

ENVIRONMENTAL SUPPORTS

THE STANDARD

The program's physical space supports and promotes healthy eating and physical activity

Healthy Out-of-School Time Roadmap

What to Prioritize



VENDING AND CONCESSIONS. The foods and beverages sold in vending machines, concessions and school stores should follow Healthy Eating Content and Quality Standards.



EQUIPMENT. Supplies used should encourage all youth to be physically active.



SOCIAL-EMOTIONAL LEARNING. The physical space should promote cooperation, collaboration and equitable opportunities to engage in physical activity.



COLLABORATION. Explore partnerships or shared-use agreements with schools if space is needed for food storage, food preparation and shared indoor and outdoor physical activity spaces.



MARKETING. Posters, pictures, and books that youth encounter should encourage healthy behaviors. Do not market foods and beverages that do not meet Healthy Eating Content and Quality Standards.

Rationale

The physical space where an out-of-school time program operates is an opportunity to reinforce healthy behaviors and foster positive relationships.

[Read: 7 Unexpected Places Where Learning Happens](#)

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:

How could a wellness-themed bulletin board create a more welcoming space for youth and families?

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ALLIANCE FOR A
HEALTHIER
GENERATION



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Tips to Take Action

- Don't be discouraged if your afterschool program operates in a small or shared space. There is a lot you can do!
- Bring nature inside with indoor gardening.
- Host a wellness office or breakroom makeover.
- Partner with your school on a green school yard project. Explore [Commit to Health Plant-Based Food Guides](#).
- Use fitness station cards to make transition time active.
- Explore resources from the National Center on Health, Physical Activity and Disability for ideas on inclusion and adaptation.
- Watch the Healthier Generation on-demand training, [Recruiting the All Star Team](#).



Resources to Explore

- [Healthier Generation Fitness Break Videos](#)
- [Community and Home Gardening](#)
- [Building Connectedness Through Healthy Eating](#)
- [4 Ways to Foster Belonging Through Physical Activity](#)
- [Green School Yards for Healthy Communities](#)
- [Healthier Generation Fitness Trail Stations](#)
- [Discover Inclusive Playgrounds](#)
- [Activity and Adaptation Cards](#)
- [Inclusive Fitness Station Posters](#)

REACH OUT TO HEALTHIER GENERATION MEMBER SUPPORT!

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