



# PHYSICAL ACTIVITY

### Real-life challenges...

### ...and how to overcome them

We don't have enough space for physical activity.



Convert cafeteria or classrooms into space for dance or fitness. Take a walk or jog around the block or use a local park. Develop relationships with school administrators who may provide additional space.

It's hard to make time for physical activity with everything else on our schedules.



Make at least 30 minutes of physical activity a part of your daily schedule. Try incorporating 10 minute physical activity breaks, like Energizers, into homework time.

Sometimes the weather is too cold.



Use indoor space—see above!

It gets dark too early to play outside.



Offer physical activity early in the afterschool day.

Some kids don't want to participate.



Let kids vote on the physical activities they like most. Offer these as clubs or stations at activity time.

Staff don't feel comfortable leading or participating in physical activity.



Provide physical activity trainings during orientations and throughout the school year. Ask staff about the activities they like most and have them take the lead.

### WHAT IS MODERATE ACTIVITY?

Games, sports, and recreation that are equal in intensity to brisk walking:

- Hopscotch
- Playground play
- Swinging
- Kickball
- Frisbee
- Walking
- Bike riding
- Yoga
- Gymnastics
- Ballet
- Shooting baskets
- Swimming for fun
- Volleyball
- Baseball and softball

### WHAT IS VIGOROUS ACTIVITY?

Games, sports, and recreation that are more intense than brisk walking:

- Running games (tag)
- Jogging
- Jumping rope
- Basketball game
- Football game
- Soccer
- Aerobic dancing
- Karate
- Tae kwon do
- Jumping jacks
- Skipping
- Push-ups, pull-ups
- Swimming laps
- Water basketball



### SUCCESS STORY

One program offered a variety of different active games and physical activities that kids could rotate through. After a month of trying different stations, the kids voted on their favorites. Staff used the winning activities more often in structured play time. Empowering children to make their own decisions is a great way to get everyone involved! The most popular stations were basketball, four-square, hula-hoop, and jump rope. Even better—the site director said that none of the kids sat out!

## Did you know?



# PHYSICAL ACTIVITY

- Each child should get at least 1 hour of physical activity every day. Providing at least 30 minutes of daily activity in your afterschool program is a good goal.
- Give kids at least 20 minutes of vigorous physical activity 3 times per week.
- Many children today do not engage in enough physical activity. Physical activity tends to decline as kids enter their teens, and inactive children may be less physically active as adults.
- Staying active protects everyone—even kids—from developing heart disease, diabetes, high blood pressure, stroke, and osteoporosis. Exercise helps make bones stronger. Plus, inactive children, when compared with active children, weigh more and have higher blood pressure and lower levels of heart-protective high-density lipoproteins (HDL cholesterol). (<http://www.americanheart.org/>)

- Many schools have limited time for physical education and recess, so children come to afterschool programs ready to move!
- Regular physical activity helps children focus both in and out of school.
- Recreational play—like running, jumping, and climbing on playground equipment—is just as important as skill-based instruction.
- Physical activity can be broken up into periods of 10–15 minutes.

## DID YOU KNOW?

Regular physical activity helps children focus both in and out of school.

## WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

The National Association for Sport and Physical Education (NASPE) offers guidelines on activity for children and youth and publish curricula for in and out of school time.

[www.aahperd.org/naspe/](http://www.aahperd.org/naspe/)

Energizers are classroom-based physical activities that help teachers integrate physical activity with academic concepts. Available free online.

[www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf](http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf)

Playworks publishes a free Playbook with hundreds of active games that get kids off the sidelines and into the game.

[www.playworks.org/games](http://www.playworks.org/games)

The President's Challenge inspires children to get moving each day. Use the guidelines and log charts to create a challenge at your site or enroll children in the challenge online.

[www.presidentschallenge.org](http://www.presidentschallenge.org)

The BAM! (Body and Mind) program provides information on various health topics, nutrition, and physical activity.

[www.bam.gov/sub\\_physicalactivity/index.html](http://www.bam.gov/sub_physicalactivity/index.html)

The Harvard School of Public Health publishes an online nutrition news and resource newsletter.

[www.hsph.harvard.edu/nutritionsource/staying-active/](http://www.hsph.harvard.edu/nutritionsource/staying-active/)

**Ways to Enhance Children's Activity & Nutrition (We Can!)** provides families and communities with helpful resources to help prevent childhood overweight.

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)



# BALANCING HEALTH & ACADEMIC PRIORITIES

## Real-life challenges...

Homework time takes up the majority of the program. We don't have enough time to offer 30 minutes of physical activity every day.

Academics are the #1 program priority. It's hard to fit in health activities when we're focused on improving reading and math skills.

Parents expect that all homework will be complete when they pick up their kids.

Staff only feel comfortable working with kids on homework and academics.

## ...and how to overcome them

.....> Incorporate two or three 10-minute physical activity breaks into homework time every day. JAMmin' Minutes & SPARK ASAP games are great and quick ways to get kids up and moving. Also, consider making any down time during arrival and dismissal into active time.

.....> Brain Breaks & Energizers integrate physical activity with academic content in grade-specific lessons. SPARK and Food & Fun include academic concepts in some activities.

.....> Send home a flyer to families explaining the importance of balancing time for both academics and health at your program. You can support families by offering tips on how to set up a good environment for finishing homework at home.

.....> Train staff to conduct activity breaks and frame "academics" more broadly to include health messages. Also, most kids are very active when given time for free play, so teach staff that they don't have to be PE teachers to get kids active!

## CHECK OUT THESE GREAT RESOURCES!

- **SPARK** is an evidence-based physical activity and nutrition program for Pre-K to 12th grade.  
[www.sparkpe.org](http://www.sparkpe.org)
- **Energizers** are classroom activities that integrate physical activity with academics.  
[www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf](http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf)
- **Brain Breaks** is a physical activity idea book for elementary teachers.  
[www.emc.cmich.edu/brainbreaks/](http://www.emc.cmich.edu/brainbreaks/)
- **JAMmin' Minutes** are 1 minute fitness routines kids and staff can do with limited space.  
[www.jamschoolprogram.com/](http://www.jamschoolprogram.com/)

## NUTRITION & PHYSICAL ACTIVITY BOOKS

- **Eating the Alphabet**
- **Stone Soup**
- **Johnny and His Mommy**
- **Salt in His Shoes**
- **The Best Way to Play**
- **The Little Red Hen**
- **Bread is for Eating**
- **Berenstain Bears and Too Much Junk Food**
- **I Will Never Not Eat a Tomato**
- **Berenstain Bears & Too Much TV**



Did you know?

# BALANCING HEALTH & ACADEMIC PRIORITIES

## REINFORCE ACADEMICS WITH FOOD & FUN!

**Literacy:** Help kids practice reading & writing skills with these Food & Fun activities:

- I'm Going on a Picnic (Unit 1)
- Active Day Cartoons extension (Unit 2)
- Track the Trans Fats (Unit 4)
- Healthy Steps (Unit 11)

**Foreign languages:** A number of Food & Fun extension can help kids learn new languages:

- Fruit & Vegetable Relays (Unit 1)
- Build a Rainbow (Unit 7)
- Build an Activity Wheel (Unit 9)

Find all these activities at [www.foodandfun.org](http://www.foodandfun.org)

**Math:** Kids can practice addition, subtraction, multiplication, and division in these activities:

- Bowling for Sugar Smarts (Unit 3)
- Count It Up (Unit 3)
- Walk Around Town extension (Unit 8)
- Gulp (Unit 10)

**Science:** You can teach kids basic science lessons with these Food & Fun activities:

- Make Flour (Unit 5)
- Parts of the Plant (Unit 7)
- What Happens When (Unit 9)

## CHECK OUT SOME OF THESE SUCCESS STORIES!

At a program with limited space for activity, the site director initiated activity breaks when kids started to get restless during tutoring. He'd snap his fingers and kids would stand up for exercises at their desk or a quick walk around the school. A short exercise break helped the tutoring time get back on track.



One program, which has a strong literacy focus, struggled to offer all kids physical activity every day. The site director decided to schedule two 10-minute breaks during homework time in addition to regular free play for kids to stretch and get physically active. He found that the kids loved the chance to move around after a busy day at school and even noticed they seemed to focus better with the chance to let off some steam.

## DID YOU KNOW?

- Teaching kids to cook can be a great way to reinforce math skills. See the Food & Fun recipe packet for ideas.
- Free play like recess has been linked with better concentration, attention, classroom conduct, and on-task behavior for students.
- The flow of blood and oxygen to the brain, which affects mental clarity, is improved by physical activity.
- Physical activity also boosts connections between nerves in the brain, which helps kids to process information better and stay focused.



# CHOOSING HEALTHY FATS

### Real-life challenges...

Staff in charge of buying food don't know what ingredients to look for on labels.



Teach staff to avoid partially hydrogenated oils on nutrition labels—Take a look at the “Track the Trans Fats” activity in **Food & Fun’s** Unit 4. Then review vendor lists and order only foods without trans fats.

Staff don't see what they eat as being relevant to their job or to children's healthy eating.



Teach staff about the importance of being role models and involve them in taste testing.

Kids seem reluctant to try new, healthy foods.



Use taste tests to understand kids' preferences and identify new offerings to include in your menu.

We don't get to choose which foods are provided to children.



Contact whoever is responsible for food purchasing and request that snacks be free of trans fats. Refer to **Food & Fun’s Snack Sense** for alternative snacks.

Our site has vending machines where kids and staff buy snacks with trans fats.



Have the vending machines turned off during program hours or make a rule against using them after school.

### CHECK OUT SOME OF THESE SUCCESS STORIES!

Think of this as an opportunity to review current menu items and try new things! Consider a field trip to your local grocery store. Explore the aisles and ask questions:

- Do those crackers contain partially hydrogenated oil?
- Is the 0g of trans fat on the cookie nutrition label accurate?

Ask kids about any healthy snacks they eat at home and have them bring in empty boxes to read the ingredient labels together.

One afterschool program was very excited about their success at eliminating trans fats from all their snacks. When they were ordering snacks, they carefully checked the nutrition facts to see that there were 0g of trans fats listed.

**BUT** one day a staff member noticed that there was partially hydrogenated oil listed in the ingredients of the crackers she thought were healthy. She'd heard that this is the name for trans fat oils. The staff member taught the staff and kids at her site the best way to look for trans fats on the label and helped her program ban trans fats for good!





Did you know?

# CHOOSING HEALTHY FATS

## THE TRUTH ABOUT FAT

Did you know that the **type** of fat you eat is more important than the total amount of fat in your diet? Eating more good fats and less bad fats can reduce the risk for heart disease and type 2 diabetes.

**Making simple changes in food habits can make a big difference for health.**

**Fats provide us with energy and vitamins that our body needs, but not all fats are created equal.**



### UNSATURATED FATS — “Good Fats”

**What:** Oils found in plants and fish.

**Where:** Vegetable oils like olive and canola oil. Fish, nuts, seeds, and peanut and other nut butters. Foods like olives, chick peas, and avocados.

### SATURATED FATS — “Bad Fats”

**What:** Fats found mostly in animal foods.

**Where:** Whole milk, cheese, butter, ice cream, red meat, sour cream, lard, and coconut and palm oils.

### TRANS FATS — “Ugly Fats”

**What:** Vegetable oils that are chemically changed to increase the shelf life of processed foods.

**Where:** Fast foods, packaged snacks (cookies, crackers, etc.), baked goods, and stick margarines.

## HOW CAN I TELL IF A PRODUCT HAS TRANS FATS?

- Trans fats are created from plant oils through a process called partial hydrogenation, which makes them solid at room temperature.
- Any time you see the words “partially hydrogenated” in an ingredient listing, it means that trans fats are present!
- Many manufacturers have started labeling their products with “No Trans Fats” or “Zero Trans Fats,” but the law says they can do this even when there are up to 0.5 grams of trans fats in the product. **Read the ingredients instead!**

## THINGS TO DO IN THE KITCHEN

- Replace red meat with fish, chicken, nuts, and seeds at meal times.
- Cook with liquid oils (vegetable or olive) and trans-fat-free tub margarine, instead of butter, shortening, stick margarine, or lard.
- Select dairy products made with 1% or nonfat milk, instead of whole or 2% milk.

## WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

BanTransFats.com is a nonprofit organization that has the goal of reducing and eliminating trans fats from all food products:  
[www.bantransfats.com](http://www.bantransfats.com)

Harvard School of Public Health website offers the Nutrition Source for an online nutrition news and resources:  
[www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/index.html](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/index.html)

Planning healthy celebrations can be particularly challenging. Foodplay offers some great suggestions:  
[www.foodplay.com/downloads/FreeMaterials/Teachers/celebration\\_guide.pdf](http://www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf)



# FRUITS & VEGGIES

### Real-life challenges...

### ...and how to overcome them

Fruits and vegetables are too expensive.



Serve canned, dried, or frozen fruits and vegetables for cheaper alternatives. Carrots, apples, and bananas are also inexpensive options.

We have limited storage and fridge space for produce.



Make purchases more often or request more frequent deliveries to keep food fresh.

Fruits and vegetables take too long to eat.



Cut and peel before serving to make eating easier. Get kids involved for hands-on experience.

Kids don't like to eat fruit and vegetables.



Use taste tests and cooking activities to understand kids' preferences. Identify new items that kids enjoy to add to your regular menu.

We don't get to choose which foods are provided to children.



Contact whoever is responsible for food purchasing and request that fruits and vegetables be served at snack every day.

Afterschool licensing requirements and food safety regulations don't allow kids to participate in food preparation.

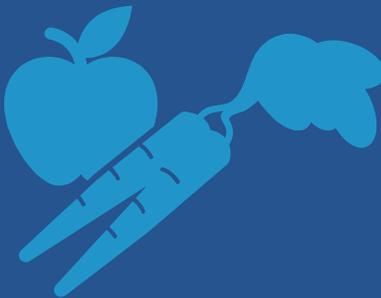


Get creative with jobs for kids like setting tables, washing fruit, helping with cleanup, and menu planning.

### CHECK OUT SOME OF THESE CREATIVE SUCCESS STORIES!

Brainstorming with children about new ways to incorporate fruits and vegetables into snacks is a great way to get kids involved. One site urged children to think of creative ways to add either a fruit or vegetable to every snack. Here are some ideas:

- Celery or apples with peanut butter (unless children have allergies)
- Whole grain crackers with an orange or sliced red peppers
- Trail mix with nuts, sunflower seeds, and dried fruit
- Yogurt with granola and berries



When one program started introducing different fruits and vegetables, they designed a whiteboard near the snack area where children rated the new foods each day. The site director tallied the ratings and created new snack menus that matched the kids' favorites. The kids were eating foods that they loved and that were good for them, too!



Did you know?

# FRUITS & VEGGIES

## THE SCOOP ON FRUITS & VEGETABLES

- Offer a fruit or vegetable option with every snack or meal served.
- Fruits and vegetables are important foods to include in a healthy diet, but only about one in every five children (and few adults!) get the recommended five or more servings each day.<sup>1</sup>
- Fruits and vegetables are packed with nutrients, including vitamins A, B, and C, and minerals such as potassium and even calcium. They help protect against heart disease, stroke, high blood pressure, and cancer later in life.<sup>2</sup>
- Each type of fruit or vegetable has unique benefits, so it is important to eat different types to get all the nutrients for a strong body.
- 100% fruit juice isn't a substitute for whole fruit. When possible, serve whole fruit—it contains more nutrients and fiber and helps fill you up.
- Even though canned and frozen foods can provide an easy way to keep fruits and vegetables handy, watch out for added sugar and salt.

### CREATIVE & EASY SNACK IDEAS

Applesauce  
Tangerines/Clementines  
Apricots  
Canned fruit in water or juice  
Dried fruit: apple rings, apricots, raisins, berries  
Colored pepper slices  
Raw broccoli and cauliflower  
Green & yellow string beans  
Celery

### HOW MUCH DO KIDS REALLY NEED?

Children should eat at least five servings of fruits and vegetables each day

#### So what's a serving?

- ¼ cup of dried fruit
- ½ cup of cooked or raw vegetables
- ¾ cup of 100% juice
- 1 cup of leafy greens—and remember that darker greens are more nutritious!
- 1 medium piece of fruit

### GET CREATIVE WITH THESE RECIPE IDEAS!

- Baked apples
- Fruit kabobs
- Fruit salad
- Ants on a log
- Fruit smoothies
- Veggie dipping sauce

(These recipes can be found in your Food & Fun resources)

## WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

Produce for Better Health has resources for afterschool providers to help children establish smart fruit and vegetable eating habits:

[www.pbhfoundation.org/educators/teachers/activities](http://www.pbhfoundation.org/educators/teachers/activities)

For tips on eating a variety of colorful fruits and vegetables, nutrition information, and activity pages for children visit PBH's other website:

[www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

Harvard School of Public Health publishes an online nutrition news and resource center:

[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)



# HEALTHY STAFF, HEALTHY KIDS

### Real-life challenges...

### ...and how to overcome them

Members of my staff aren't comfortable being physically active.



Have a health-goal-setting session with staff. Allow staff to choose the physical activities they lead. Ask about physical activity interests during hiring. As a site director, set an example and join the kids when you can.

The staff just don't seem interested.



Give your staff freedom to think outside the box when it comes to activities—try letting them choose and invent activities.

Staff are concerned with supervising, rather than participating in, play.



Brainstorm activities where everyone is active. Set the expectation that staff will lead and participate in activities—even if a counselor is shy about basketball, have him or her lead in jump roping, for example

When I encourage my staff to play, they get a little carried away.



Make it clear that the expectation is to “participate in activities on a child's level” — not be a star athlete.

Staff are too busy serving snacks to sit with kids at snack time.



Serve snack family-style, so staff can sit with kids while kids serve themselves. Involve staff in taste testing.

Staff don't see what they eat as relevant to their job.



Teach staff about the importance of role modeling—include as part of your staff policy and during hiring. Offer incentives that would motivate your staff to participate.

### BENEFITS OF STAFF PARTICIPATION IN PHYSICAL ACTIVITY

- Staff can work with children to identify creative, enjoyable activities. Kids are more likely to continue physical activity if they enjoy it.
- Children love it when adults participate! This will make them more engaged and will push them to try harder.
- Staff can use this time to increase their daily activity as well!



### BENEFITS OF FAMILY-STYLE EATING

- Children learn social skills like taking turns and passing food to others.
- Staff act as role models for healthy eating.
- Children improve their manners by using “please” and “thank you” when requesting food.
- By having children set the table and clean up after themselves, they learn about responsibility.
- Eating together gives staff time to talk with children about good nutrition.

### SUCCESS STORY

A staff member at one afterschool site had never been enthusiastic about leading basketball or soccer games—they just weren't activities she enjoyed. But when the staff tried to get creative with new ideas, she found that hula hoop was an activity she loved, and her enthusiasm was contagious! The children also loved the new game, and soon both staff and children were discovering more ways to get active.

## Did you know?



# HEALTHY STAFF, HEALTHY KIDS

## STAFF CAN MAKE A DIFFERENCE

- Children with active role models are more likely to stay active as adults.
- Kids may not be accepting of new foods or activities right away, but it is important to continue to offer them. If children see adults trying new foods and games, eventually they might try them again and like them, too!
- Getting involved in activities with children may provide a better opportunity for staff to ensure that all children are participating, nobody is being left out, and everyone is having fun!
- Providing a healthy eating and activity environment is not only important for children but for adults as well. Actively engaging with children is a great way for staff to maintain a healthy lifestyle!

## HOW TO TALK ABOUT FOODS & DRINKS

### HOW TO SAY IT

I drink water because it's refreshing and gives my body what it needs.

Vegetables make me feel great!

Fruit is yummy! It's a great snack.

Sweets taste good, and it's OK to have them once in a while.



### HOW NOT TO SAY IT

I drink water or diet soda because they are not fattening.

I eat fruit to stay on my diet.

I can't have cookies because they'll go right to my hips.

Fat? No way! My diet is NO fat at all.

## WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

The National Association for Sport and Physical Education (NASPE) offers guidelines on activity for children and youth and publish curricula for in- and out-of-school time.

[www.aahperd.org/naspe](http://www.aahperd.org/naspe)

The Primary School site links to a ton of fun games that can be played indoors and outdoors. Great if you need activity ideas.

[www.primaryschool.com.au/health.php](http://www.primaryschool.com.au/health.php)

The President's Challenge inspires children to get moving each day. Use the guidelines and log charts to create a challenge at your site or enroll children in the challenge online.

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BAM! (Body and Mind) provides information on health, nutrition, and physical activity.

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Ways to Enhance Children's Activity & Nutrition (We Can!) provides resources to help prevent childhood overweight.

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# WATER, WATER EVERYWHERE!

### Real-life challenges...

### ...and how to overcome them

We don't have water fountains or coolers for easy access to water.



Keep a water pitcher and cups out at child level all day. Take a jug with you when you go outside. Make sure to wash out pitchers daily.

We only get reimbursed for serving milk.



Serve tap water, too—it's free!

Kids don't like drinking water.



Make presentation appealing—use a clear pitcher and try the new ways listed below. Also, get kids involved as water helpers at snack.

We use a cooler for water, but it often runs empty.



Make "cooler duty" part of the job responsibilities for one of your staff.

The drinking water isn't considered safe.



Most U.S. tap water is safe. If you're concerned, check the EPA's local drinking water reports. If it is unsafe, try getting a water cooler.

### NEW WAYS TO TRY WATER

- Flavor the water with added fruit—good choices include frozen berries or lemon, lime, or orange slices to cool things off—and feel free to mix multiple fruits together!
- Experiment with adding ice cubes made from frozen fruit juice to water.
- Make "sun tea"—put some uncaffeinated tea bags in a pitcher and set it in the sun to steep until the water takes on a tea

color—the darker the water, the stronger the tea. Add ice when you're ready to serve. You can also make a quick version by pouring hot water over tea bags and adding lots of ice.

- Serve herbal tea (like mint and chamomile) hot. It is a great way to warm up in the winter.
- Serve juice spritzers (juice and seltzer water)—use no more than 4 oz. of juice per serving.
- Have kids invent their individual "brand" of water—let them design their own labels, make their "secret recipes," and invent names for their water.

### DOES PRESENTATION MATTER?

Experiment with different ways of presenting water:

- Clear vs. non-clear pitcher
- Ice vs. no ice
- Kids serving themselves vs. pre-poured cups

### SUGGESTIONS TO HELP EVERYONE DRINK MORE WATER

One afterschool program let kids decorate their own water containers. Not only did the program spend less money on disposable cups, but the kids looked forward to drinking out of their self-made artwork! You could do the same thing with plastic water bottles. (Look for ones labeled BPA-free.)



## Did you know?

# WATER, WATER EVERYWHERE!

## WHAT TO DRINK? WATER!

Water is calorie-free and cheap!

Water keeps kids hydrated best. Sports drinks are good only for really intense activities lasting more than an hour. For example, a day at sports camp or a hike in the hills would be a time that kids might have a sports drink.

Make sure that kids can get water throughout the day and during every period of physical activity. Our bodies are the best judge of how much water we need. Teach kids to take a drink whenever they are thirsty.

Most tap water is fluoridated, which means that it helps teeth stay strong and protects against cavities!

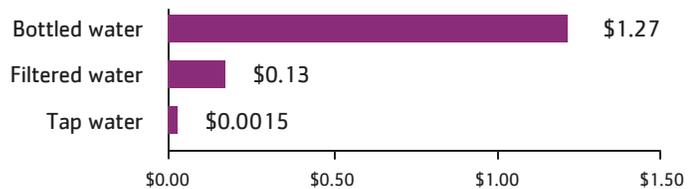
### DID YOU KNOW?

- A child's body weight is 85% water.
- The human brain is 75% water. A living tree is also 75% water.
- There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank!
- Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.
- Although the average person can live for about one month without food, we can only survive about a week without water.

## WHAT ABOUT BOTTLED WATER?

In the U.S., drinking bottled water costs, on average, 1,000 times more than drinking tap water.

### COST COMPARISON PER GALLON OF WATER



## WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools.

[www.csipnet.org](http://www.csipnet.org)

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

[www.hsph.harvard.edu/nutritionsource/healthy-drinks](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks)

This site links to a variety of lessons and educational materials about drinking water and water as a resource—great if you're looking to integrate some science lessons into your program.

[www.nesc.wvu.edu/educators.cfm](http://www.nesc.wvu.edu/educators.cfm)

The Environmental Protection Agency's annual water quality reports provide information on water safety in every state, including information on fluoridation.

[www.epa.gov/safewater/ccr/wherelyoulive.html](http://www.epa.gov/safewater/ccr/wherelyoulive.html)



# SUGAR-SWEETENED BEVERAGES

### Real-life challenges...

Kids and staff bring sugary drinks from home and nearby stores.

People believe “fruit drinks” are healthy.

Our site has vending machines that kids and staff purchase drinks from.

It seems like “fruit drinks” are cheaper than 100% fruit juice.

Families, outside partners, and kids expect soda at parties & celebrations.

### ...and how to overcome them

....> Implement policies that restrict bringing in foods and drinks from outside or sharing them.

....> Teach staff, kids, and families about the amount of sugar in fruit drinks with Food & Fun resources.

....> Have the vending machines turned off during program hours or make a rule against using them after school.

....> Tap water is free! You can use a splash of 100% fruit juice to create your own flavored waters.

....> Make a policy of no sugary drinks at afterschool events and programs. Send a letter explaining this change.

### DID YOU KNOW?

- The largest source of added sugar in kids’ diets isn’t cake, cookies, or candy—it’s drinks!
- In the U.S., 8 out of 10 children and 6 out of 10 adults consume at least one sugar-sweetened beverage on an average day.
- Teen boys average more than a quart of sugary drinks a day.

### DRINK ME!

- **WATER**—as much as you want!
- **Sodium-free seltzer**—as much as you want!
- **Juice spritzers**—mix a splash of 100% juice with sodium-free seltzer
- **Skim and lowfat milk**
- **Diluted 100% juice**—4 ounces of water mixed with 4 ounces of juice for a refreshing, flavorful treat
- **100% juice**—limit to 4 ounces per day (juice box size)

### STEER CLEAR

- Drinks with added sugar, like soda (pop) and fruit punches
- Drinks with artificial sweeteners, like diet soda

#### Examples of products to avoid:

Fruit-ades (lemonade, etc.)  
Juice drinks, juice cocktails  
Fruit punches  
Sweetened iced teas  
Sports drinks  
Vitamin waters  
Energy drinks

### WHAT’S REALLY IN HERE?

In the ingredients, added sugar may be listed as:

- **Fruit juice concentrate**
- **Evaporated cane juice**
- **Malt syrup**
- **Sucrose**
- **Dextrose**
- **Fructose**
- **High fructose corn syrup**
- **Corn sweetener**



## Did you know?

# SUGAR-SWEETENED BEVERAGES

### GO EASY ON THE JUICE

Even though 100% fruit juice has more nutrients than other sugary drinks, ounce for ounce it contains as much sugar and calories as soda.

[www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3)

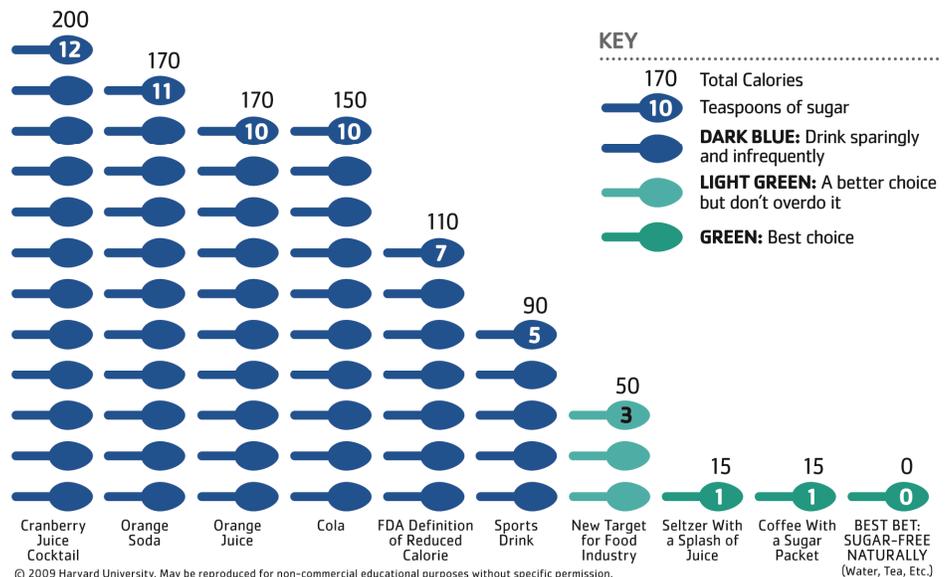
### WHY NOT JUICE, SODA, OR SPORTS DRINKS?

- They all contain **sugar!** Sugar-sweetened drinks are the top source of added sugar in kids' diets. Drinking too many high sugar drinks increases the risk for overweight in kids and adults. These drinks add extra calories that don't make us feel full.
- Soda, juice, and sports drinks can also cause dental cavities.
- There is often **caffeine** in soda and energy drinks. When kids drink caffeine, they may get headaches, upset stomach, and disturbed sleep.

### HOW SWEET IS IT?

Calories and teaspoons of sugar in 12 ounces of each beverage

For more information see The Nutrition Source: [www.hsph.harvard.edu/nutritionsource/healthy-drinks](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks)



### WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools:

[www.cspinet.org](http://www.cspinet.org)

The Center for Weight & Health at Univ. of Calif., Berkeley provides answers to common questions about sports drinks:

[http://cwh.berkeley.edu/sites/default/files/primary\\_pdfs/CWH\\_Sports\\_Drinks\\_FAQ\\_Sheet\\_English\\_Spanish\\_7.07.pdf](http://cwh.berkeley.edu/sites/default/files/primary_pdfs/CWH_Sports_Drinks_FAQ_Sheet_English_Spanish_7.07.pdf)

The Department of Nutrition at the Harvard School of Public Health provides tips and information on making healthy beverage choices:

[www.hsph.harvard.edu/nutritionsource/healthy-drinks](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks)

BANPAC offers curriculum materials and campaign tools in English and Spanish for a "Soda-Free Summer":

[www.banpac.org/resources\\_sugar\\_savvy.htm](http://www.banpac.org/resources_sugar_savvy.htm)



# TAKE CONTROL OF SCREEN TIME

### Real-life challenges...

### ...and how to overcome them

Movies are a way to spend time on rainy or cold days.



Try new indoor activities like freeze dance, an obstacle course, or an arts & crafts project. For even more ideas, look below and check out the resources on the next page.

Kids love watching TV and playing computer games.



Remove TVs or cover them with a cloth. Use the parent settings on computers to set time limits.

TV time and computer games are some of the only activities that all children enjoy.



Use physically active video games like "Dance Dance Revolution" or other fitness games.

If we don't let kids watch TV, we have no time for lesson planning.



Schedule planning time outside of program hours. Time during the program can then be all about the kids.

## WHAT YOU CAN DO TO REPLACE "SCREEN TIME" ACTIVITIES

- Let kids suggest their favorite activities. Ask them to fill in the blank, "Instead of watching TV, I could \_\_\_\_." Try a new idea each week.
- Substitute free reading time for TV. Letting children bring in appropriate books or magazines from home can be a fun reward. You could also offer appropriate reading materials or take the youth for a walk to their local library.
- Plan creative arts & crafts projects. Kids can make their own placemats and decorate water bottles. Go to [www.crayola.com](http://www.crayola.com) for coloring pages, craft ideas, and games.
- Set up a scavenger hunt either inside or outside where children can search for common objects on site.
- Play music! Kids can help think of songs to download, make up dances on their own, or play freeze dance as a group.
- Involve children in snack preparation by helping with set up and clean up, snack assembly, and recipe prep—just make sure everyone washes their hands first!
- Bring back board games!



## Did you know?



# TAKE CONTROL OF SCREEN TIME

## WHAT'S THE PROBLEM WITH TV?

- Kids who often watch more than 4 hours of TV per day are more likely to be overweight.
- TV is more than just shows! There is advertising, especially for junk food.
- Kids who watch violence on TV are more likely to act aggressively. They also tend to think that the world is scary and that something bad will happen to them.
- TV characters often do risky things like smoking and drinking. Many TV shows also stereotype boys and girls and different races.

(American Academy of Pediatrics)



- The first two years of life are an important time for brain development. TV can keep kids from exploring, playing, and talking with other people. All these things help kids have healthy physical and social development.
- As kids get older, too much screen time can get in the way of other important activities. Instead of watching TV, kids could be exercising, reading, doing homework, playing with friends, and spending time with family.
- The American Academy of Pediatrics (AAP) says that kids under 2 years old shouldn't watch any TV. Kids 2 years and older shouldn't watch more than 1 to 2 hours a day of TV. Any TV that kids watch should be educational and age appropriate.
- Kids under age 7 typically spend triple the amount of time in front of screens than being read to or reading.
- Two out of three of kids ages 0 to 6 live in homes where the TV is on at least half of the time, even if no one is watching it. (Kaiser)

## WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

**Ways to Enhance Children's Activity & Nutrition (We Can!)** provides families and communities with helpful resources to reduce screen time and stay healthy:

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm)

The American Academy of Pediatrics (AAP) recommends no more than 1 to 2 hours of quality programming per day. AAP also offers helpful resources on reducing screen time:

[www.healthychildren.org](http://www.healthychildren.org)

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide information that families can understand and use. This page discusses how TV affects kids:

[http://kidshealth.org/parent/positive/family/tv\\_affects\\_child.html](http://kidshealth.org/parent/positive/family/tv_affects_child.html)

Media Smarts is a Canadian nonprofit focused on digital and media literacy that provides resources to help empower kids to understand how advertising targets them:

<http://mediasmarts.ca/marketing-consumerism>



# WHOLE GRAINS

### Real-life challenges...

### ...and how to overcome them

We don't get to choose which foods are provided to children.



Contact whoever is responsible for food purchasing and request that snacks be whole grain. Check out the list of ideas on the back to get you started.

Whole grain products are more expensive.



Most often, this is not the case. Many popular snack items, like crackers, English muffins, and tortillas, are now available in whole grain for the same price.

Kids seem reluctant to try new, healthy foods.



Use cooking activities and fun taste tests to understand kids' preferences and identify new items that kids enjoy to add to your regular menu.

Staff in charge of buying food don't know what ingredients to look for on product labels.



Teach staff to look for whole grains like whole wheat, oats, and barley as the first ingredient on nutrition labels. Make sure snacks are low in sugar, too!

Staff don't see what they eat as relevant to their job or children's healthy eating.



Teach staff about the importance of role modeling and involve them in taste testing.

## CHECK OUT SOME OF THESE SUCCESS STORIES!

One afterschool program was able to swap out snacks made with refined grains and replace them with whole grain, healthy options. The new foods tasted great and provided children with additional fiber and nutrients.

### New ideas included:

- Whole wheat pitas & tortillas
- Granola
- Whole grain mini bagels
- Popcorn
- Whole grain crackers

Another program saw the opportunity to review current menu items and involve kids in developing a new menu.

They let kids vote each time they tried a new whole grain snack and tallied their responses to track new favorites!



## Did you know?



# WHOLE GRAINS

## THE SCOOP ON WHOLE GRAINS

Did you know that eating a diet rich in **whole grains** can lower your risk for heart disease and diabetes? Whole grains contain fiber, vitamin E, and healthy fats. They help keep your blood sugar steady and your arteries clear. Whole grains also make you feel full longer. Refined “white” flour and sugar do not have these nutrients or health benefits. Eat whole grain products instead of refined ones whenever possible. Also avoid the “empty calories” of added sugars. They offer no benefit other than energy.

- Try to serve foods made with **whole grains** (like whole wheat, oats, barley, brown rice, and popcorn), which are higher in fiber and nutrients than refined grains (like white rice, white bread, and cornflakes).
- Refined grains, such as white rice or white flour, have both the bran and germ removed from the grain. Although vitamins and minerals are added back in to refined grains after the milling process, they still don't have as many nutrients as whole grains do, and they don't provide as much fiber.
- Look at the nutrition labels of breads and cereals and aim for products with whole grain as the first ingredient, at least 3 grams of fiber, and no more than 5 grams of sugar per serving.

## LOOK FOR WHOLE GRAIN CRACKERS, CEREALS, AND OTHER GRAINS WITH NO ADDED SUGARS

- Whole wheat bread
- Brown rice
- Whole wheat English muffins
- Corn or whole wheat tortillas
- Whole grain crackers
- Whole wheat pita bread

## LIMIT THESE PROCESSED FOODS

- Sweetened cereals
- White bread
- Flour tortillas
- White rice, fried potatoes, “instant” grains
- Cookies, cakes, candies

## EXAMPLES OF 1 SERVING OF WHOLE GRAINS

- 1 slice whole grain bread
- ½ whole grain English muffin, bagel, or bun
- 1 ounce of ready-to-eat whole grain cereal
- ½ cup (cooked) oatmeal, brown rice, or whole wheat pasta
- 5-6 whole grain crackers
- 3 cups of popped popcorn

## WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

Harvard School of Public Health publishes an online nutrition news and resource center:

[www.hsph.harvard.edu/nutritionsource/what-should-you-eat/health-gains-from-whole-grains/index.html](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/health-gains-from-whole-grains/index.html)

The Whole Grains Council helps consumers find whole grain foods and understand their health benefits:

[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

This section of the MyPlate food guidance system gives specific information on grains and can be tailored for individual needs:

[www.choosemyplate.gov/food-groups/grains.html](http://www.choosemyplate.gov/food-groups/grains.html)

Planning healthy celebrations can be particularly challenging.

Foodplay offers some great suggestions:

[www.foodplay.com/downloads/FreeMaterials/Teachers/celebration\\_guide.pdf](http://www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf)