

SOCIAL SUPPORTS

THE STANDARD

The program creates a culture that supports and promotes healthy eating, physical activity and positive relationships among staff, youth, families and the community.

Healthy Out-of-School Time Roadmap

What to Prioritize



YOUTH ENGAGEMENT. All students should have a voice in implementing healthy eating and physical activity standards.



STAFF ENGAGEMENT. Staff proactively model healthy behaviors, discuss healthy eating during snack and meal time and participate in physical activities with youth.



FAMILY ENGAGEMENT. Families are intentionally engaged by program staff and healthy messages are provided on a regular basis.



FAMILY COMMUNICATION. Staff regularly help families understand why wellness is being prioritized and how they can play a role.



FUNDRAISING. Non-food fundraisers that promote physical activity and community engagement are prioritized.



SOCIAL-EMOTIONAL LEARNING. Community collaborations with social service and health care providers support broad family needs. Family engagement events link parents and caregivers with essential community resources.

[NAA Healthy Eating and Physical Activity Standards](#)

Rationale

A consistent message throughout the entire environment, not just during snack or meal times, supports healthy eating efforts.

Additionally, staff modeling healthy eating behaviors reinforces healthy eating habits and prevents youth from receiving mixed messages.

Family engagement ensures messages youth receive at home support practices adopted by youth-serving organizations.

Continuous Improvement

Educators are encouraged to use the Healthier Generation assessment for out-of-school time. [Completing the assessment](#) will help you track what you are already doing to support health and wellness at your site as well as highlight opportunities for growth and improvement.



READ AND DISCUSS:

[3 Ways the Healthy Afterschool Movement Can Champion Social, Emotional & Academic Development](#)

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Tips to Take Action

- Start your program day with restorative practices like community circles.
- Build support by showing the connection between wellness, academic achievement and school attendance.
- Collaborate with your local school district on parent engagement and policies that ensure consistent messaging.
- Host a wellness-themed family or community event.
- Provide ideas for non-food rewards and healthy celebrations to staff and families.
- Ensure snacks and beverages provided at all family events meet healthy eating guidelines.
- Send regular communication and newsletters home to parents.



Resources to Explore

- [Parents for Healthy Schools: A Guide for Getting Parents Involved from K-12](#)
- [Foods of the Month](#)
- [Building Connectedness Through Healthy Eating](#)
- [Engaging Families in Health and Wellness](#)
- [Healthier Generation Store](#)
- [PLUM LANDING Outdoor Family Activities](#)
- [4 Ways to Foster Belonging Through Physical Activity](#)
- Healthier Generation On-Demand Trainings
 - [A Candy Here, A Candy There: Proposing Alternatives to Foods as Rewards](#)
 - [But, It's Just a Cupcake](#)
 - [The Nuts and Bolts of Nutrition Labels](#)
 - [Walk the Talk: Modeling Healthy Behaviors](#)

REACH OUT TO HEALTHIER GENERATION MEMBER SUPPORT!

Email: help@healthiergeneration.org | Call: 1-888-KID-HLTH