

Healthy Eating and Physical Activity Standards

EXPECTATIONS

Healthy Eating – Site Leader

Role Model, Role Model, Role Model

- **Fruit or Vegetable is served every day**
- **NO candy or sugar-based foods or drinks are served**
- **Water is the only beverage provided (drinking fountain or in cups)**
- **Healthy Eating education is scheduled a minimum of one day per week**
This needs to be clearly designated on the schedule
Schedule this during snack time or enrichment
This includes healthy eating coloring sheets, crossword puzzles, trivia, bingo, Food and Fun Curriculum, etc...
- **A monthly snack menu is posted for parents and staff**

Healthy Eating – Staff

Role Model, Role Model, Role Model

- **Staff DO NOT consume outside foods or drinks during program time**
This includes drinks or food in fast food containers, sport drinks, soda/pop bottles, etc.
- **Staff deliver Healthy Eating education a minimum of one day per week**
- **At least one staff is promoting healthy eating during snack**
Examples of this include verbally encouraging children to eat the snack, eating the snack with the children, sitting with children while they eat the snack

Healthy Eating – Children

- **Children assist with the preparation and distribution of the snack**
Examples of this include handing snacks to other children, placing snack servings on tables, cutting snack (when supervised)
- **Children assist with cleaning up snack area**

Healthy Eating and Physical Activity Standards

EXPECTATIONS

Physical Activity – Site Leader

Role Model, Role Model, Role Model

- A minimum of 60 minutes of physical activity programming is schedule each day
- Of the scheduled 60 minutes, a minimum of 60 minutes of Girls Only physical activity programming is included
- During the 60 minutes of physical activity programming, there are no seated activities offered, such as enrichment
- Games to be played, location, necessary equipment, and staff leading are clearly identified on the schedule
- Outdoor activities scheduled daily, weather permitting
- A detailed schedule of all programming is posted for parents and staff

Physical Activity – Staff

Role Model, Role Model, Role Model

- Staff wear clothing to be physically active
This includes athletic shoes and clothes, as appropriate for the weather
- Play the games with children
- Verbally encourage and praise children during physical activity opportunities
Examples include “way to go”, “keep going”, “you’re doing great”
- Modify games and activities according to the LET US Play principles
 - No Lines
 - No Elimination
 - Reduce Team size to no more than staff to child ratio
For example, if the staff to child ratio is 12, no more than 12 children should be playing the game
 - Uninvolved Staff/Kids
Staff are involved and playing the games with the children
Staff identify uninvolved children and encourage children to play
 - Space, equipment, and rules are modified to maximize physical activity