

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>CATCH 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>Alliance for a Healthier Generation works with OST sites around country to create healthier environments:</p> <p>Nutrition Education: https://www.healthiergeneration.org/take_action/out-of-school_time/healthy_eating/nutrition_education/</p> <p>Snap ED: Cooking Classes Curriculum</p> <p>Cooking Matters (Chefs and Kids Toolkit would be appropriate for OST age groups) https://cookingmatters.org/chefs-and-kids https://cookingmatters.org/tips</p> <p>Choosey Kids Curriculum: https://chooseykids.com/</p> <p>Palmetto Picks: http://scfarmtoinstitution.com</p>	<ul style="list-style-type: none"> - Site will provide a fruit and or vegetable daily - Staff models healthy eating by sitting with students - Staff may not eat fast food/unhealthy snacks in front of students - Site will provide healthy options (fruit & veggies) at celebrations - Children will not have access to vending machines that sell food and beverages that do not support healthy eating standards - Cooking Classes: - Participant chooses (healthy Friday snack) - Healthy Staff Trainings - Nutrition education will be offered quarterly to staff. <p>SNAP-Ed Library – program information, outreach and educational materials https://snaped.fns.usda.gov/snap-ed-library</p>	<ul style="list-style-type: none"> - Create a two- three week menu that includes produce offerings daily <p>Alliance for a Healthier Generation options: https://www.healthiergeneration.org/take_action/out-of-school_time/</p> <p>Alliance for a Healthier Generation: Healthy Eating Roadmap: meals and Beverages (HE01)</p> <ul style="list-style-type: none"> - 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 leslie@palmettosharedservicesalliance.org - Contract with project Host to provide healthy meals: www.projecthost.org - Contract with Circle of friends - Policy inserted into handbook and parent handbook. 	<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 http://scfarmtoinstitution.com/wp-content/uploads/2015/08/F2SBookGuide1.pdf</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 health snacks pg. 142</p> <p>Family tip sheet on Go Snacks: Pg. 70</p>

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<p>/farm-to-school/</p> <p>Team Nutrition Resource Library https://www.fns.usda.gov/tn/resource-library</p> <p>USDA/MyPlate materials https://www.choosemyplate.gov/ten-tips https://www.choosemyplate.gov/kids-activity-sheets</p> <p>Recipes https://whatscooking.fns.usda.gov/ https://cookingmatters.org/recipes http://www.eatright.org/resources/food/planning-and-prep/recipes</p>				
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Action: Increase student consumption of water / Decrease student consumption of sugar sweetened beverages				
Programs	Policy	System	Environment	Advocacy
<p>CATCH nutrition curriculum on beverages: Pg.143: Sugary beverages Pg.161: Caffeine Pg. 173: Go Beverages</p> <hr/> <p>Alliance for a Healthier Generation: Healthy Eating Roadmap: meals and Beverages (HE01) https://www.healthiergeneration.org/_asset/1c5wh5/HE01-Roadmap-Final.pdf</p> <p>Lessons on the amount of sugar in certain drinks (rethink your drink)</p>	<ul style="list-style-type: none"> - Water is available with easy access at all times for children - Staff will not drink sugar sweetened beverages in front of children - Site will not serve sugar sweetened beverages to children (this includes sports drinks and flavored milk) 	<p>Add specific water breaks into your daily schedule</p>	<ul style="list-style-type: none"> - Place "rethink your drink" posters in a visible site - Provide water coolers for outside or if water fountain is not accessible - Provide water bottles to children so water will be readily available at all times - Update or add water fountains 	<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: <i>Catch Family Tip Sheet: Healthy Beverages- pg.187</i></p>

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Action: Increase the quality of snacks daily				
Programs	Policy	System	Environment	Advocacy
<p>CATCH curriculum on Go, Slow, Whoa foods taught to children</p> <hr/> <p>Go, Slow, Whoa lessons: Pg.27 Pg.41 Pg.47 Pg. 59</p> <p>Too Much Sugar: Pg.253</p> <p>Whole grain Cereals: Pg.293</p> <p>Go Snack Bingo: Pg.372-374</p> <hr/> <p>Sugar investigation on high sugar snacks</p> <p>Snap Ed: 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>https://www.healthiergeneration.org/take_action/out-of-school_time/</p> <p>Alliance for a Healthier Generation: 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>Dr.Karen Kemper's resources on parent engagement</p> <p>Parent programs and incentives</p> <p>http://www.cleveland.com/bernstein/index.ssf/2012/11/parent_programs_and_incentives.html</p>

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Action: Increase the amount of time that children spend being physically active				
Programs	Policy	System	Environment	Advocacy
<p>CATCH : Yellow box Aerobic games CATCH 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>Alliance for a Healthier Generation: https://www.healthiergeneration.org/take_action/out-of-school_time/physical_activity/games_and_activities/</p> <hr/> <p>Provide Staff with training : - CATCH - Alliance for a healthier generation: PA 02 - AHG: Active Role Models - Fuel up to Play 60: https://www.fueluptoplay60.com/playbooks/current-seasons-playbook</p> <hr/> <p>Bike Trailer: GHS Joy Venable Special Project Coordinator – Bike Skills Greenville Health System Bradshaw Institute for Community Child Health & Advocacy Office: (864) 454-2114 Fax: (864) 454-1114 kvenable@ghs.org www.ghschildrens.org</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: https://www.healthiergeneration.org/take_action/out-of-school_time/physical_activity/games_and_activities/</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"> - Site will offer at least 30 minutes of physical activity for afterschool and 60 minutes for summer programs. - Sites will encourage moderate to vigorous physical activity by offering non-elimination style games. - Staff will model and engage in physical activity with the children - Sites will provide at least 50% of their physical activity time as moderate to vigorous - Site will not have children seated for more than 30 minutes 	<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>

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Action: Decrease the number of minutes that students are exposed to screen time.				
Programs	Policy	System	Environment	Advocacy
<p>CATCH Lesson: Catch Curriculum: Screen time ; Starting on page 223</p> <hr/> <p>Staff training around alternate activities other than screen time</p>	<ul style="list-style-type: none"> - 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 			<p>Communicate to parents the importance of limiting screen time: CATCH Family Tip Sheet: Page 251</p>

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