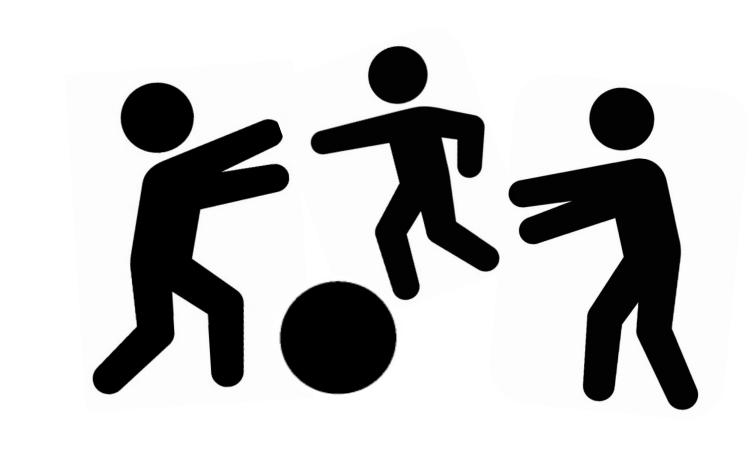


## Tips for After-School Programs



## or more servings of fruits and vegetables

Fruits and vegetables can provide youth with a lot of nutrients, water, fiber, and phytochemicals that help prevent diseases and keep their bodies healthy. There are many programs for after-school and community

- Help youth identify fruits and vegetables they like—visit the grocery store or farmers' market and conduct a taste-test.
- Plan sessions that give youth skills to help them include more fruits and vegetables in their diet—grow a garden, demonstrate how to prepare (e.g., wash, peel) different fruits and vegetables, practice simple recipes, and assemble a cookbook. Consider creating a cooking club or hosting an event where youth can show off all they have learned.

settings that are designed to increase youth fruit and vegetable consumption – contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 to identify programs to meet your needs!

## or fewer hours of

recreational screen time<sup>+</sup>.

\* review guidelines on parenting strategies to encourage quality screen time (AAP, 2015)

Recreational screen time is free time spent in front of screens – like televisions, video games, and the Internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time.

- If you serve snacks during program time, feature a variety of fruits and vegetables!
- Offer screen-free after-school programming.
- Work to foster youth's love for music and dancing, reading, making art, exploring the outdoors, interacting with others, building and creating, and imagining.
  - Promote national Screen-Free Week, which is usually in early May (see <u>www.screenfree.org</u> for details). Help youth track their screen time and challenge them to reduce it.



Active play time is important for lots of reasons: it gives youth opportunities to move their bodies, use their imagination, practice problem solving, and engage in social interactions that promote self-awareness and empathy. Plus, it increases physical fitness!

- Give youth time to play outside in every season! Ensure access to playgrounds, gross fields, and portable equipment like balls.
- Organize team games or field days that give everyone a chance to be active, no matter their athleticism.
- Arrange activities to maximize active time and reduce time spent observing others or waiting for a turn.



• Make water the norm for quenching thirst—drink water

when you are thirsty, and offer water to thirsty youth.

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).

- Ensure that free drinking water is always available and easily accessible during after-school programming.
  - Give youth healthy choices by opting not to make sweetened beverages available during after-school programming. Sparkling water, still water with slices of lemon, and fruity herbal iced teas make fun alternative to plain water.

Contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 or <u>www.militaryfamilies.psu.edu</u> for help Identifying after-school and community-based programs targeting nutrition, physical activity, and screen time!



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