

CONTENT & QUALITY

THE STANDARD

The program provides foods, beverages and physical activities that promote lifelong health and reduce the risk of chronic disease. The program's physical activity offerings support the USDHHS 2018 guidelines recommending that youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.



Healthy Out-of-School Time Roadmap

What to Prioritize



GUIDELINES. Follow the Dietary Guidelines for Americans and federal child nutrition programs, and state and local food safety regulations.



FRUITS AND VEGETABLES. Make sure fruits and veggies are fresh, frozen or dried with no added sweeteners or canned with 100% juice or water.



HEALTHY HYDRATION. Offer easily accessible plain or naturally flavored non-carbonated drinking water.



NUTRITION EDUCATION. Include developmentally appropriate, culturally relevant and evidence-based enrichment.



PHYSICAL ACTIVITY. Include physical activity a minimum of 10% of overall program time. Of that physical activity time provided, ensure 50% is moderate to vigorous.



SCREEN TIME. Use digital devices for homework, research or learning that is active rather than passive. Avoid television and movies.



SOCIAL-EMOTIONAL LEARNING. Utilize developmentally appropriate activities that are adaptable and inclusive, including conflict resolution strategies.

[NAA Healthy Eating and Physical Activity Standards](#)

Rationale

Kids who eat healthier and move more perform better in school. Studies show that healthy kids get better grades, attend school more often and behave better in class. We now know that making time for physical activity and nutrition in school is not a break from academics; it's an investment in higher academic performance.

Continuous Improvement

Educators are encouraged to use the Healthier Generation assessment for out-of-school time. [Completing the assessment](#) will help you track what you are already doing to support health and wellness at your site as well as highlight opportunities for growth and improvement.



REFLECTION QUESTION:

Which Content and Quality Standard does your organization already succeed at implementing?

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Tips to Take Action

- Ensure all existing enrichment activities are developmentally appropriate.
- [Learn more about federal nutrition programs](#), and how they can help support increased healthy snacks and/or meals while addressing childhood hunger.
- Survey students to find out what types of physical activities they enjoy.
- Focus on nutrition enrichment that enables youth to engage in real-world opportunities to practice and apply skills.
- Share a Healthier Generation on-demand video during your next staff meeting.
- Explore resource ideas in [STEM and Wellness: A Powerful Equation for Equity](#)
- Sign up for [The National Center on Health, Physical Activity and Disability Quarterly Digest](#)



Resources to Explore

- Healthier Generation On-Demand Trainings
 - [Make a Splash with Water](#)
 - [MVPA I: Spelling It Out](#)
 - [Nutrition is the Core to Your Curriculum!](#)
 - [Recess for ALL!](#)
 - [Before, During and AfterSchool Physical Activity](#)
 - [Indoor Recess Strategies](#)
 - [Fostering Belonging Through Physical Activity](#)
- [Increasing Access to Drinking Water in Schools](#)
- Healthier Generation [Smart Food Planner](#)
- [Wellness Policy Implementation Guide](#)
- [Classroom Physical Activity Breaks](#)
- [Online Physical Education Network](#)

REACH OUT TO HEALTHIER GENERATION MEMBER SUPPORT!

Email: help@healthiergeneration.org | Call: 1-888-KID-HLTH