



**National AfterSchool Association:
Healthy Eating and Physical Activity
Standards Checklist**

Live Well Omaha Kids (LWOK) works collaboratively to create healthy environments for children and families through advocacy, education, policy development, and environmental change. Together with its coalition partners, LWOK aims to improve access to physical activity and nutrition where kids live, learn, and play. Thus out-of-school time (OST) programs are a great place to support healthy eating and physical activity among kids.

More than 10 million kids—from all racial, ethnic, and socioeconomic groups; in all grades; and in urban and rural settings—participate in out-of-school time (OST) programs. Kids spend less than 25% of their time in school. They may be in OST programs for 15 or more hours per week during the school year and all day on weekdays in the summer. Afterschool and summer learning programs are well positioned to be key partners in a comprehensive effort to help children grow up healthy. From providing young people with access to nutritious foods to promoting healthy habits and keeping students physically fit, OST programs can combine and implement multiple approaches.

In 2011 the National AfterSchool Association adopted standards for healthy eating and physical activity (HEPA) in Out-of-School time. Use this checklist to ensure your OST program is implementing evidence-based policies and practices to promote health and prevent disease among the children in your care. Access the National AfterSchool Association HEPA Standards 2.0 at: <https://naaweb.org/resources/naa-hepa-standards>

Section 1: Content and Quality	
Content Area Overview	
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 United States Department of Health and Human Services (HHS) 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	
Content and Quality (CQ) Standards:	
THE PROGRAM:	
CQ1.	At a minimum, all foods and beverages served, offered, and sold should follow the Dietary Guidelines for Americans (DGA) and the federal child nutrition programs and standards the DGA inform (National School Lunch, Child and Adult Care Food Programs, Summer Nutrition Program, and the Smart

	Snacks in School nutrition standards). Programs should also comply with all state and local food safety regulations.
IN ADDITION, THE PROGRAM AND MENU:	
	CQ2. Include a fruit or vegetable at every snack or meal. Fruit and vegetables are fresh, frozen, or dried with no added sweeteners or canned in 100% juice or water.
	CQ3. Do not include pre-fried foods or foods with artificial trans fats.
	CQ4. Serve dairy or dairy-alternative products that are plain, 1% low fat, or fat free and do not have added flavors, sugars, or artificial ingredients.
	CQ5. Offer easily accessible plain or naturally flavored non-carbonated drinking water.
	CQ6. Serve foods that do not list added sugars among the first three ingredients in the ingredient list.
	CQ7. Provide dietary accommodations to account for food allergies or intolerances and religious or cultural preferences.
	CQ8. Incorporate seasonal and locally produced foods into meals and snacks.
	CQ9. Offer developmentally appropriate, culturally relevant, evidence-informed nutrition education that provides youth with the knowledge and skills necessary to promote and protect their health. Education or enrichment activities are:
	a. Developed and/or delivered by qualified personnel. Examples: program staff trained in the curricula or activities delivered or a registered dietitian, university extension staff, an evidence-based public health organization with youth development education or experience.
	b. Connected to or integrated into existing programming, such as tutoring, homework, STEM, creative arts, and other enrichment activities.
	c. Do not support a specific industry or agenda. For example, activities or materials are not the product of a food, beverage, or supplement company.
	CQ10. Offer developmentally appropriate, inclusive physical activities, games, and sports that provide youth with the knowledge and skills necessary to enjoy being physically active throughout their lives and reflect the CQ best practices.
	a. Developed and/or delivered by qualified personnel. Examples: program staff trained in the curricula or activities
	b. Connected to or integrated into existing programming, such as tutoring, homework, STEM, creative arts, and other enrichment activities
	CQ11. Plan and provide time for physical activity:
	a. 1-hr. program —10 mins. b. 2-hr. program —20 mins. c. 3-hr. program —30 mins. d. 4-hr. program —40 mins. e. 5 hrs. or more —60 mins.

	CQ12. Provide moderate to vigorous activity for at least 50% of the physical activity time :
	<p>f. 1-hr. program—5 of 10 mins.</p> <p>g. 2-hr. program—10 of 20 mins.</p> <p>h. 3-hr. program—15 of 30 mins.</p> <p>i. 4-hr. program—20 of 40 mins.</p> <p>j. 5 hrs. or more—30 of 60 mins.</p>
	CQ13. Offer daily outdoor physical activity.
	CQ14. Ensure that daily physical activities include a variety of physical activity options aimed at engaging children and youth in fun aerobic and cardio-respiratory (e.g., swimming, jogging, dancing, bicycling, skiing) and age-appropriate bone- and muscle-strengthening (e.g., jump rope, push-ups, sit-ups) fitness activities.
	CQ15. Offer free play with space available for unstructured physical activity or organized physical activities that involve opportunities for all the program’s children and youth.
	CQ16. Offer non-competitive physical activities (e.g., walking, yoga, swimming, dancing).
	CQ17. Offer activities that are adaptable, accessible, and inclusive of children and youth with all abilities, including physical, sensory, and intellectual disabilities.
	CQ18. Conduct physical activities that are integrated with enrichment, academic, or recreation content; goal driven, planned, sequentially designed and delivered; and available to all children and youth, directed by trained staff, grouped by age and skill level.
	CQ19. Ensure that digital devices are used for homework, research, or digital learning that is active rather than passive. No television or movies are allowed. Daily total screen time is limited to: 1- to 2-hr. programs —40 mins. 3 hrs. or more —60 mins.
	SECTION 1 TOTAL (OUT OF 19)
	Section 2: Staff Training
	Content Area Overview
	All staff members participate in ongoing evidence-informed training and professional development in essential topics on healthy eating and physical activity.
	Staff Training (ST) Standards:
	THE PROGRAM:
	ST1. All staff members participate in training or professional development on healthy eating, nutrition, and physical activity at least once per year. Training and professional development are comprehensive to support staff knowledge of and competency in practices that support the HEPA Standards and accompanying best practices.

	ST2. Staff members are quickly oriented to and regularly coached on the role that healthy eating, physical activity, and social supports play in supporting healthy youth behaviors.
	ST3. Training and professional development are developed and/or delivered by qualified personnel. Examples: program staff trained in the curricula or activities, a certified physical education teacher, SHAPE America trainer, university extension staff, or a registered dietitian with youth development education or experience.
	ST4. Staff members are trained on positive guidance techniques that include approaches that teach positive behaviors and apply logical consequences. Staff members do not withhold food or physical activity opportunities as a punishment.
	ST5. Training and professional development do not support a specific industry or agenda. For example, training materials are not produced by a food, beverage, or supplement company.
	SECTION 2 TOTAL (OUT OF 5)
	Section 3: Social Supports
	Content Area Overview
	The program creates a culture that supports and promotes healthy eating, physical activity, and positive relationships among staff, children and youth, families, and the community.
	Social Supports (SS) Standards:
	THE PROGRAM:
	SS1. Has children and youth participate in food and beverage selection, distribution, preparation, and clean up and has children and youth select, organize, and lead physical activities.
	SS2. Does not use food as a reward or withhold food or physical activity as punishment.
	SS3. Employs staff members who promote the importance of healthy eating and physical activity by sitting and interacting with children and youth during snacks and meals and participating in physical activities with children and youth. All staff members model healthy eating, physical activity, and positive self-talk during the program, including bringing in or consuming only foods or beverages consistent with CQ Standards while in the program.
	SS4. Ensures staff members discuss the benefits of the healthy eating and physical activity expectations contained within the Standards with children and youth and their families.
	SS5. Ensures that all foods and beverages served, offered, or sold during celebrations or family or community events or in staff-only spaces reflect and reinforce the best practices outlined in CQ Standards. This SS covers program-sponsored staff events, meetings, and staff lounges.

	SS6. Provides families with information and examples of foods and beverages allowed and served and examples of physical activity opportunities based on best practices outlined in the CQ Standards.
	SS7. Shares information about healthy eating practices and physical activity through communication channels, including at family and community meetings.
	SS8. Includes family engagement components as part of nutrition education, enrichment, and physical activities.
	SS9. Develops opportunities for families and community members to advise and support healthy eating and physical activity in the program, in the community, and at home.
	SS10. Promotes healthy eating and physical activity standards, practices, and programs to children and youth, families, and people in the community who are current or potential participants.
	SS11. Ensures food fundraisers are limited to foods and beverages consistent with best practices outlined in the CQ Standards.
	SECTION 3 TOTAL (OUT OF 11)
	Section 4: Program Supports
	Content Area Overview
	Organizational infrastructure , including leadership, management, and budgeting practices, support and promote healthy eating and physical activity.
	Program Supports (PS) Standards:
	THE PROGRAM:
	PS1. Budgets to provide healthy foods and beverages and physical activity experiences consistent with best practices outlined in the CQ Standards.
	PS2. Participates in ongoing self-assessment, action planning, and program improvement strategies that support healthy eating and physical activity.
	PS3. Ensures its leadership supports continuous food and beverage and physical activity quality improvement through observations, staff coaching, and progress monitoring.
	PS4. Promotes and encourages healthy eating and physical activity among staff.
	PS5. Ensures access to adequate food preparation and storage space and indoor and outdoor physical activity space through formal or informal shared facility use agreements.
	PS6. Pursues procurement strategies that support healthy eating such as bulk purchasing and partnerships with food banks, farms, and gardens.
	PS7. Accesses federal child nutrition programs such as the Child and Adult Care Food Program, the At-Risk Afterschool Meals Program, the National School Lunch Program, and the Summer Nutrition Program to maximize the number of nutritious meals and snacks provided.

	PS8. Has liability and risk management policies that enable staff members to participate in physical activity with children and youth.
	SECTION 4 TOTAL (OUT OF 8)
	Section 5: Environmental Supports
	Content Area Overview
	The program's physical space supports and promotes healthy eating and physical activity.
	Environmental Supports (PS) Standards:
	THE PROGRAM:
	ES1. Gives children and youth access to foods and beverages, including vending machines, stores, food carts, and concession stands, that are consistent with the best practices outlined in the CQ Standards.
	ES2. Has adequate types and amounts of equipment for games, activities, and sports that support best practices in the CQ Standards.
	ES3. Has posters, pictures, and books that promote positive messages about good nutrition, healthy eating, and safe and developmentally appropriate physical activity.
	ES4. Has adequate food preparation and storage space to support healthy eating and adequate indoor and outdoor space for physical activity with CQ.
	ES5. Does not allow marketing of products or displays of logos or trademarks from companies that produce foods and beverages that are not consistent with the best practices outlined in CQ.
	SECTION 5 TOTAL (OUT OF 5)
	TOTAL HEPA STANDARDS IN PLACE (OUT OF 48)