




Refuel Afterschool
with Food
and Fitness




The Illinois NET Program is supported by the Illinois State Board of Education

Afterschool Programs Create Healthy Kids!

- Extension and enhancement
- A healthy environment
- Link to home environment
- Support for high-risk populations



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Extension and Enhancement of the School Day

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Create a Healthy Afterschool Environment



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Link to Home Environment



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Support for High Risk Populations



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Support School Wellness Policies



- Wellness Policies mandated in 2006
 - Nutrition Education
 - Physical Activity
 - Food in Schools
- Afterschool Alliance

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Funding for Healthy Snacks

USDA Nutrition Assistance Programs

- Afterschool Snack Program (NSLP)
- Afterschool Meal/Supper Program (CACFP)
- Summer Food Service Program



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Nutrition Education

- Quality
- Consistent with dietary guidance
- Behavior-focused



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Nutrition Education



- Fun and interactive
- Involve parents
- Age and culturally relevant

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Physical Activity

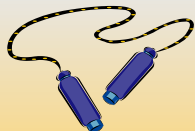
- Fun
- Purposeful
- Safe
- Flexible
- Noncompetitive



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Nutrition Education and Physical Activity Resources



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The Power of Choice and Empowering Youth with Nutrition and Physical Activity



- Grades 6-12
- Focus on healthy eating and physical activity
- Self-improvement
- Label reading, portions
- Fast food
- Parent outreach



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JIFF: Jump into Foods and Fitness



- Grades 3-5
- Jiff the Joey role models healthy eating and physical activity
- Uses MyPyramid for Kids and MyActivity Pyramid
- Great opportunity for peer leadership

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ReCharge! Energizing After-school

- Grades 2-6
- Action for Healthy Kids and the NFL
- Uses a football theme to promote healthy eating and physical activity
- Take-home parent component



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CATCH® Kids Club

- Grades K-5
- Nutrition lessons with a hands-on snack activity
- Activity Box with 300 fun, physical activities!
- Send-home letters for parents in both English and Spanish

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Physical Activities and Healthy Snacks for Young Children

- Pre-school – 2nd grade
- Snack and physical activity “recipe” cards
- CACFP recommendations
- Builds literacy skills



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Hands-on Food Activities

- **Kids-a-Cookin’ & Movin’ (grades K-6)**
 - Easy recipes that include a nutrition lesson
 - Take home recipes and nutrition facts in English and Spanish
 - How-to videos
- **Cooking with Kids (grades K-8)**
 - 90-second expert-led videos
 - Lessons from a registered dietitian
 - USDA Food Guide Pyramid



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Gardening Afterschool

- Multipurpose educational tool
- Find a partner
- Start simple



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Gardening Training and Resources

- **Got Dirt? Growing Healthy Kids (preK-6)**
 - Free training for educators
 - Integrates gardening into curriculum
- **My First Garden (grades 3-5)**
 - Integrates gardening into curriculum
 - Can be adapted to younger and older students



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Bushnell Prairie Elementary School Garden Club Produce Sale

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Technology for Teens

- Nutrition A3 (Anytime, Anyplace, Anywhere)
 - 6 online projects for grades 9-12
 - teacher training
- Rate What YOU Ate
 - Grades 9-12
 - MyPyramid.gov
- Computer access is required



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Focus on Physical Activity



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- Take 10!® K-5
 - Great for small spaces and minimal time
 - Integrates movement into core subjects

- Wisercise! K-8
 - Integrates movement into core subjects
 - Older students can lead



- YogaKids
 - 5 -15 minute yoga routines designed for kids
 - Can be done in a classroom or other small space
 - Integrates yoga into all K-5 core subjects

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Outreach to Parents

- Critical to reinforcing healthy behaviors
- Provide take-home sheets
- Ask parents to volunteer for activities
- Have a parent/caregiver day
- Parent resources



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www.KidsEatWell.org

- Healthy Afterschool web pages
- Healthy Child Care web pages

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The **Illinois Nutrition Education & Training Program**
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