

PROGRAM SUPPORTS

THE STANDARD

Organizational infrastructure, including leadership, management and budgeting practices, support and promote healthy eating and physical activity.

Healthy Out-of-School Time Roadmap

What to Prioritize



FEDERAL NUTRITION PROGRAMS. Program accesses federal child nutrition programs to maximize the number of nutritious meals and snacks provided.



PROGRAM QUALITY. Program participates in ongoing self-assessment, action planning and program improvement strategies that support healthy eating and physical activity.



SPACE. Program ensures access to adequate food preparation and storage space and indoor and outdoor physical activity space through formal or informal shared facility use agreements.



PROCUREMENT. Program pursues procurement strategies that support healthy eating such as bulk purchasing and partnerships with food banks, farms and gardens.



STAFF WELLNESS. Program promotes and encourages staff to prioritize healthy eating, physical activity and social-emotional development/self-care among staff, including participating in activities with students.



BUDGET. Program budgets to provide healthy foods and beverages and physical activity experiences consistent with best practices outlined in the content and quality standards.

Rationale

Organizations that support healthy eating through management and budgeting practices ensure sustainable culture changes at all levels. Effectively budgeting for snacks and meals and utilizing available resources, such as accessing federal child nutrition programs, allows programs to save time and money.

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.



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

REFLECTION QUESTION:

Who could your organization collaborate with to access physical activity equipment?

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Tips to Take Action

- Consider partnering with your local library for summer meals and outreach. Share the downloadable [Self-Assessment Tool](#).
- Engage with 4-H Cooperative Extension to host a nutrition or gardening training for staff and families.
- Plan a [Farm to School activity](#) for your next community event.
- At your next staff meeting, brainstorm what shared community spaces exist that can support your wellness goals.
- Explore [shared use resources](#).
- Find a new recipe in the [Smart Food Planner](#) for your next celebration.



Resources to Explore

- [Community and Home Gardening](#)
- [Building Partnerships in Support of Where, When, & How Learning Happens](#)
- Healthier Generation On-Demand Trainings
 - [Running Start: First Steps to Creating Healthier Environments](#)
 - [Recruiting the All Star Team: Tips and Tools for Building Support](#)
 - [Keep the Ball Rolling: Maintaining Momentum for Wellness](#)
- [Self-Care and Re-Energizing](#)

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REACH OUT TO HEALTHIER GENERATION MEMBER SUPPORT!

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