

Many children spend most of their days in school and after school programs. By promoting healthy behaviors in after school programs, you'll help to give countless children a head-start in healthy living!

Eat



More Fruits and Veggies!

Improve snack time by incorporating more fresh fruits and vegetables. Try apples with peanut butter, carrots and hummus, etc.



Get Kids Involved

Hold monthly taste tests of local, seasonal foods. Have kids try them alone or work together to make a new recipe. You may be surprised what rises to the top as a new favorite!



Farm to Fork

If space is available, start a fruit or vegetable garden. Teaching children where their food comes from is a great learning experience and enforces healthy eating.

Move

Develop plans for field trips to local areas that promote physical activity, such as parks or beaches.



Ask children in your facility what programs and activities they would enjoy participating in. Take their ideas and create educational and active programs that are geared toward their interests.

Connect

Research and contact other after-school programs offered around the country, or even in your community, that have successfully applied health promoting strategies into their facilities.



Provide parents with local resources of where they can be active with their families outside of childcare!

Join the movement at www.live54218.org