WIC Farmers' Market Checks for WIC recipients

1-800-743-3300

### Senior Farmers' Market Checks

215-765-9040, then press 0

## DOUBLE YOUR FOOD DOLLARS

### SHARE Food Program

Volunteer to do 2 hours of community service and in return you can purchase a low-cost food package worth twice what you pay. Cash, Farmer Market Checks and ACCESS Cards are accepted.

To learn more, contact SHARE at 215-223-2220 or  
<http://www.sharefoodprogram.org/>

## EMERGENCY FOOD

### Philabundance Food Hotline

1-800-319-Food

### Coalition Against Hunger

Coalition Against Hunger's online list of food cupboards, pantries and soup kitchens in Philadelphia and suburbs. Food pantries offer free food, and soup kitchens offer free meals.

[www.hungercoalition.org/need-food](http://www.hungercoalition.org/need-food)

## LEARN TO PLAN AND COOK HEALTHY MEALS

To learn about nutrition and how to prepare healthy meals for you and your family.

### Nutrition Link and Classes

Penn State Outreach Center offers classes on food label reading, budgeting and cooking

For more information contact: 215-471-2200, then press 108

Fruit and Vegetable recipes to prepare: <http://panen.org/s.n.a.c>

### Cook's Training

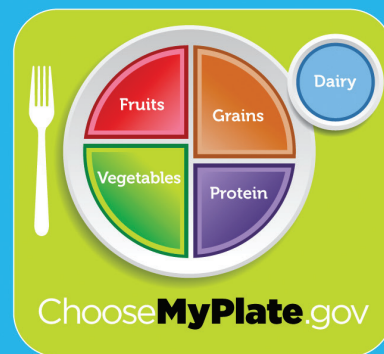
Offers hands-on cooking training and job placement  
Philabundance Community Kitchen

215- 235-5052, then press 26

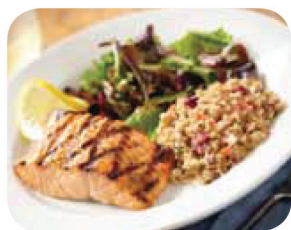




# Let's eat for the health of it



Start by choosing one or more tips to help you...



**Build a  
healthy plate**



**Cut back on  
foods high in solid  
fats, added sugars,  
and salt**



**Eat the right  
amount of  
calories for you**



**Be physically  
active your way**

## ► Build a healthy plate

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.

### Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- Eat fruit, vegetables, or unsalted nuts as snacks—they are nature's original fast foods.

### Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Try calcium-fortified soy products as an alternative to dairy foods.



### Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.



### Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Eat beans, which are a **natural** source of fiber and protein.
- Keep meat and poultry portions small and lean.



Keep your food safe to eat—learn more at [www.FoodSafety.gov](http://www.FoodSafety.gov).

## ► Cut back on foods high in solid fats, added sugars, and salt

Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

### Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.

### Look out for salt (sodium) in foods you buy—it all adds up.

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.



### Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.\*

#### \*Examples of solid fats and oils

Solid Fats	Oils
Beef, pork, and chicken fat	Canola oil
Butter, cream, and milk fat	Corn oil
Coconut, palm, and palm kernel oils	Cottonseed oil
Hydrogenated oil	Olive oil
Partially hydrogenated oil	Peanut oil
Shortening	Safflower oil
Stick margarine	Sunflower oil
	Tub (soft) margarine
	Vegetable oil



## ► Eat the right amount of calories for you



Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

### Enjoy your food, but eat less.

- Get your personal daily calorie limit at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and keep that number in mind when deciding what to eat.
- Think before you eat...is it worth the calories?
- Avoid oversized portions.
- Use a smaller plate, bowl, and glass.
- Stop eating when you are satisfied, not full.

Cook more often at home, where *you* are in control of what's in your food.

### When eating out, choose lower calorie menu options.

- Check posted calorie amounts.
- Choose dishes that include vegetables, fruits, and/or whole grains.
- Order a smaller portion or share when eating out.



### Write down what you eat to keep track of how much you eat.

If you drink alcoholic beverages, do so sensibly—limit to 1 drink a day for women or to 2 drinks a day for men.

## ► Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.



### Note to parents

What you eat and drink and your level of physical activity are important for your own health, and also for your children's health.



You are your children's most important role model. Your children pay attention to what you **do** more than what you **say**.

You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just **tell** your children to eat their vegetables—**show** them that you eat and enjoy vegetables every day.

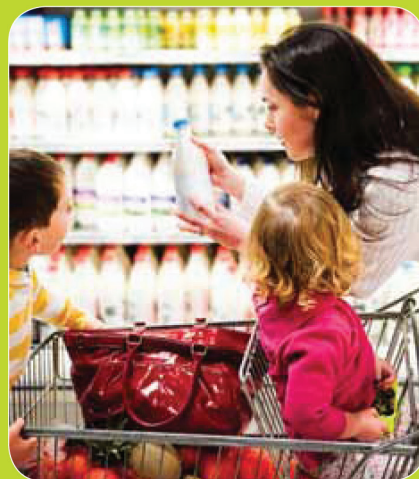
## Use food labels to help you make better choices

Most packaged foods have a Nutrition Facts label and an ingredients list. For a healthier you, use this tool to make smart food choices quickly and easily.

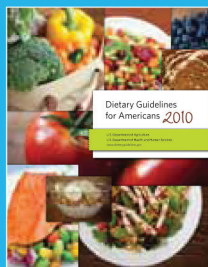
Check for calories. Be sure to look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories.

Choose foods with lower calories, saturated fat, *trans* fat, and sodium.

Check for added sugars using the ingredients list. When a sugar is close to first on the ingredients list, the food is high in added sugars. Some names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.



## Dietary Guidelines for Americans



The *Dietary Guidelines for Americans, 2010* are the best science-based advice on how to eat for health. The Guidelines encourage all Americans to eat a healthy diet and be physically active.

Improving what you eat and being active will help to reduce your risk of chronic diseases such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the Guidelines.

**For more information, go to:**

- [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov)
- [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- [www.Health.gov/paguidelines](http://www.Health.gov/paguidelines)
- [www.HealthFinder.gov](http://www.HealthFinder.gov)



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# Tips for Parents: Positive Eating Behaviors

## Have regular family meals.

If youth know when meals are served they will come to the table hungry and ready to eat. Family meals also encourage positive interactions between parents and children; this is a great opportunity to learn about what is going on in your children's lives. Studies have shown that children who have regular family meals are less likely to become overweight and do better in school. Even if you are bringing in takeout food, sit down and eat together as a family.

## Cook more meals at home.

Eating home-cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Preparing meals at home is also less expensive than dining out. Save dining out for special occasions.

## Involve children with food chores.

Children like to help adults shop for groceries, choose what goes in their lunch box, prepare dinner, and clean up. It's also a chance for you to teach them about different foods, their nutritional value, and (for older children) how to read food labels.

## Make a variety of healthy snacks available.

Keep plenty of fruits, vegetables, whole grain snacks, and healthy beverages (water, milk, 100% fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.

## Be a role model.

Parents are children's first teachers. Children often mimic their parents' behaviors. If children see their parents eating healthy foods, the likelihood that they will eat healthy foods increases.

## Don't force or bribe kids with foods.

Offer and encourage youth to try new foods. Be patient, it sometimes takes more than a dozen times to learn to like new food. Eating is a learned behavior and it takes time to learn new flavors and textures. Forcing may cause resistance and rebellions as a result.

## Let your children choose how much to eat.

Suggest they take enough to start and more if they are still hungry. Don't insist that children finish all their food unless they want to. Let them know they won't be eating again until snack time or the next meal.







# Be a Healthy Eating Role Model

**Parents are role models and the most important influence in their children's lives.**

As role models, parents need to demonstrate healthy behaviors so that their children have healthy attitudes about eating and develop healthy eating habits.

Your attitude about food and eating habits might influence your children:

- Do you skip breakfast?
- Do you drink sodas rather than milk with your meals?
- Do you diet all the time and have a fear of (or talk about) eating "bad" food?
- Do you snack all day long?
- Do you eat in front of the TV?
- Do you eat whenever you are bored or under stress?

If you answered "yes" to more than a few of these questions, you are likely sending unhealthy messages to your child about food.



## Healthy Eating Starts With Parents

Modeling healthy eating supports the development of healthy behaviors in children. Here are a few healthy eating habits parents can role model for their children:

- Never skip meals—especially breakfast.
- Take moderate portions.
- Limit junk food in the house.
- Drink water and milk instead of soda.
- Cook and prepare food with your children.
- Eat foods from all food groups—milk, fruit, vegetables, whole grains and lean meats, fish & beans.
- Try fruit and yogurt for dessert.

## Teaching Healthy Habits at Mealtime

Children won't perceive healthy eating as important if it is not something that they see you doing.

- Eat the way you want your child to eat—try new foods together but don't force your children to try them.
- Avoid emphasizing "good" and "bad" foods—teach your child that he or she needs to balance nutritious food with fun snacks.
- Show ways for managing stress that do not include eating.
- Encourage your kids to help prepare meals, set the table and help with dishes.
- Enjoy your meals—positive attitudes are contagious!

For more ideas on healthy family meals, visit [www.MealsMatter.org](http://www.MealsMatter.org).

# Benefits of Family Meals

Eating meals as a family plays a key role in raising high-achieving, healthy and well-adjusted children.

## Improved Academic Achievement

- Frequent family meals are linked with being successful in school, including getting better grades and scoring higher on achievement tests.

## Better Nutrition

- Family meals contribute to higher daily intakes of fruit, vegetables and important nutrients like calcium, fiber, iron, vitamins B6 and B12, C and E, and less overall dietary fat.

## Higher Self-Esteem

- Mealtime conversation brings the family together, promotes positive self-esteem in children and starts a lasting and positive relationship with food.

## Making Mealtime Family Time

Family meals should be dynamic—an exchange of ideas, conversation and feelings. Mealtime is a wonderful opportunity to strengthen family ties and pass on family cultural traditions.

- Eat together as a family whenever possible.
- Keep mealtime pleasant—avoid power struggles over what gets eaten, and remember that mealtime is not a time for discipline.
- Turn off the TV, video games, mobile phones and the computer.
- Use conversation-starters to get children talking, such as “What is the best or worst thing that happened today at school?”



For more ideas on healthy family meals, visit [www.MealsMatter.org](http://www.MealsMatter.org).