Get Fit & Eat Healthy In Afterschool Toolkit

Information and simple ideas on how to:
- promote healthy eating
- provide time for physical activity
- embed health and wellness best practices
- engage youth in hands-on activities
- get families involved and informed
- prevent obesity and promote positive body image
- collaborate with schools
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Introduction

This is a research and evidence-based toolkit for afterschool program providers and leaders to help encourage healthy eating and active play among school-aged children. Our goals are to prevent childhood obesity and to help encourage kids to adopt healthy behaviors so that they may live long and healthy lives.

In this toolkit providers will find nutrition and physical activity recommendations to help them teach kids about nutrition, design activities for active play, and plan and prepare meals for healthy eating. Tools such as a self-assessment will help providers assess the nutritional and physical components of the afterschool program, and a goal setting worksheet for kids will help them track their nutrition and physical performance. This toolkit also has ideas for healthy celebrations to reward kids towards becoming healthier!

In addition to keeping kids healthy in afterschool, making sure they are cared for at home and beyond afterschool hours is crucial. Providers will find tips and tools on how to connect with families and inform parents on the importance of their kid’s health within this toolkit.

By using these tools and tips when planning meals and activities for children, providers can incorporate health and wellness best practices into their menus, curricula, and daily physical activity schedule to make their afterschool program a healthier environment for all the children they serve.
The self-assessment is a comprehensive evaluation of a program’s strengths and weaknesses as observed by those working within or in partnership with the program. Program staff, providers and leaders will rate their program by health and wellness indicators on a performance scale from “Always-Never.” Additionally, this tool is used to create more conversation around health and wellness.

**Questions to consider:**

1. When will the assessment occur?
2. Who should be involved in the self-assessment process?
3. What tools will be used to collect and document program information?
4. How will the information be analyzed?
5. What will be done with the information that is collected?
6. Does the program have any goals for improving, changing or adapting any part of the program?
7. How are these plans documented and monitored?

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<tr>
<th>Nutrition</th>
<th>Always</th>
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<th>Sometimes</th>
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<th>Indicators/Comments</th>
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<td>Does your afterschool program participate in the afterschool reimbursement food program (CACFP or NSLP)?</td>
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<td>Does your program use any specific curriculum, policies, or guidelines to reinforce healthy eating behaviors?</td>
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<td>Are foods served in a single size serving according to the nutrition label?</td>
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<td>Does your program serve food that is low in sodium, sugar and trans fat?</td>
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<td>Does your program serve grain products that have whole wheat as the first listed ingredient?</td>
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<td>Is water always available throughout the day, served during snack/meals and easily accessible?</td>
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<td>When milk is offered, are you providing low-fat/fat-free milk?</td>
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<td>When serving juice, are you providing 100% fruit or vegetable juice and no more than twice per week?</td>
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<td>Do you serve two or more kinds of fruits or vegetables or a combination of both?</td>
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<td>When serving protein, are you providing products of lean meat, poultry, seafood, eggs, beans, soy products, unsalted nuts and seeds?</td>
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<td>Do your staff model healthy eating behaviors?</td>
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<td>Do your staff model and encourage food safety behaviors such as washing hands before eating?</td>
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<td>Are you aware of any food allergies among the kids participating in the program?</td>
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<td>Physical Activity</td>
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<td>Never</td>
<td>Indicators/Comments</td>
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<td>Does your program use any curriculum, policies or guidelines to reinforce active behavior among children?</td>
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<td>Do you allow at least 30 minutes of moderate to vigorous physical activity time on a regular schedule?</td>
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<td>Do children have the opportunity to play outside most of the days of the week?</td>
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<td>If weather prohibits outdoor play, do all children have access to indoor play?</td>
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<td>Are your physical activities age-appropriate?</td>
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<td>Do your program provide appropriate safety equipment for physical activity if needed?</td>
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<td>Do your staff encourage safe, non-competitive and team building activities for all children of all abilities?</td>
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<td>Do your staff participate in the physical activities to set a positive example and model?</td>
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After assessing the results of the self-assessment, program providers need an action plan to make their program more effective in practicing healthy behaviors. An action plan will help you lay out your strategies and goals and help you achieve them in a timely manner. List out specific tasks, resources available and the time the task will start/be accomplished.

Questions to consider:
1. SMART:
   S- Specific: Are the strategies/goals specific?
   M- Measurable: Are the strategies/goals measurable?
   A- Achievable: Are the strategies/goals achievable?
   R- Realistic: Are the strategies/goals realistic and relevant?
   T- Time: Do the strategies/goals have a deadline?
2. Does the team have the interest and enthusiasm for the plan and understand the steps necessary for this plan?
3. How will progress be tracked?

<table>
<thead>
<tr>
<th>Strategies/Goals</th>
<th>Training/Steps I Need to Achieve my Goal</th>
<th>Timeframe</th>
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Tips!
for
Afterschool Staff and Leaders

For most of the school day, kids spend their time sitting behind a desk. Learning should not occur only behind their desk but also through expanded learning opportunities throughout the day. During these expanded hours of after school kids can engage in fun hands-on activities that allow them to try new things. Here are 10 TIPS for afterschool staff and leaders to help engage and encourage kids to develop healthy habits for life.

1. Model healthy behaviors
2. Set healthy goals
3. Get into character and play
4. Eat together
5. Involve EVERYONE
6. Provide positive feedback
7. Encourage kids to make healthy choices
8. Connect with families
9. Connect and invite local health professionals
10. Make it FUN!

For more tips visit:
» canfit.org
» afterschoolalliance.org
Name_________________________ Grade_______

**Nutritional Goal #1:**
This goal is important because...

Things I can do to achieve my goal
1. 
2. 
3. 

**Nutritional Goal #2:**
This goal is important because...

Things I can do to achieve my goal
1. 
2. 
3. 

**Fitness Goal #1:**
This goal is important because...

Things I can do to achieve my goal
1. 
2. 
3. 

**Fitness Goal #2:**
This goal is important because...

Things I can do to achieve my goal
1. 
2. 
3.
**Remember...**

- Drink water instead of sugary beverages.

- **Oils** are not in food group but some oils are good for your body. Fish and nuts can also be sources of oil.

These food choices from the 5 food groups provide more potassium, dietary, fiber, calcium, and vitamin D.

**Check out:**
Daily Caloric Intake For Kids (Appendix A)

**For more nutrition information and activities visit:**
- teamnutrition.usda.gov
- cnpp.usda.gov
- choosemyplate.gov
- fruitsandveggiesmorematters.org

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**Nutrition Recommendations For Kids**

- Half of your grains should be whole grains.

- Half of your plate should be fruits and vegetables.

- Enjoy a rainbow of vegetables

- Switch to fat-free or low-fat dairy products such as 1% milk.

- Add lean or low-fat protein. Try adding seafood twice a week.
Foods to Increase

Vegetables and Fruits
Eat a variety of vegetables, especially dark green, red and orange vegetables. Eat a variety of fruits-frozen, canned, dried or raw.

Whole Grain
Eat whole grains such as oatmeal, whole wheat bread and brown rice.

Lean Protein
Eat lean protein such as seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Low-Fat Dairy
Eat low-fat or fat-free dairy products such as milk, yogurt, cheese, and fortified soy beverages.

Food Safety
- Wash hands before preparing food
- Wash utensils after use
- Wash fruits and vegetables before eating
- Store food at the right temperature
- Check food allergies
- Cook food at the right temperature
- Avoid cross contamination by separating foods

Learn more about food safety at:
» foodsafety.gov
» fsis.usda.gov
Nutrients to Decrease

Saturated Fatty Acids
Consume less than 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.

Sodium
Reduce sodium intake to no more than 1,500 mg. High sodium can be found in soup, bread and frozen meals.

Trans Fat
Keep trans fatty acid consumption as low as possible.

Solid Fats and Added Sugar
Reduce the intake of calories from solid fats and added sugars such as butter and sugary drinks.

Cholesterol
Consume less than 300 mg per day of dietary cholesterol.

Refined Grains
Limit the consumption of foods that contain refined grains.

Examples

Solid Fats
• Beef, pork, and chicken fat
• Butter, cream, and milk fat
• Coconut, palm, and palm kernel oils
• Shortening
• Stick margarine

Instead use Oils
• Canola oil
• Corn oil
• Olive oil
• Peanut oil
• Sunflower oil

Refined Grains
• De-germed cornmeal
• White bread
• White rice
• White flour

Saturated Fats and Cholesterol
• Cakes
• Cookies
• Ice Cream
• Cheese
• Pizza
• Hotdogs and Sausages
Instructions:
Circle healthy foods from each food group. Then draw and color them in the plate below.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES</th>
<th>GRAINS</th>
<th>PROTEIN</th>
<th>DAIRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>oranges</td>
<td>spinach</td>
<td>whole wheat</td>
<td>salmon</td>
<td>milk</td>
</tr>
<tr>
<td>strawberries</td>
<td>asparagus</td>
<td>bread</td>
<td>eggs</td>
<td>yogurt</td>
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<tr>
<td>apples</td>
<td>carrots</td>
<td>corn</td>
<td>chicken</td>
<td>cheese</td>
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<tr>
<td>grapes</td>
<td>broccoli</td>
<td>oatmeal</td>
<td>beef/steak</td>
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<tr>
<td>bananas</td>
<td>bell peppers</td>
<td>cereal</td>
<td>beans</td>
<td></td>
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<tr>
<td>blueberries</td>
<td>celery</td>
<td></td>
<td>shrimp</td>
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<tr>
<td>pears</td>
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Name_____________________            Grade_______
Reading Food Labels

Learn how to read food labels to help make healthier choices.

1. Check the Serving Size
   Indicates the amount of a serving size. The servings per container let you know how many serving are in the package.

2. Check the Calories
   Calories are a measure of energy use. No more than 30% of calories should come from fat.

3. Limit Intake of
   These...
   Limit the amount of saturated fat and trans fat. Cholesterol should not exceed 300mg each day and sodium intake should be less than 2,400mg daily.

4. % Daily Value
   This shows the percentage of the daily recommended value of each nutrient in one serving size.

5. Get Plenty of These....
   This shows the amount of minerals and vitamins in a serving size. Aim for at least 100% of each vitamin and mineral daily.

6. Recommended Intake Values
   Values vary depending on your age, gender and health. However, the recommended amounts for fats, cholesterol, sodium, carbohydrate and fiber are the same for everyone.

Activity

Bring in food labels and have kids practice reading the labels. Then have them compare them to find out which food is healthier.

For more nutrition label activities visit:
> teamnutrition.usda.gov/NutritionLabels.pdf

Remember to...

Read the list of ingredients. The ingredients are in order of dominance.

Try to avoid products that contains “partially hydrogenated oil,” which is another name for trans fat.
Background Information

Washing your hands is the best way to prevent food borne illnesses, avoid getting sick and spreading germs to others. Some germs leave harmful toxins on your skin and washing your hands with soap will help get rid of harmful toxins and bacteria.

When should you wash your hands:
• Before, during and after preparing food
• Before eating food
• After using the restroom
• After blowing your nose, coughing or sneezing
• After touching/playing with pet
• After touching garbage

Time: 30 minutes (max)

Materials:
• Flip chart with marker
• Sink area to wash hands
• Soap
• Paper towels
• An apple

Outcomes:
Children will learn about food safety and sanitation

Goodbye To Things I’ve Never Seen

I wash my hands until they’re clean,
To get rid of things I’ve never seen.
I do this many times a day,
To shoo the dirt and germs away!
And before I eat an apple or pear, I wash their skins with such great care.
I do the same for vegetables too,
To keep them safe for me and you!

Read and Act

(Pretend to wash your hands)
(Cover your eyes with your hands)
(Hold your hands up)
(Wave goodbye)
(STOP and rub the fruit before you eat it)
(Point at yourself then extend out your arms)

For more nutrition education activities visit:
» supportunitedway.org/book/get-healthy-now
» healthykidshub.org
» catchusa.org
» supertracker.usda.gov
» livestrong.com
» foodandfun.org
Part I

1. Why do we wash our hands and why do we want to get rid of germs? (write their responses on the flip chart)

2. When should we wash our hands? (write their responses on the flip chart)

3. Explain to them that soap and water help get rid of dirt and germs on our hands.

Part II

1. Why do we need to wash our fruits and vegetables?

2. Explain that fruits and vegetables carry dirt, pesticide sprays and germs from the store that need to be washed away.

3. Demonstrate proper way of washing fruits and vegetables for at least 20 seconds, using an apple. Remind them that we only wash produce with a produce safe wash, or water, never use soap.

Remeber to wash your hands with soap.

Remember to wash fruits and vegetables with water before eating.
Germ Freeze Tag

First...
Split the children into 3 main groups:
(Group sizes may vary)
• Hands (10+ for small groups)
• Germs (2x for small groups)
• Soap (2x for small groups)

To help children remember which group they belong to, use the tag signs (Found in Appendix B).

Mark a place as the “SINK.”

Rules
(It would help if you demonstrate as you are explaining the rules, call on some volunteers)
• GERMS chase HANDS
• SOAP are the “rescuers” to HANDS.
• HANDS must run to the “SINK” and do a “WATER TWIST” to get washed (make up a twist dance). Then return to play.

Safety Tips
• Mark boundaries
• Have a restricted area for tagging such as from shoulders down to hands.
• Use butterfly/flutter fingers for tagging to avoid pushing.
• Remind kids if they hear the whistle they must FREEZE in place.

After 5 minutes or so, stop the game have them switch signs, remind them of the rules and resume play.

TIME TO PLAY!!!
School Gardens

**Benefits of a School Garden**

- Change eating habits
- Better nutrition improve test scores
- Connect children to the environment
- Fight childhood obesity
- Promote physical activity
- Change attitudes towards learning

**Gardening Activities**

- Paint a pot and let it dry. Next, add soil; choose your vegetable seed and plant it in the soil. Then water the seed and place your pot outside or by a window with access to sunlight.

- Make a theme garden bed. For example, a “Pizza Garden” which consists of vegetables that would go on a pizza such as basil, onions, bell peppers and tomatoes.

- Create plant labels using cardstock and popsicle sticks. To keep your label rain resistant, slide it inside a small sandwich bag. Then wrap the excess plastic to the back of the label and staple in place.

**TIP:**
Extend gardening activities by including science components, such as teaching kids about photosynthesis or soil.

**WATER, SUN & OXYGEN**

**WATCH YOUR PLANT GROW!**

»Don’t have a school garden yet? Visit farmtoschool.org for more information on how you can get started.
List of vegetable seeds you can plant

- Peas
- Carrots
- Cilantro
- Lettuce
- Pumpkin
- Cucumbers
- Squash
- Corn
- Broccoli
- Parsley
- Eggplant

List of fruits you can plant (usually in a tree/bush form)

- Blueberries
- Fig
- Strawberries
- Oranges
- Raspberries
- Apple
- Pear
- Peach
- Tomatoes
- Watermelon

Gardening is FUN!

Check out:
Seasonality of Foods (Appendix C)

To learn more about planting, canning and harvesting fruits and vegetables visit:

» almanac.com
» garden.org
» gardening.cornell.edu
» extension.oregonstate.edu
**Appetizers**

- **Snaily-butter**
  Celery sticks with creamy peanut butter topped with a slice of sweet apple.

- **Veggies-n-Dip**
  Fresh carrots, broccoli, celery and cucumbers with sour cream and salsa dip.

- **Fruit Crunch Cobbler**
  Peaches and pears topped with granola and ground cinnamon.

**Desserts**

- **Magical Fruit Salad**
  Bananas, grapes, oranges, and pineapple with vanilla pudding mix.

- **Berry Good Banana Split**
  Strawberries, blueberries and bananas with low-fat vanilla yogurt topped with granola.

**Beverages**

- **100% Orange Juice**
- **Strawberry Smoothie**
- **1% Milk**
- **Water**

**Afterschool Specials**

- **Tasty Tostadas**
  Chicken, lettuce, shredded cheese, tomatoes, corn and beans in a tostada shell topped with salsa.

- **Tuna Berry Wrap**
  Whole wheat wrap with tuna, sliced avocados, baby spinach leaves, tomatoes, and dried cranberries.

- **Wild Stir-Fry**
  Ground beef stir-fry with broccoli, pea pods and bell peppers. Serve over brown rice.
Snailly-Butter
• Prep time: 5 minutes
• Serving size: 9 pieces
• Serves: 3-5
• Ingredients:
  3 Celery Sticks
  Creamy Peanut Butter
  1 Apple
• Utensils:
  Knife
  Cutting board
  Spoon or butter knife

Directions:
• Wash apples and celery sticks.
• Cut celery sticks into 3 pieces.
• Spread peanut butter on the celery.
• Cut apple into circular slices and place a slice on top of the peanut butter and serve.
• Optional: Decorate as wish.

Magical Fruit Salad
• Prep time: 10 minutes
• Serving size: 5 fruit salads
• Serves: 5
• Ingredients:
  4 cups of assorted fruits: bananas, oranges, pineapple, grapes
  1 small package of vanilla instant pudding mix
  1 cup of low fat or nonfat or 1% milk
• Utensils:
  Mixing bowl
  Tossing spoon
  Knife
  Measuring cups
  Small bowls

Directions:
• Rinse fresh fruit. Chop into bite-size chunks and throw into the mixing bowl.
• Sprinkle pudding mix over fruit.
• Add milk and mix well.
• Refrigerate for 5 minutes.
• Serve in small bowls.

Tuna Berry Wrap
• Prep time: 10 minutes
• Serving size: 2 wraps
• Serves: 2
• Ingredients:
  2 whole wheat wraps (8 in.)
  1 cup of tuna
  1/2 avocado thinly sliced
  1/2 cup of baby spinach leaves
  1/2 cup of chopped tomatoes
  1/2 cup of dried cranberries
• Utensils:
  plate

Directions:
• Place a wrap on the plate.
• Divide tuna into two portions (1/2 cup) and place tuna on wrap.
• Top wrap with dried cranberries, tomatoes, avocados, and spinach leaves.
• Roll wrap up tightly and cut on the diagonal. Repeat these steps for the next wrap.

Strawberry Smoothie
• Prep time: 5 minutes
• Serving size: 1 8oz glass
• Serves: 1
• Ingredients:
  2 ice cubes
  1 cup of 1% milk
  2/3 cups of fresh strawberries
  1/3 cup of low-fat yogurt
  1 tsp. vanilla extract
• Utensils:
  Blender
  Measuring cups and spoons

Directions:
• Pour all ingredients into the blender and put the lid on.
• Blend for 45-60 seconds until smooth
• Pour smoothie into a glass and enjoy!

Check out:
Rest of the recipes can be found in the Appendix D.

For more recipes visit:
» kidshealth.org
» foodhero.org
» oregondairycouncil.
Children need 1 hour of active play per day.

**Physical Activity Recommendations**

**Limit screen time**
Children spend an average of 7 hours on screen time activities, such as watching TV, playing video and games, on the computer and using cellphones per day.

**Increased screen time activities can cause:**
- More snacking
- Obesity
- Lower test scores
- Attention problems
- Sleeping problems

Children should spend no more than 2 hours on screen time activities.

**Active play...**
- Helps kids stay at a healthy weight.
- Reduces the risk of obesity-related illnesses such as type I and II diabetes and high blood pressure.
- Builds strength, flexibility and endurance.
- Enhances motor and social skills.
- Enhances brain development and better academic performance in school.
- Maintains and develops strong bones.
- Helps kids sleep better.
- Builds confidence and higher self-esteem.

**Age-appropriate activities**
Some physical activity is better-suited for adolescents than children. For example, children do not usually need formal muscle-strengthening activities, such as lifting weights. Younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym or climb trees. Additionally all activities should be inclusive and non-competitive.
Types of Physical Activity

1. Everyday Activities
   Everyday activities include low-intensity walking and gardening.

2. Aerobic Activity
   Aerobic activities can range from brisk walking to running and should make up most of the recommended 60 min. per day.

3. Bone and Muscle Strengthening
   Bone and muscle strengthening activities such as pull ups or push ups, and jumping rope, should be included 2-3 days a week.

4. Flexibility
   Flexibility exercises such as stretching or yoga, should be included 2-3 days a week.

Remember to be safe. Play safe and wear proper safety gear when necessary.

Moderate Physical Activity
- Walking
- Bike riding
- Frisbee
- Kickball
- Hopscotch
- Yoga
- Gymnastics
- Ballet
- Shooting Baskets
- Swimming
- Volleyball
- Baseball, Softball
- Hula hooping

Vigorous Physical Activity
- Running (playing tag)
- Jogging
- Jumping rope
- Basketball
- Football
- Soccer
- Aerobic dancing
- Karate
- Tae Kwon Do
- Jumping Jacks

Make sure water is ALWAYS available and easily accessible.

For more physical activity recommendations visit:
» extension.missouri.edu
» cdc.gov
» health.gov
» playworks.org/
» choosemyplate.gov
» aap.org
» aahperd.org/Naspe/
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<tr>
<td><strong>What type of power play did you do?</strong></td>
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<td><strong>For how long (minutes/hours)?</strong></td>
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<tr>
<td><strong>GREAT WORK! You earned yourself a STAR!</strong></td>
<td>*</td>
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<td>*</td>
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</tbody>
</table>

Total number of minutes/hours this week______________.

You CAN do it!
Let’s Move More!

Warm-Up Movements

• Increase your heart and respiratory rate
• Boost the amount of nutrients and oxygen delivered to your muscles
• Prepare the body for a demanding workout
• Make it easier to burn calories
• Extend your workout

Cool-down Movements

• Slow your heart rate to a normal speed
• Return your breathing to its regular pace
• Avoid muscle stiffness and soreness
• Reduce the risk of dizziness and lightheadedness
• Relax the muscles

Stretches Before and After Playing

• Reduce muscle injuries
• Increase in flexibility and joint range of motion
• Correct exercise posture
• Relaxed muscles
• Better sports coordination

Check out: Upper and Lower Body Stretches in Appendix E

For indoors/outdoors physical activity games visit:
» sparkpe.org
» healthykidshub.org
» http://supportunitedway.org/book/get-healthy-now Kickball
» pbskids.org/zoom/activities/ Baseball/Softballgames/
» wilderdom.com/games/
» physicalactivities.html
» teachingideas.co.uk/pe/contents.htm

Outside Activities

Kickball
Baseball/Softball
Soccer
Basketball
Relay Races
Hopscotch
Wall Ball
Tennis

Be Creative With Indoor Games

Four Corners
Red Light, Green Light
Dodge Ball
Hockey
Show Us How You Move!
Give Me Your Best Shot!
Show Us How You Move!

Background Information

- Regular physical activity helps control our weight, reduces the risk of chronic disease, builds strong muscles, bones, and joints, improves flexibility and balance, and improves mood and sense of well-being.
- Being physically active during the day helps you to sleep better at night.
- Children need at least one hour of physical activity a day.
- Physical activity can be “lots of things” such as walking to school, playing outside, or dancing to your favorite song.
- Being active is a fun way to spend time with family and friends.
- Being active is a great way to increase energy and decrease stress.

Time: 30 minutes
Materials: None
Room: Classroom
Grade: All Ages

Outcomes
Children will play a miming game to demonstrate how physical activity can be done throughout the day. Children will learn why being active is important and be able to identify more than one way to be physically active.

Instructions
1. Have the kids stand in a circle.
2. Do introductions (or wear name tags). Then pick one kid to start the game (Jane).
3. Ask everyone clap their hands while rocking their knees back and forth.
4. Have everyone ask Jane in unison, “Jane show us how you move!”
5. Jane then names an activity that she does during the day such as “jump.”
6. Everyone must copy Jane jumping for 5 seconds.
7. Then Jane will call on the next person to lead the “move.”
8. Play continues until each child has had a turn to lead.
Give Me Your Best Shot!

Outcomes
Children will learn different physical activities that target different areas (muscles) in their body.

Instructions
Set 7 different workout station with different workout items. Instructor must walk around to each station and do a demonstration while pointing to the targeting muscle. Then assign a group of kids to a station and turn on the music. Kids will have 3 minutes at each station to do as much as they can. After 3 minutes, the instructor will blow their whistle for the kids to rotate to the next station.

*K-3rd can be less structured by putting out the equipment and letting kids choose whichever station they want.

**Time:** 30 minutes

**Materials:**
- Radio (music)
- Hula Hoops
- Bleacher Step
- Jump Ropes
- Dumbbells or food cans

**Room:** Gym

**Grade:** K-3rd use simple terminology; 4th-5th can use anatomy terminology.

Station 1: Jog in place
*Target muscles:* Thighs (quadriceps and hamstrings) and calves (gastrocnemius)

Station 2: Steps (use bleacher steps)
*Target muscles:* Hips (iliopsoas), thighs (quadriceps) and bottom (gluteal)

Station 3: Jump rope
Target muscles: arms and legs

Station 4: Hula hoops
*Target muscles:* Stomach (abdominal) and sides of torso (obliques)

Station 5: Push-ups
*Target muscles:* Chest (pectorals), back of arms (triceps) and Shoulders (deltoids)

Station 6: Jumping Jacks
*Target muscles:* Inner hips (adductor), calves and shoulder

Station 7: Weight lifting (biceps curls)
*Target muscles:* Front arms (biceps)
Healthy Habits at Home

Parents and caregivers serve as the primary role models for children. That is why it is important to get parents involved and encourage them to adopt healthy habits at home. Here are some tips on how you can get parents involved and informed.

**Share Your Knowledge**

Keep parents informed on what their kid is doing afterschool.

Make time to interact with parents to emphasize the health practices you have embedded in your program.

**Send Recipes Home**

If children love the snacks and meals that the afterschool program is providing, then parents are more likely to try new recipes at home.

Suggest key food groups that balance a diet such as fruits and vegetables.

**Provide Parents With Resources**

Send children home with educational handouts used in your activities to present an opportunity for kids and parents to discuss them more at home.

Provide projects and nutrition activities that can be easily done at home by parents and kids.

Provide opportunities for parents to volunteer.

For more parent resources visit:
- choosemyplate.gov
- teamnutrition.gov
- nutrition.gov
- foodhero.org
Playing It Safe While Cooking

Cooking is a great way to have fun. Play it safe and follow these simple safety tips.

- Always wash your hands with soap and hot water before you begin.
- Wash fruits and vegetables with water even if you will remove the peel. Rinse the tops of cans with water before you open them.
- Always turn the sharp edge of a knife or vegetable peeler away from you as you use it.
- Use caution when handling a cheese grater. Keep your fingertips away from the sharp edge of the knife when cutting.
- Use a cutting board when you chop or slice ingredients.
- After touching meat, eggs, chicken, or fish, carefully wash the counter, your cooking tools, and your hands with soap and hot water.
- Always use clean, dry oven mitts whenever you use the oven.
- You may want to have an adult help you.
- When cooking on the stove, make sure pot handles are turned away from the front of the stove so they are not accidentally bumped or knocked off.
- When uncovering a pot on the stove or a container from the microwave, open the lid away from you to let the steam out.
- When using a blender, keep the lid on. Turn the blender off before putting any utensils inside the blender container.
## Weekly Meal Planner

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
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<td>Monday</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursday</td>
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<td>Friday</td>
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<td></td>
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<tr>
<td>Saturday</td>
<td></td>
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</tr>
</tbody>
</table>

Remember to include foods from all 5 food groups: Fruits and Vegetables, Grains, Protein and Dairy.
Model Healthy Behaviors at Home

Limit Screen Time

Kids are spending more time in front of the television, playing video games, using the computer and cellphones, and spending less time playing outside. In some cases, this can be fun and educational, but make sure it does not take too much time from other activities. Here are a few tips to keep screen time safe:

- Limit television or screen time, no more than 2 hours per day.
- Ensure that television programs are age-appropriate, non-violent and educational.
- Avoid televisions in bedrooms.
- Focus on family time during meals and avoid watching TV.
- Teach your children about the purpose of advertising.

Did you know?

Kids who spend more time in front of a screen have risks for lifelong health problems such as:

- Obesity and overweight
- Violent behaviors
- Consumption of junk foods
- Sleeping pattern disturbances

WHY LESS IS MORE!

Change It up!

Here are a few screen-free physical activities for parents and kids to do at home:

- Take a walk as a family after dinner, instead of watching TV.
- Play family games together.
- Exercise together at home. Do jumping jacks, crunches and push-ups.
- Have kids help around the house and do “active” chores.
- Put on some music and dance!
TIPS!

Have a healthy theme party!
• Sports Party
• Gardener’s Party

Have a scavenger hunt for items or information in the classroom or around the school/building. Have children search for items related to the party theme.

Provide “free choice” activity time at the end of the day.

Provide “extra recess time.”

Celebrate creatively by setting up craft stations and playing music in the background. Ask parents to donate/provide supplies such as clay, craft paper, pencils, markers, pains and stickers if possible.

Plan special age-appropriate party games
• Pictionary
• Charades
• Tag
• Dance

Read a children’s book to the whole class. Then allow students to pick a book of their choice.

TIME TO PARTY!

For more ideas for healthy celebrations visit:
• ourcommunityyourkids.org
• actionforhealthykids.org
• afterschoolalliance.org

Healthy Celebrations For Afterschool

Provide Rewards

Recognition- recognize student’s achievements by creating a photo recognition board or certificate.

Privileges- “Go first,” choose a class activity, read outdoors, help the teacher.

Earn Play Money, Tokens or Points- For coupons, gift certificates, tickets to an event or movie.

Reward Items- School supplies, plants or seeds, books, sports equipment, stuffed animals, T-shirts, cups, stickers, caps, sunglasses, playing cards, bracelets/necklaces and gameboards.

Healthy Snacks

• Apple slices with cheese
• Fruit kabobs
• Low-fat cheese sticks
• Low-fat muffins
• Whole wheat pita bread or crackers with bean dip
• Fruit smoothies
• Cheese and salsa quesadilla
• Vegetables with low-fat dip
Healthy Celebrations Throughout The Year

**JANUARY**
Healthy Power Goals
It’s a new year! Help kids create goals for themselves or create healthy classroom goals.

**FEBRUARY**
Love Your Friends!
Have kids write a positive comment about their classmates.

**MARCH**
National Nutrition Month
Encourage students to include the 5 food groups in each of their meals.

**APRIL**
National Garden Month
Try doing fun gardening activities such as painting or decorating flower pots.

**MAY**
Prepare For Summer
Help kids brainstorm ideas for staying healthy and hydrated over the summer.

**JUNE**
Engage in a New Hobby
Take advantage of the summer weather and plan for some fun and educational activities outdoors.
**JULY**

National Picnic Month
Have a picnic with friends and family. Pack a nutritious meal.

---

**AUGUST**

GO, GO! Sports!
Encourage kids to play or try a new sport.

---

**SEPTEMBER**

Better Breakfast Month
School is back. Encourage kids to eat breakfast to help fuel their brains.

---

**OCTOBER**

Have a Healthy Halloween
Introduce healthy Halloween treats and decorate halloween paper bags.

---

**NOVEMBER**

Mix It Up!
Provide kids with easy recipes that they can help make during Thanksgiving.

---

**DECEMBER**

Participate in Holiday Activities.
Encourage students to get outside and enjoy cold weather activities.
You can make many great connections simply by flipping through the local phone book or with a quick web search. Here are some folks to invite into your program:

- Your local school food service director can work with you on special promotions or taste tests, especially if your after school program is held in a school building. Food service directors also receive promotional materials in the mail and may be able to pass healthy freebies on to you.

- Many grocery stores have started providing free tours designed to teach kids about making nutritious choices. Kids can tour the produce section to learn about the variety of fresh fruits and vegetables available or learn how to pick a healthy cereal. Invite families to join you on the tour and ask the store to do a healthy taste test.

- If your program is held within a school, connect with the principal or teachers. Building solid relationships with school personnel can help you secure resources like gym space or kitchen facilities to enhance your program offerings.
• Promotoras are community members who work as liaisons between the Hispanic/Latino community and health organizations. They raise awareness about health issues, including nutrition and physical activity.

• Farmers or master gardeners are other great resources for teaching kids about fruits and vegetables.

• Check to see if your local children’s museum has exhibits on healthy eating or physical activity.

• Physical education teachers could help run a fitness event or health fair, or they may allow programs to borrow or share physical education equipment.

• Local chefs are often happy to share their knowledge and food preparation tips with local organizations, and some restaurants or grocery stores may donate food for taste tests (chefs may even prepare simple snacks with kids).

• Fitness instructors can lead a special activity or partner with you to develop optional programming for children, such as a one-month yoga introduction or dance class.
Appendix A

Daily Caloric Intake Guidelines
For Kids

Daily estimated calories and recommended servings for grains, fruits, vegetables and dairy by age and gender.

<table>
<thead>
<tr>
<th>Calories</th>
<th>4-8 years old</th>
<th>9-13 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>1200 kcal</td>
<td>1800 kcal</td>
</tr>
<tr>
<td>Male</td>
<td>1400 kcal</td>
<td>2200 kcal</td>
</tr>
<tr>
<td>Fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female and Male</td>
<td>25-35% kcal</td>
<td>25-35% kcal</td>
</tr>
<tr>
<td>Milk &amp; Dairy</td>
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<td></td>
</tr>
<tr>
<td>Female and Male</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>3 oz.</td>
<td>5 oz.</td>
</tr>
<tr>
<td>Male</td>
<td>4 oz.</td>
<td>5 oz.</td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female and Male</td>
<td>1.5 cups</td>
<td>1.5 cups</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>1 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>Male</td>
<td>1.5 cups</td>
<td>2.5 cups</td>
</tr>
<tr>
<td>Grains</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>4 oz.</td>
<td>5 oz.</td>
</tr>
<tr>
<td>Male</td>
<td>5 oz.</td>
<td>6 oz.</td>
</tr>
</tbody>
</table>

Key Recommendations

- Stay within the appropriate recommended calorie intake.
- Eat smaller portion sizes to avoid over eating.
- Increase caloric intake if daily physical activity is involved.
- Make healthier choices by reading and comparing food labels.
- Try new foods!
Appendix B
Tag Signs
Appendix C
Seasonality of Foods

Spring
- apricots
- artichokes
- asparagus
- avocados
- bell peppers
- collard greens
- grapefruit
- green peas
- guavas
- mangos
- oranges
- papayas
- rhubarb
- strawberries
- Swiss chard

Winter
- avocados
- Brussels sprouts
- chayote squash
- cherimoya
- collard greens
- grapefruit
- guavas
- kiwifruit
- mustard greens
- oranges
- pears
- tangerines
- turnips

Summer
- apricots
- avocados
- bell peppers
- cantaloupe
- cherries
- corn
- grapes
- green beans
- green peas
- honeydew
- mangos
- nectarines
- okra
- papayas
- peaches
- pears
- plums
- strawberries
- Swiss chard
- tomatoes
- valencia oranges
- watermelon
- yellow squash
- zucchini

Fall
- acorn squash
- Brussels sprouts
- butternut squash
- chayote squash
- cherimoya
- grapes
- green beans
- honeydew
- kiwifruit
- okra
- pears
- persimmons
- pomegranates
- pumpkins
- sweet potatoes
- Swiss chard
- tangerines
- tomatoes
- turnips

Year Round
- apples
- bananas
- beets
- bok choy
- broccoli
- cabbage
- cactus leaves
- canned fruits and vegetables
- carrots
- cauliflower
- celery
- chili peppers
- cucumbers
- dried fruit
- eggplant
- frozen fruits and vegetables
- garlic
- green onion
- jicama
- kale
- leeks
- lemons
- lettuce
- limes
- mushrooms
- onions
- parsnips
- pineapples
- potatoes
- radishes
- spinach
- tomatillos
- 100% fruit juice
- 100% vegetable juice
Appendix D
Afterschool Menu Recipes

Fruit Crunch Cobbler
Preparation time: 5 minutes
Cooking time: 5 minutes
Makes 4 servings. One serving equals 1 cup.

Ingredients
1 (15-ounce) can sliced peaches, drained* (canned fruit packed in 100% juice)
1 (15-ounce) can pear halves, drained* (canned fruit packed in 100% juice)
1/4 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1 cup lowfat granola with raisins

Preparation
1. Combine peaches, pears, extract, and ground cinnamon in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or plastic wrap. Be sure to leave a little opening for the steam to get out.
3. Microwave on high for 5 minutes. Use pot holders to remove the bowl from the microwave because it may be hot. Let cool slightly before serving.

Fresh Veggies and Dip
Preparation time: 10 minutes
Makes 4 servings. One serving equals

Ingredients
1/2 cup fat free sour cream
1/3 cup prepared salsa
3 tablespoons chopped green onions
1/2 teaspoon garlic salt
1 cucumber
2 stalks celery
1 cup baby carrots (about 12 carrots)

Preparation-Dip
1. Put sour cream, salsa, green onions, and garlic salt in a small bowl. Stir well.

Preparation-Veggies
1. Remove leafy tops from celery stalks. Cut celery stalks into sticks.
2. Shave skin off of the cucumber and cut into round slices.
3. Serve celery sticks, and baby carrots with dip.

Berry Good Banana Split
Preparation time: 5 minutes
Makes 1 serving.

Ingredients
1 small banana, peeled
1/2 cup lowfat vanilla yogurt
1 tablespoon lowfat granola
1/2 cup fresh blueberries or other fresh berries

Preparation
1. Cut the banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and berries. Serve.
**Tasty Tostados**

Preparation time: 15 minutes  
Makes 4 servings. One serving equals 1 tostada.

**Ingredients**
- 2 cups shredded romaine lettuce  
- 4 tostada shells  
- 2 cups chopped cooked chicken breast  
- 1 cup prepared salsa  
- 1/2 cup drained, no salt added canned corn  
- 1/2 cup drained, low sodium canned black beans  
- 1/4 cup shredded reduced fat Cheddar or Monterey Jack cheese

**Preparation**
1. Place 1/2 cup shredded romaine lettuce on each tostada shell.  
2. Put chicken and salsa in a small bowl and stir.  
3. Spoon about 1/2 cup chicken mixture onto each tostada.  
4. Top each tostada with 2 tablespoons corn, 2 tablespoons black beans, and 1 tablespoon cheese. Serve.

---

**Wild Stir-Fry**

Preparation time: 5 minutes  
Cooking time: 30 minutes  
Makes 4 servings. One serving equals 1 1/4 cups.

**Ingredients**
- 1 1/2 cups water  
- 3/4 cup uncooked brown rice  
- 1 tablespoon olive oil  
- 8 ounces lean ground beef (93% lean, 7% fat)  
- 4 teaspoons low sodium soy sauce  
- 4 teaspoons low sodium oyster sauce  
- 3 cups frozen vegetables (such as broccoli, carrots, bell peppers, pea pods)  
- 1/2 teaspoon ground black pepper

**Preparation**
1. In a heavy saucepan, bring water to a boil.  
2. Add rice and cover the pan. Reduce heat to low. Cook 20 to 30 minutes or until rice is tender.  
3. While rice is cooking, in a large skillet, heat oil over medium heat. Add ground beef.  
4. Cook and stir for about 5 minute or until meat is no longer pink.  
5. Stir in soy sauce and oyster sauce.  
6. Add cooked rice, vegetables, and black pepper. Cook and stir for about 5 minutes or until vegetables are tender and mixture is hot.  
7. Spoon even amounts onto 4 plates. Serve.
Appendix D
Upper and Lower Body Stretches
Lower Body Stretches

Back of Thigh / Hip / Calf Stretch

Sit with one leg straight out, holding your foot upright. Bend the other leg and place the sole of your foot against your thigh. Slowly bend forward, reaching out as far as comfortably possible toward your ankles. Hold for 10 seconds. Switch legs and repeat.

Thigh Stretch

Stand facing a wall and place your left hand on the wall for support. Grab the top of your right foot and slowly pull your heel up toward your buttocks. Hold for 10-20 seconds. Switch legs and repeat.

Inner Thigh Stretch

Sit on the floor with the soles of your feet together. Holding onto your ankles, gently press your inner thighs toward the floor with your forearms. Hold for 10-15 seconds.

Calf Stretch

Stand about 4 feet away from a wall and lean on it with your hands. Place your left leg in front of you with your knee bent. Move your right leg about 2 feet behind you. Bending your elbows, slowly lean forward until you feel a good stretch in your calf muscle. Keep your heel on the floor. Hold for 10-20 seconds, and then switch legs and repeat.

Hip / Thigh / Inner Thigh Stretch

Kneel on all fours. Move one foot forward, bending your knee, and touching your chest. Extend your back leg and keep it fairly straight. Gently push your hip and the back leg forward until you feel a good stretch in your inner thigh. Hold for 10-20 seconds. Switch legs and repeat.
Afterschool Resources

Afterschool Information and Opportunities
Oregon Afterschool for Kids
» oregonask.org
Afterschool Alliance
» afterschoolalliance.org
National Farm to School Network
» farmschool.org
Chefs Move to School
» chefsmovetoschools.org/
After School Matters
» afterschoolmatters.org
Food Corps
» foodcorps.org/
AmeriCorps
» americorps.gov

Nutrition Information and Activities
Team Nutrition - USDA
» teamnutrition.usda.gov
Oregon Dairy Council
» oregondairycouncil.org
Center for Nutrition Policy and Promotion
» cnpp.usda.gov
Choose My Plate
» choosemyplate.gov
Fruits and Veggies More Matters
» fruitsandveggiesmorematters.org
United Ways of Massachusetts Bay and Merrimack Valley
» supportunitedway.org/book/get-healthy-now
Healthy Kids Hub
» healthykidshub.org
CATCH
» catchusa.org
Super Tracker - Choose My Plate
» supertracker.usda.gov
Live Strong Foundation
» livestrong.com
Food & Fun Afterschool
» foodandfun.org
Fuel Up To Play 60
» fueluptoplay60.com

Recipes
KidsHealth
» kidshealth.org
Food Hero
» foodhero.org
Oregon Dairy Council
» oregondairycouncil.org
Fruits & Vegetable Galores- USDA
» teamnutrition.usda.gov/Resources/fv_galore.html
Oregon State University Extension
» extension.oregonstate.edu

Physical Fitness Information and Activities
University of Missouri Extension
» extension.missouri.edu
Center for Disease Control and Prevention
» cdc.gov
Health
» health.gov
Playworks
» playworks.org/
Choose My Plate
» choosemyplate.gov
American Academy of Pediatrics
» aap.org
National Association for Sports and Physical Education
» aahperd.org/Naspe/
Action For Healthy Kids
» actionforhealthykids.org
SPARK
» sparkpe.org
Healthy Kids Hub
» healthykidshub.org
United Ways of Massachusetts Bay and Merrimack Valley
» supportunitedway.org/book/get-healthy-now
Kickball
PBS Kids
» pbskids.org/zoom/activities/ Baseball/Softballgames/
Wilderdom
» wilderdom.com/games/
Teaching Ideas
» teachingideas.co.uk/pe/contents.htm
School Garden and Activities

Farm To School
» farmtoschool.org
Grow To Learn
» growtolearn.org
Kids Gardening
» kidsgardening.org
Life Lab
» lifelab.org
People's Garden - USDA
» usda.gov/peoplesgarden.
Gardening - Oregon State University Extension
» extension.oregonstate.edu/gardening/
Old Farmers Almanac
» almanac.com
National Gardening Association
» garden.org
Gardening - Cornell University
» gardening.cornell.edu
Oregon Harvest For Schools
» http://www.ode.state.or.us/search/page/?id=3294

Parent Resources

Choose My Plate
» choosemyplate.gov
Team Nutrition
» teamnutrition.gov
Nutrition.gov
» nutrition.gov
Food Hero
» foodhero.org
Oregon Dairy Council
» oregondairyouncil.org
Nutrition Explorations
» nutritionexplorations.org
Alliance for a Healthier Generation
» healthiergeneration.org

Healthy Celebrations

Our Community Your Kids
» ourcommunityyourkids.org
Action For Healthy Kids
» actionforhealthykids.org
Afterschool Alliance.org
» afterschoolalliance.org

Afterschool Snacks and Meals

National School Lunch Program
» fns.usda.gov/slp
Child and Adult Food Care Program
» fns.usda.gov/cnd/care/
Food Research and Action Center
» frac.org/
National Food Service Management Institute
» nsfmi.org/

Nutrition and Physical Activity Policy

The CDC's Division of Nutrition, Physical Activity and Obesity
» www.cdc.gov/nccdphp/dnpao/policy/index.html
The School Nutrition Association
» schoolnutrition.org
The Food Research and Action Center
» frac.org
The Center for Science in the Public Interest
» cspinet.org
AAHPERD Legislative Action Center
» http://member.aahperd.org/advocacy/
OregonASK is a collaboration of public and private organizations and community members which seek to address common issues and concerns across all out-of-school time services – child care, recreation, education and youth development. Our mission is to support, expand and advocate for quality out-of-school time programs and activities for children, youth, and families throughout Oregon. We hope to see all Oregon children, youth and families will have access to quality out-of-school time options within their communities. All services will enhance children’s positive development, and future opportunities while keeping them safe from harm. All programs, services and activities will be of high quality and contribute to strong communities and schools.

This Toolkit was created in 2012-2013 by Ta Vang, AmeriCorps VISTA. Reviewed by Director of OregonASK, Beth Unverzagt and Communication Coordinator, Lynn Kneeland. Shared with The Health and Wellness Planning Committee: Partners for a Hunger Free Oregon, Oregon Dairy Council, United States Department of Agriculture, Woodburn After School Club and Pacific Northwest Tennis Association.