

• • • ADDITIONAL CONSIDERATIONS • • •

# Healthy Eating and Physical Activity (HEPA)

OUR PROGRAM MONITORS:	YES	NO
<b>1</b> On a daily basis, the program:		
Serves a fruit or vegetable (fresh, frozen, canned, or dried without added sugar).	<input type="radio"/>	<input type="radio"/>
Offers water at the table during snack and has water accessible at all times.	<input type="radio"/>	<input type="radio"/>
Only serves foods made without trans fat.	<input type="radio"/>	<input type="radio"/>
Serves beverages that are not made with caloric sweeteners. Beverages made with caloric sweeteners include but are not limited to sodas, juices, juice drinks/ades, sports drinks or iced teas.	<input type="radio"/>	<input type="radio"/>
Serves no candy or other foods that are primarily sugar based.	<input type="radio"/>	<input type="radio"/>
Through portion size and variety of items offered each day, provides each student with enough calories to avoid both hunger and over eating.	<input type="radio"/>	<input type="radio"/>
Offers choices and accommodates dietary restrictions related to allergy, food intolerance, religion and culture. Examples include offering high-calcium beverages for children that cannot drink regular cow's milk such as soymilk or lactose-free milk.	<input type="radio"/>	<input type="radio"/>
<b>2</b> The menu:		
Emphasizes nutrient dense options including baked goods made with whole grains and without trans fats, and protein foods that include lean meats, nuts, or beans.	<input type="radio"/>	<input type="radio"/>
Emphasizes healthy beverages including low or nonfat milk; plain or naturally flavored non-carbonated water; and 100% fruit juice.	<input type="radio"/>	<input type="radio"/>
Does not offer flavored milk made with added sugars or artificial ingredients.	<input type="radio"/>	<input type="radio"/>
Fruit juice should be limited to one 8 oz. serving per day	<input type="radio"/>	<input type="radio"/>
Does not limit low/nonfat plain milk or water	<input type="radio"/>	<input type="radio"/>
Offers sweet baked goods no more than twice a month, and these contain no trans fat	<input type="radio"/>	<input type="radio"/>
Serves no foods that are deep-fried, pan-fried or flash-fried unless a healthy oil (unsaturated or polyunsaturated such as canola, peanut or olive oil) was used in the frying process.	<input type="radio"/>	<input type="radio"/>



		YES	NO
	Does not offer fried salty snacks such as potato or corn chips regardless of type of oil used in cooking.	<input type="radio"/>	<input type="radio"/>
	Avoids foods and beverages made with artificial ingredients (sweeteners, flavors, or colors).	<input type="radio"/>	<input type="radio"/>
	Is based on a minimum 2 week cycle, and ideally a 4 week cycle to maximize variety.	<input type="radio"/>	<input type="radio"/>
<b>3</b>	Alternatively, or in addition, the Program's food choices are guided by an evidence-based source of nutrition guidelines for snack menus whose content is drawn from scientific literature. Programs should avoid guidelines produced by institutions with ties to specific products or for-profit industries. Examples of evidence-based sources of nutrition guidelines, include, but are not limited to:	<input type="radio"/>	<input type="radio"/>
	Institute of Medicine Nutrition Standards for Foods in Schools Standards for the Afterschool Setting.	<input type="radio"/>	<input type="radio"/>
	California Department of Education Nutrition Standards for Snacks in After School Programs.	<input type="radio"/>	<input type="radio"/>
	Alliance for a Healthier Generation school meals and competitive foods afterschool program standards.	<input type="radio"/>	<input type="radio"/>
	USDA Child and Adult Care Food Program	<input type="radio"/>	<input type="radio"/>
	School Wellness Policy and Procedure document	<input type="radio"/>	<input type="radio"/>
	YMCA health promotion standards for afterschool programs	<input type="radio"/>	<input type="radio"/>
<b>4</b>	All training on Healthy Eating is comprehensive, evidence-based, does not support a particular industry or food sector agenda, and delivered by qualified personal.	<input type="radio"/>	<input type="radio"/>
<b>5</b>	Facilities adheres to local standards/regulations for food safety.	<input type="radio"/>	<input type="radio"/>
<b>6</b>	Healthy menu development	<input type="radio"/>	<input type="radio"/>
	Appropriate Staff (those charged with this responsibility) receive training in healthy menu development at least once each year	<input type="radio"/>	<input type="radio"/>
	New staff are quickly oriented to healthy menu development (if regularly scheduled training is at least a month away).	<input type="radio"/>	<input type="radio"/>
	At least 2 staff are trained at a time.	<input type="radio"/>	<input type="radio"/>
<b>7</b>	Health promotion awareness training and coaching	<input type="radio"/>	<input type="radio"/>
	All staff receive training on the role of healthy eating, physical activity, and social supports for healthy behaviors minimally once per year.	<input type="radio"/>	<input type="radio"/>
	New staff are quickly oriented to this information.	<input type="radio"/>	<input type="radio"/>
<b>8</b>	The program uses a curriculum that is grounded in nutrition and behavioral science such as a CATCH Kids Club or YMCA's Food and Fun After School.	<input type="radio"/>	<input type="radio"/>

		YES	NO
9	USDA Cooperative Extension nutritionists deliver curriculum.	<input type="radio"/>	<input type="radio"/>
10	Function of food in the program is to promote healthy eating and good nutrition	<input type="radio"/>	<input type="radio"/>
	Food is not used as a reward or punishment	<input type="radio"/>	<input type="radio"/>
	Holidays and birthdays are celebrated with healthy items	<input type="radio"/>	<input type="radio"/>
	Fundraisers emphasize healthful foods or rely on non-food items.	<input type="radio"/>	<input type="radio"/>
11	Students participate in food selection, distribution, preparation, and clean-up.	<input type="radio"/>	<input type="radio"/>
12	Staff model and promote healthy eating.	<input type="radio"/>	<input type="radio"/>
	Staff members sit and eat the daily program snack or meal with students	<input type="radio"/>	<input type="radio"/>
	Staff discuss the health benefits of snack components with children	<input type="radio"/>	<input type="radio"/>
	Staff members do not bring in/consume personal food or beverages in front of children other than items that would appear on the program's menu.	<input type="radio"/>	<input type="radio"/>
13	Parents are engaged with the program's emphasis on healthy eating.	<input type="radio"/>	<input type="radio"/>
	Educational materials (that meet standards for curriculum above) are made available to parents/families through pamphlets, newsletters, email blasts, and/or other means	<input type="radio"/>	<input type="radio"/>
	Healthy food is served at parent events.	<input type="radio"/>	<input type="radio"/>
	Parents receive guidelines about food that may be brought into the program by the parent or child to ensure that such foods support the healthy eating objectives of the program.	<input type="radio"/>	<input type="radio"/>
	The program has a process in place for discussing inappropriate food choices with parents.	<input type="radio"/>	<input type="radio"/>
	Healthy eating standards and practices are shared and discussed during parent advisory group meetings.	<input type="radio"/>	<input type="radio"/>
	Programs develop parent advisory groups to support developing healthy habits at home.	<input type="radio"/>	<input type="radio"/>
14	The program budgets appropriately for food costs based on a food and beverage program that addresses the above standards.	<input type="radio"/>	<input type="radio"/>
15	The program accesses federal nutrition programs that can assist with providing healthy snacks and meals to participants, including the Child and Adult Care Food Program, the National School Lunch Program, and the Summer Feeding Program.	<input type="radio"/>	<input type="radio"/>
16	If the food budget has a small margin, the program does not use their food budget for food-based crafts (i.e., uses their supply budget for pasta intended for use in craft projects).	<input type="radio"/>	<input type="radio"/>

		YES	NO
17	Program managers and executives support healthy eating through coaching, mentoring, and monitoring menu quality.	<input type="radio"/>	<input type="radio"/>
18	Foods served at the staff meetings are healthy.	<input type="radio"/>	<input type="radio"/>
19	Staff at all levels model healthy eating on the job.	<input type="radio"/>	<input type="radio"/>
20	No posters or advertisements on the walls promote unhealthy foods or include logos or trademarks from companies that produce foods that do not support the healthy eating standards.	<input type="radio"/>	<input type="radio"/>
21	The program environment provides positive messages about healthy eating through posters, pictures, and books.	<input type="radio"/>	<input type="radio"/>
22	Students do not have access to vending machines that sell foods and beverages that do not support the healthy eating standard.	<input type="radio"/>	<input type="radio"/>
23	The program restricts screen time (as described in Physical Activity section) to avoid exposure to food marketing.	<input type="radio"/>	<input type="radio"/>
24	The program has adequate kitchen and storage facilities – and has adequate access to them – to support the healthy eating standards, for example, through shared use agreement with host sites.	<input type="radio"/>	<input type="radio"/>
25	Dedicates at least 20% or at least 30 minutes of morning or afterschool program time to physical activity (60 minutes for a full day program).	<input type="radio"/>	<input type="radio"/>
26	Provides physical activities in which students are moderately to vigorously active for at least 50% of the physical activity time.	<input type="radio"/>	<input type="radio"/>
27	Play takes place outdoor whenever possible.	<input type="radio"/>	<input type="radio"/>
28	Ensures that daily physical activity time includes aerobic and age-appropriate music, and bone strengthening, and cardio-respiratory fitness activity.	<input type="radio"/>	<input type="radio"/>
29	Includes a variety of physical activity options aimed at engaging students in fun, recreational, and life-long learning opportunities.	<input type="radio"/>	<input type="radio"/>
30	Offers unstructured free play or structured activities that involve all program attendees.	<input type="radio"/>	<input type="radio"/>
31	Offers non-competitive activities.	<input type="radio"/>	<input type="radio"/>
32	Offers competitive physical activities in an intramural program (See National Standards for Physical Education guidelines).	<input type="radio"/>	<input type="radio"/>
33	Offers activities that are adaptable, accessible, and inclusive of children with all abilities, including physical, sensory, and intellectual disabilities.	<input type="radio"/>	<input type="radio"/>
34	Conducts physical activities that are integrated with enrichment, academic, or recreation content; goal-driven, planned, sequentially designed, and delivered, safe, inclusive, developmentally appropriate, and success-oriented.	<input type="radio"/>	<input type="radio"/>
35	Provides short physical activity breaks between and/or within learning activities to invigorate children and eliminate long periods of sitting; incorporate physical activity into transition time.	<input type="radio"/>	<input type="radio"/>

		YES	NO
<b>36</b>	Does not permit access to television or movies, and limits digital device time to less than one hour per day to allow for other activities. Digital device use is limited to homework or devices/programs that actively engage children in moderate to intense physical activity.	<input type="radio"/>	<input type="radio"/>
<b>37</b>	All staff leading physical activities at the afterschool program:		
	Receive annually a minimum of eight contact hours of professional development on effective practices and strategies for including physical activity that supports the USDHHS guidelines as an element of their programs.	<input type="radio"/>	<input type="radio"/>
	Are first aid/cpr certified and provide 16 hours of annual in-service training, including: new staff orientation, service training, (including new staff orientation, training in health/activity, and training in behavior management).	<input type="radio"/>	<input type="radio"/>
	Are trained in adapting physical activity opportunities to include children and youth at all levels of athletic availability and those with physical, sensory or intellectual disability.	<input type="radio"/>	<input type="radio"/>
<b>38</b>	All staff:		
	Are trained not to withhold opportunities for physical activity e.g., not being permitted to play with the rest of the class or being kept from play-time), except when a child's behavior is dangerous to himself or others. Staff members are trained to use appropriate alternate strategies as consequences for negative or undesirable behaviors.	<input type="radio"/>	<input type="radio"/>
	Are trained and familiar with curricular resources on integrating physical activity throughout the program.	<input type="radio"/>	<input type="radio"/>
<b>39</b>	Staff leads and participates in active play (e.g. games and activities).	<input type="radio"/>	<input type="radio"/>
<b>40</b>	Staff does not withhold or use physical activity as a punishment or reward.	<input type="radio"/>	<input type="radio"/>
<b>41</b>	Students participate in activity selection, organization and leadership.	<input type="radio"/>	<input type="radio"/>
<b>42</b>	Parents are engaged with the program's emphasis on healthy physical activity	<input type="radio"/>	<input type="radio"/>
	Educational materials are made available to parents/families through pamphlets, newsletters email blasts or other means.	<input type="radio"/>	<input type="radio"/>
	Parent events incorporate physical activity.	<input type="radio"/>	<input type="radio"/>
	Physical activity standards and practices are shared and discussed during parent advisory group meetings.	<input type="radio"/>	<input type="radio"/>
	Programs develop parent advisory groups to support physical activity at home.	<input type="radio"/>	<input type="radio"/>
<b>43</b>	The program budgets appropriately to provide high quality physical activity experiences.	<input type="radio"/>	<input type="radio"/>

		YES	NO
44	Program managers and executives support physical activity improvements through coaching, mentoring, and monitoring progress.	<input type="radio"/>	<input type="radio"/>
45	Program participates in ongoing self-evaluation and program improvement strategies.	<input type="radio"/>	<input type="radio"/>
46	The program's liability and risk management policies enable staff to participate in physical activity with students.	<input type="radio"/>	<input type="radio"/>
47	The organization promotes and encourages a physically active lifestyle among staff.	<input type="radio"/>	<input type="radio"/>
48	Equipment for games, sports, and activities is age and developmentally appropriate.	<input type="radio"/>	<input type="radio"/>
49	Equipment is sufficient to engage all participants and meets all required safety standards	<input type="radio"/>	<input type="radio"/>
50	Equipment supports USD HHS physical activity goals by facilitating cardiorespiratory and musculoskeletal fitness.	<input type="radio"/>	<input type="radio"/>
51	The program has adequate indoor facilities for physical activity.	<input type="radio"/>	<input type="radio"/>
52	The program has adequate outdoor facilities for physical activity, including fields and playgrounds that meet safety standards for surfacing, equipment, and workmanship.	<input type="radio"/>	<input type="radio"/>
53	The program has adequate access to indoor and outdoor facilities through formal or informal shared use agreements with host facilities.	<input type="radio"/>	<input type="radio"/>
54	The program environment provides positive messages about safe and developmentally appropriate physical activity through posters, pictures, and/or books.	<input type="radio"/>	<input type="radio"/>

*Full Healthy Eating standards can be found through the National Afterschool Association.*