

# Out of School Time Workgroup Resource Matrix

Action: Sites will increase number of fresh produce servings per day/week.				
Programs	Policy	System	Environment	Advocacy
<p>Healthy Eating Challenges of the sites</p> <p><b>CATCH</b> nutrition lessons Monthly:</p> <p>Snacking on Fruits : pg. 89</p> <p>Snacking on Vegetables: pg. 101 Pg. 139</p> <p>Go, Slow, Whoa lessons: Pg.27 Pg.41 Pg.47 Pg. 59</p> <p><b>Alliance for a Healthier</b> Generation works with OST sites around country to create healthier environments:</p> <p>Nutrition Education: <a href="https://www.healthiergeneration.org/take_action/out-of-school_time/healthy_eating/nutrition_education/">https://www.healthiergeneration.org/take_action/out-of-school_time/healthy_eating/nutrition_education/</a></p> <p><b>Snap ED:</b> Cooking Classes Curriculum</p> <p>Cooking Matters (Chefs and Kids Toolkit would be appropriate for OST age groups) <a href="https://cookingmatters.org/chefs-and-kids">https://cookingmatters.org/chefs-and-kids</a> <a href="https://cookingmatters.org/tips">https://cookingmatters.org/tips</a></p> <p>Choosey Kids Curriculum: <a href="https://chooseykids.com/">https://chooseykids.com/</a></p> <p>Palmetto Picks: <a href="http://scfarmtinstitution.com">http://scfarmtinstitution.com</a></p>	<ul style="list-style-type: none"> <li>- Site will provide a fruit and or vegetable daily</li> <li>- Staff models healthy eating by sitting with students</li> <li>- Staff may not eat fast food/unhealthy snacks in front of students</li> <li>- Site will provide healthy options (fruit &amp; veggies) at celebrations</li> <li>- Children will not have access to vending machines that sell food and beverages that do not support healthy eating standards</li> <li>- Cooking Classes:</li> <li>- Participant chooses (healthy Friday snack)</li> <li>- Healthy Staff Trainings</li> <li>- Nutrition education will be offered quarterly to staff.</li> </ul> <p>SNAP-Ed Library – program information, outreach and educational materials <a href="https://snaped.fns.usda.gov/snap-ed-library">https://snaped.fns.usda.gov/snap-ed-library</a></p>	<ul style="list-style-type: none"> <li>- Create a two- three week menu that includes produce offerings daily</li> </ul> <p>Alliance for a Healthier Generation options: <a href="https://www.healthiergeneration.org/take_action/out-of-school_time/">https://www.healthiergeneration.org/take_action/out-of-school_time/</a></p> <p>Alliance for a Healthier Generation: Healthy Eating Roadmap: meals and Beverages (HE01)</p> <ul style="list-style-type: none"> <li>- Work with Shared services to secure produce delivery from Marvin's Produce to decrease cost: Leslie Latimer, MSW Executive Director Palmetto Shared Services Alliance 864-293-0591 <a href="mailto:leslie@palmettosharedservicesalliance.org">leslie@palmettosharedservicesalliance.org</a></li> <li>- Contract with project Host to provide healthy meals: <a href="http://www.projecthost.org">www.projecthost.org</a></li> <li>- Contract with Circle of friends</li> <li>- Policy inserted into handbook and parent handbook.</li> </ul>	<p>Healthy Posters: GO,SLOW,WHOA posters</p> <p>Healthy Vending machines</p> <p>Remove Deep fryers</p> <p>Healthy Books: Palmetto picks book of the month <a href="http://scfarmtinstitution.com/wp-content/uploads/2015/08/F2SBookGuide1.pdf">http://scfarmtinstitution.com/wp-content/uploads/2015/08/F2SBookGuide1.pdf</a></p> <p>Purchase food prep equipment to cut and prepare fruits and veggies</p>	<p>Share messages with parents and decision makers on the importance of healthy foods</p> <p>Catch Curriculum: Family Tip Sheet for healthy snacks pg. 142</p> <p>Family tip sheet on Go Snacks: Pg. 70</p>

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<a href="#">/farm-to-school/</a>  Team Nutrition Resource Library <a href="https://www.fns.usda.gov/tn/resource-library">https://www.fns.usda.gov/tn/resource-library</a>  USDA/MyPlate materials <a href="https://www.choosemyplate.gov/ten-tips">https://www.choosemyplate.gov/ten-tips</a> <a href="https://www.choosemyplate.gov/kids-activity-sheets">https://www.choosemyplate.gov/kids-activity-sheets</a>  Recipes <a href="https://whatscooking.fns.usda.gov/">https://whatscooking.fns.usda.gov/</a> <a href="https://cookingmatters.org/recipes">https://cookingmatters.org/recipes</a> <a href="http://www.eatright.org/resources/food/planning-and-prep/recipes">http://www.eatright.org/resources/food/planning-and-prep/recipes</a>				
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## Out of School Time Workgroup Resource Matrix

Action: Increase student consumption of water / Decrease student consumption of sugar sweetened beverages				
Programs	Policy	System	Environment	Advocacy
<p><b>CATCH</b> nutrition curriculum on beverages: Pg.143: Sugary beverages Pg.161: Caffeine Pg. 173: Go Beverages</p> <hr/> <p><b>Alliance for a Healthier Generation:</b> Healthy Eating Roadmap: meals and Beverages (HE01) <a href="https://www.healthiergeneration.org/assets/et/1c5wh5/HE01-Roadmap-Final.pdf">https://www.healthiergeneration.org/assets/et/1c5wh5/HE01-Roadmap-Final.pdf</a></p> <p>Lessons on the amount of sugar in certain drinks (rethink your drink)</p>	<ul style="list-style-type: none"> <li>- Water Is available with easy access at all times for children</li> <li>- Staff will not drink sugar sweetened beverages in front of children</li> <li>- Site will not serve sugar sweetened beverages to children (this includes sports drinks and flavored milk)</li> </ul>	<p>Add specific water breaks into your daily schedule</p>	<ul style="list-style-type: none"> <li>- Place "rethink your drink" posters in a visible site</li> <li>- Provide water coolers for outside or if water fountain is not accessible</li> <li>- Provide water bottles to children so water will be readily available at all times</li> <li>- Update or add water fountains</li> </ul>	<p>Communicate the importance of hydration and healthy beverage consumption with parents</p> <hr/> <p>Healthy Eating standards and practices are shared with the parents: Catch Family Tip Sheet: Healthy Beverages- pg.187</p>

## Out of School Time Workgroup Resource Matrix

Action: Increase the quality of snacks daily				
Programs	Policy	System	Environment	Advocacy
<p><b>CATCH</b> curriculum on Go, Slow, Whoa foods taught to children</p> <hr/> <p>Go, Slow, Whoa lessons: Pg.27 Pg.41 Pg.47 Pg. 59 Too Much Sugar: Pg.253 Whole grain Cereals: Pg.293 Go Snack Bingo: Pg.372-374</p> <hr/> <p>Sugar investigation on high sugar snacks</p> <p><b>Snap Ed:</b> Burger illustration (Joanna)</p> <p>Healthy rewards resource</p>	<p>- Sites will not serve fried food, chocolate, candy, cookies and cakes and other high fat, sugar, sodium foods.</p> <p>- Sites will not reward with candy, chocolate or other high sugar, fat foods.</p> <p>- Site will offer whole-grain, lean protein and low fat dairy option for snack component</p>	<p>Create menu that includes healthy options</p> <p><a href="https://www.healthiergeneration.org/take_action/out-of-school_time/">https://www.healthiergeneration.org/take_action/out-of-school_time/</a></p> <p><b>Alliance for a Healthier Generation:</b> Healthy Eating Roadmap: meals and Beverages (HE01)</p> <p>Build out whole-grain, lean protein and low fat dairy option into weekly menu</p>	<p>Healthy Posters</p> <p>Healthy Books</p>	<p>Communicate to parents sites healthy eating standards and practices</p> <hr/> <p>Catch family tip sheet: pg.357</p> <hr/> <p>Highlight to parents and decision makers how you are rewarding children without using foods.</p>

# Out of School Time Workgroup Resource Matrix

Action: Increase the amount of time that children spend being physically active				
Programs	Policy	System	Environment	Advocacy
<p><b>CATCH :</b>  Yellow box  Aerobic games  <b>CATCH</b> Curriculum guide:  Pg. 1 : Basic concepts of go physical activities  Pg.11: How Go activities help you  Pg. 17 physical activity indoors and outdoors</p> <hr/> <p><b>Alliance for a Healthier Generation:</b>  <a href="https://www.healthiergeneration.org/take_action/out-of-school_time/physical_activity/games_and_activities/">https://www.healthiergeneration.org/take_action/out-of-school_time/physical_activity/games_and_activities/</a></p> <hr/> <p>Provide Staff with training :  - CATCH  - Alliance for a healthier generation: PA 02  - AHG: Active Role Models  - Fuel up to Play 60:  <a href="https://www.fueluptoplay60.com/playbooks/current-seasons-playbook">https://www.fueluptoplay60.com/playbooks/current-seasons-playbook</a></p> <hr/> <p>Brain Breaks:  Music brain breaks (dancing)  Alliance For a Healthier Generation: Physical Activity Bursts – 3-9 minutes activities to do with kids:  <a href="https://www.healthiergeneration.org/take_action/out-of-school_time/physical_activity/games_and_activities/">https://www.healthiergeneration.org/take_action/out-of-school_time/physical_activity/games_and_activities/</a></p> <hr/> <p>Staff training on brain breaks:  - GoNoodle  - Walk to the beach, etc. programs  - Step challenges for staff and students</p>	<ul style="list-style-type: none"> <li>- Site will offer at least 30 minutes of physical activity for afterschool and 60 minutes for summer programs.</li> <li>- Sites will encourage moderate to vigorous physical activity by offering non-elimination style games.</li> <li>- Staff will model and engage in physical activity with the children</li> <li>- Sites will provide at least 50% of their physical activity time as moderate to vigorous</li> <li>- Site will not have children seated for more than 30 minutes</li> </ul>	<p>Build out schedule that includes recommended PA time.</p> <p>Develop a “rainy day” plan that allows for MVPA indoors</p> <p>Build out brain breaks into daily schedule</p>	<p>Invest in play equipment geared towards movement</p> <p>Safe play area inside and outside</p> <p>Posters</p> <p>Books</p>	<p>Communicate to parents sites physical activity standards and practices</p> <p>Communicate with parents the importance of children participating in physical activity in afterschool and at home</p> <p>Communicate with parents the link between academic achievement and physical activity (Julian Reed)</p>

## Out of School Time Workgroup Resource Matrix

Action: Decrease the number of minutes that students are exposed to screen time.				
Programs	Policy	System	Environment	Advocacy
<b>CATCH Lesson:</b> Catch Curriculum: Screen time ; Starting on page 223 <hr/> Staff training around alternate activities other than screen time	- Television and digital devices will only be used for homework or programs that engage the children in enrichment or physical activity  - Does not permit non-educational television or movies			Communicate to parents the importance of limiting screen time: CATCH Family Tip Sheet: Page 251

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Action: Increase staff awareness of healthy eating and active living				
Programs:	Policy	System	Environment	Advocacy
LWG Website At Work: <a href="https://livewellgreenville.org/community-action/?select-action=at-work-2">https://livewellgreenville.org/community-action/?select-action=at-work-2</a> <hr/> LWG At Work Toolkit: <a href="https://livewellgreenville.org/community-action/?select-action=at-work-2">https://livewellgreenville.org/community-action/?select-action=at-work-2</a>	Staff will model and engage with physical activity with the participants  Staff model and promote healthy eating	Create time in daily schedule for staff to have their own brain breaks  Provide Fruits and vegetables for staff meetings  Provide water bottles for staff		Communicate to peers and parents the importance of role modeling healthy eating and active living