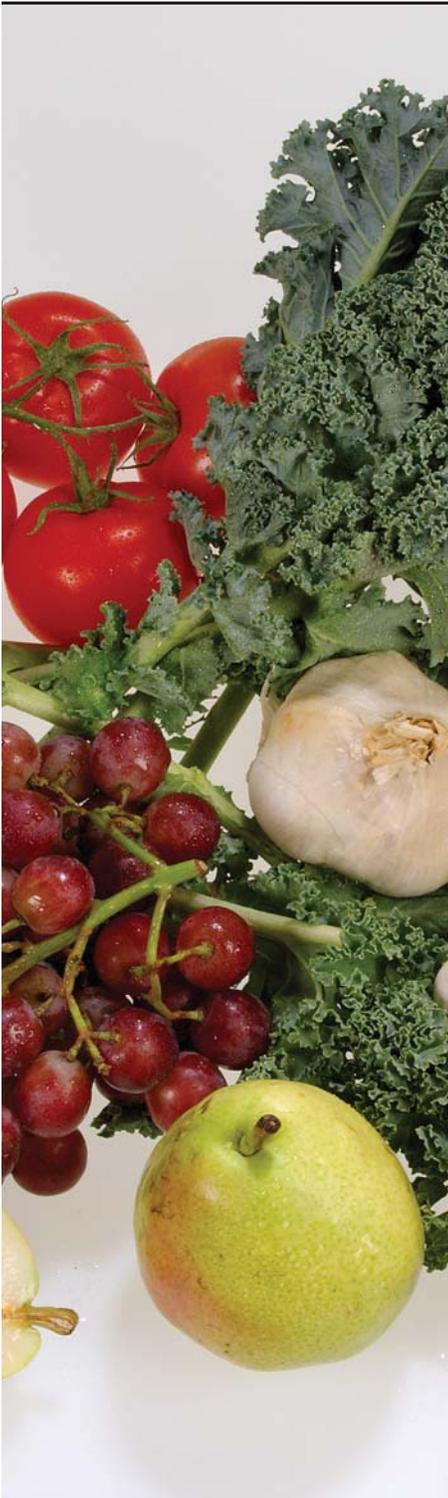


Fruits & Vegetables



Real-Life Challenges... And how to overcome them

Fruits and vegetables are too expensive...

Serve canned, dried or frozen fruits and veggies for cheaper alternatives.

We have limited storage and fridge space for produce...

Make purchases more often or request more frequent deliveries to keep food fresh.

Fruits and veggies take too long to eat...

Cut and peel before serving to make eating easier. Get kids involved for hands-on experience.

Kids don't like to eat fruit and veggies...

Use fun taste tests to better understand kids' preferences. Identify new items that kids enjoy to add to your regular menu (see the example below).

Getting kids to help with snack preparation takes too much time, especially washing hands, putting on gloves, and supervising...

Assign rotating helper jobs like snack set-up/clean-up, involve kids in menu planning, or plan grocery store visits.

Afterschool licensing requirements and food safety regulations don't allow kids to participate in food preparation...

Get creative with jobs for kids like setting tables, washing fruit, and helping with clean up.



Check out these real-life success stories!

Brainstorming with children about new ways to incorporate fruits and vegetables into snacks is a great way to get kids involved. One site urged children to think of creative ways to add either a fruit or vegetable to every snack. Some ideas are:

- Carrots, celery, bananas or apples with peanut butter
- Whole grain crackers with an orange or sliced red peppers
- Trail mix with nuts, sunflower seeds, and dried fruit
- Yogurt with granola and berries

When one program started introducing different fruits and veggies, they designed a whiteboard near the snack area where children rated the new foods each day. The site director tallied the ratings and created new snack menus that matched the kids' favorites. The kids were eating foods that they loved and that were good for them too!



The Scoop on Fruits & Vegetables

Offer a fruit or vegetable option with every snack or meal served

Fruits and vegetables are important foods to include in a healthy diet, but only about one in every five children (and a few adults!) get the recommended 5 or more servings each day.

Fruits and vegetables are packed with nutrients, including vitamins A, B, and C, and minerals such as potassium and even calcium. They help protect against heart disease, high blood pressure and cancer later in life.

Each type of fruit or vegetable has unique benefits, so it is important to eat different types to get all the nutrients for a strong body.

100% fruit juice isn't a substitute for whole fruit. When possible, serve whole fruit—it contains more nutrients and fiber and helps you fill up.

Even though canned and frozen foods can provide an easy way to keep fruits and veggies handy, watch out for added sugar and salt.

Creative and Easy Snack Ideas

- Applesauce
- Tangerines/Clementines
- Apricots
- Canned fruit in water or juice
- Dried fruit like: apple rings, apricots, raisins, berries
- Colored pepper slices
- Raw broccoli and cauliflower
- Green and yellow string beans
- Celery

How much do kids really need?

Children should eat at least 5 servings of fruits and vegetables each day.

So what's a serving?

- 1/4 cup of dried fruit
- 1/2 cup of cooked or raw vegetables
- 3/4 cup of 100% juice
- 1 cup of leafy greens—and remember that darker greens are more nutritious!
- 1 medium piece of fruit

Get creative with these recipe ideas!

- Baked apples
- Fruit kebobs
- Fruit salad Ants on a log
- Fruit smoothies
- Veggie dipping sauce

These recipes can be found in your Food & Fun Manual.

Want to know more? Check out these other resources:

<http://www.5aday.com>

Tips on eating a variety of colorful fruits and vegetables, nutrition information and activity pages for children

<http://www.dole5aday.com>

Dole produces a 5-a-day website that has sections for teachers as well as children.

<http://www.hsph.harvard.edu/nutritionsource>

Harvard School of Public Health publishes an online nutrition news and resource center

<http://www.pbhfoundation.org>

Produce for Better Health has resources for afterschool providers to help children establish smart fruit and vegetable eating habits.



Healthy Staff, Healthy Kids!



Members of my staff aren't comfortable being physically active.

Have a health-goal-setting session with staff. Allow staff to choose the physical activities they lead. Ask about physical activity interests during hiring. As a site director, set an example and join the kids when you can!

The staff just don't seem interested.

Give your staff freedom to think outside the box when it comes to activities—try letting them choose and invent activities.

Staff are more concerned with supervising, rather than participating in, play.

Brainstorm activities where everyone is active. Set the expectation that staff will lead and participate in activities—even if a counselor is shy about basketball, have him or her lead in jump roping, for example.

When I encourage my staff to play, they get a little carried away!

Make it clear that the expectation is to “participate in activities on a child’s level”—not be Michael Jordan.

Staff are too busy serving snacks to sit with kids at snack time.

Serve snacks family-style, so staff can sit with kids while kids serve themselves. Involve staff in taste testing.

Staff don't see what they eat as relevant to their job.

Teach staff about the importance of role modeling—include as part of your staff policy and during hiring. Offer incentives that would motivate your staff to participate.

Benefits of Staff Participation in Physical Activity

Staff can work with children to identify creative, enjoyable activities. Kids are more likely to continue physical activity if they enjoy it.

Children love it when adults participate! This will make them more engaged and will push them to try harder.

Staff can use this time to increase their daily activity as well!

Benefits of Family-Style Eating

Children learn social skills like taking turns and passing food to others.

Staff act as role models for healthy eating.

Children improve their manners by using “please” and “thank you” when requesting food.

By having children set the table and clean up after themselves, they learn about responsibility

Eating together gives staff time to talk with children about good nutrition.

Check out this real-life success story!

A staff member at one afterschool site had never been enthusiastic about leading basketball or soccer games—they just weren’t activities she enjoyed. But when the staff tried to get creative with new ideas, she found that hula hoop was an activity she loved, and her enthusiasm was contagious! The children also loved the new game, and soon both staff and children were discovering more ways to get active.

How to Talk About Foods & Drinks

What to Say

- I drink water because it's refreshing and gives my body what it needs
- Vegetables make me feel great!
- Fruit is yummy! It's a great snack.
- Sweets taste good, and it's ok to have them every once in a while.

What Not to Say

- I drink water or diet soda because they are not fattening.
- I eat fruit to stay on my diet.
- I can't have cookies because they'll go right to my hips.
- Fat? No way! My diet is NO fat at all.



Did You Know?

Children with active role models are more likely to stay active as adults.

Kids may not be accepting of new foods or activities right away, but it is important to continue to offer them. If children see adults trying new foods and games, eventually they might try them again and like them too!

Getting involved in activities with children may provide a better opportunity for staff to ensure that all children are participating, nobody is being left out, and everyone is having fun!

Providing a healthy eating and activity environment is not only important for children, but adults as well. Actively engaging with children is a great way for staff to maintain a healthy lifestyle!

Want to know more? Check out these other resources:

<http://www.aahperd.org/Naspe/>

The National Association for Sport and Physical Activity (NASPE) offers guidelines on activity for children and youth, and publishes curricula for in and out of school time.

<http://www.primaryschool.com.au/health.php>

The Primary School site links to a ton of fun games that can be played indoors and outdoors. Great if you need activity ideas!

http://www.presidentschallenge.org/home_kids.aspx

President's Fitness Challenge inspires children to get moving each day. Use the guidelines and log charts to create a challenge with your center or enroll children in the challenge online.

http://bam.gov/sub_physicalactivity/index.html

The BAM! (Body and Mind) program provides information on various health topics, nutrition, and physical activity.

http://hsph.harvard.edu/nutritionsource/staying_active/

The Harvard School of Public Health publishes an online nutrition news and resource newsletter.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

Say “No” To Trans Fat!



Real-Life Challenges... And how to overcome them

Kids seem reluctant to try new, healthy foods.

Use taste tests to understand kids’ preferences and identify new offerings to include on your menu.

Staff in charge of buying food don’t know what ingredients to look for on labels.

Teach staff to avoid partially hydrogenated oils on nutrition labels—Take a look at the “Track the Trans Fat” lesson in **Food & Fun**. Then review vendor lists and order only foods without trans fat.

Staff don’t see what they eat as relevant to their job or to children’s healthy eating.

Teach staff about the importance of role modeling and involve them in taste testing.

We don’t get to choose which foods are provided to children.

Contact whoever is responsible for food purchasing and request that snacks be trans fat-free. Refer to **Snack Sense** for alternative snack options.



Think of this as an opportunity to review current menu items and try new thing! Have you ever considered a field trip to your local grocery store? Wander the aisles and ask questions:

- Do these crackers contain partially hydrogenated oil?
- Is the 0g of trans fat on the cookie nutrition label accurate?

Ask kids about any healthy snacks they eat at home and have them bring in the empty boxes to read the ingredient labels together.

Check out this real-life success story!

One afterschool program was very excited about their success at eliminated trans fats from all their snacks. When they were ordering snacks, they carefully checked the nutrition facts to see that there were 0g of trans fats listed.

But one day a staff member noticed that there was partially hydrogenated oil listed in the ingredients of the crackers she thought were healthy. She’d heard that this is the name for trans fat oils. The staff member taught the staff and kids at her site the best way to look for trans fats on the label and helped her program ban trans fats for good!

Did You Know: **The Truth About Fat**

Did you know that the type of fat you eat is more important than the total amount of fat in your diet? Eating more good fats and less bad fats can reduce the risk for heart disease and type 2 diabetes. Making simple changes in food habits can make a big difference for health.

Fats provide us with energy and vitamins that our body needs, but not all fats are created equal.



UNSATURATED FATS: "GOOD FATS"

What: Oils found in plants and fish

Where: Vegetable oils like olive and canola oils. Fish, nuts, seeds, peanut butter and other nut butters. Foods like olives, chick peas, and avocados.



SATURATED FATS

What: Fats found mostly in animal foods

Where: Whole milk, cheese, butter, ice cream, red meat, sour cream, lard, coconut and palm oils



TRANS FATS

What: Vegetable oils that are chemically changed to increase the shelf life of processed foods

Where: Fast foods, packaged snacks (cookies, crackers, etc.), baked goods, and stick margarines

How can I tell if a product has trans fats?

- Trans fats are created from plant oils through a process called partial hydrogenation, which makes them solid at room temperature.
- Any time you see the words "partially hydrogenated" in an ingredient listing, it means that trans fats are present!
- Many manufacturers have started labeling their products with "No Trans Fats!" or "Zero Trans Fats!", but the law says they can do this even when there are up to 0.5g of trans fats in the product. Read the ingredients instead!

Things to do in the kitchen:

- Replace red meat with fish, chicken, nuts and seeds at meal times
- Cook with liquid oils (vegetable or olive) and trans fat-free tub margarine, instead of butter, shortening, stick margarine or lard
- Select dairy products made with 1% or non-fat milk, instead of whole or 2% milk

Want to know more? Check out these other resources:

<http://www.bantransfat.com>

BanTransFat.com, Inc is a nonprofit organization that has the goal of reducing and eliminating trans fats from all food products.

<http://www.hsph.harvard.edu/nutritionsource/fats.html>

Harvard School of Public Health publishes an online nutrition news and resource center.

http://www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf

Planning healthy celebrations can be particularly challenging. Foodplay offers some great suggestions.

Physical Activity



Real-Life Challenges... And how to overcome them

It's hard to make time for physical activity with everything else on our schedules...

Make physical activity a formal part of your daily schedule.

Some kids just don't want to participate...

Offer structured free play with a variety of physical activity stations that kids can choose from.

It gets dark too early to play outside...

Offer physical activity at the start of the afterschool day.

Sometimes the weather is too cold...

Use indoor space, and see the next point.

We don't have enough space for physical activity...

Convert cafeteria or classroom areas into space for dance and fitness. Find a local park. Take a walk or jog around the block. Develop relationships with school administrators who may be able to provide additional space.

What is **MODERATE** activity?

Games, sports, and recreation that are equal in intensity to brisk walking:

Hopscotch	Yoga
Playground play	Gymnastics
Swinging	Ballet
Kickball	Shooting baskets
Frisbee	Swimming for fun
Walking	Volleyball
Bike-riding	Baseball, softball

What is **VIGOROUS** activity?

Games, sports, and recreation that are more intense than brisk walking:

Running games (tag)	Karate
Jogging	Tae kwon do
Jumping rope	Jumping jacks
Basketball game	Skipping
Football game	Push-ups, pull-ups
Soccer	Swimming laps
Aerobic dancing	Water basketball

Check out this real-life success story!

One program offered a variety of different active games and fitness activities that students could rotate through, and after a month of trying different stations, the kids voted on their favorites. The winning activities appeared more often in structured play time. Empowering children to make their own decisions is a great way to get everyone involved! The most popular stations were basketball, four-square, hula-hoop, and jump rope. Even better—the site director said that **NONE** of the kids sat out!

Did You Know?

Each child should get at least 1 hour of physical activity everyday. Providing at least 30 minutes of daily activity in your afterschool program is a good goal.

Kids should get 20 minutes of **vigorous** physical activity 3 times per week.

Recreational play, like running, jumping and climbing on playground equipment, is just as important as skill-based instruction.

Many schools have limited time for physical education and recess so children come to afterschool programs ready to move!

Physical activity can be broken up into periods of 10-15 minutes.

Many children today do not engage in enough physical activity. Physical activity tends to decline as kids enter the teen years, and inactive children may be less physically active as adults.

Staying active protects everyone—even kids—from developing heart disease, diabetes, high blood pressure, stroke and osteoporosis. Exercise helps make bones stronger. Plus, inactive children weigh more and have higher blood pressure and lower levels of heart-protective high-density lipoproteins (HDL cholesterol). (www.americanheart.org)

Regular physical activity helps children focus both in and out of school.



Want to know more? Check out these other resources:

<http://www.aahperd.org/naspe>

The National Association for Sports and Physical Education (NASPE) offers guidelines on activity for children and youth, and publish curricula for in and out of school time.

<http://www.primaryschool.com.au/health.php>

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The Harvard School of Public Health publishes an online nutrition new and resource newsletter.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

Sugar-Sweetened Beverages

What's really in here?

On the ingredients list, sugar may be disguised as:

Fruit juice concentrate
Evaporated cane juice
Malt syrup
Sucrose
Dextrose
Fructose
High fructose corn syrup
Corn sweetener

Real-Life Challenges... And how to overcome them

Kids and staff bring sugary drinks from home and nearby stores.

Implement policies that restrict bringing in foods and drinks from outside or sharing them.

People believe "fruit drinks" are healthy.

Teach staff, kids and families about the amount of sugar in fruit drinks.

Everybody has soda at parties.

Teach staff, kids and families about the amount of sugar in fruit drinks.

Our site has vending machines that the kids and staff purchase drinks from.

Have the vending machines turned off during program hours, or have the machines loaded with healthier choices.

It seems "fruit drinks" are cheaper than 100% fruit juice.

Tap water is free! You can use a splash of 100% fruit juice to create your own flavored waters.

Drink me!

Water - as much as you want!

Sodium-free seltzer - as much as you want!

Juice spritzers - Mix a splash of 100% juice with sodium-free seltzer

Skim and low-fat milk

Diluted 100% juice - 4 ounces of water mixed with 4 ounces of juice for a refreshing and flavorful treat

100% juice - limit to 4 ounces per day (juice box size)

Steer clear!

Drinks with added sugar, like soda (pop) and fruit punches

Drinks with artificial sweeteners, like diet soda

Examples of products to avoid:

Fruitades (lemonade, etc.)
Juice drinks/juice cocktails
Fruit punches
Sweetened ice teas
Sports drinks
Vitamin waters
Energy drinks

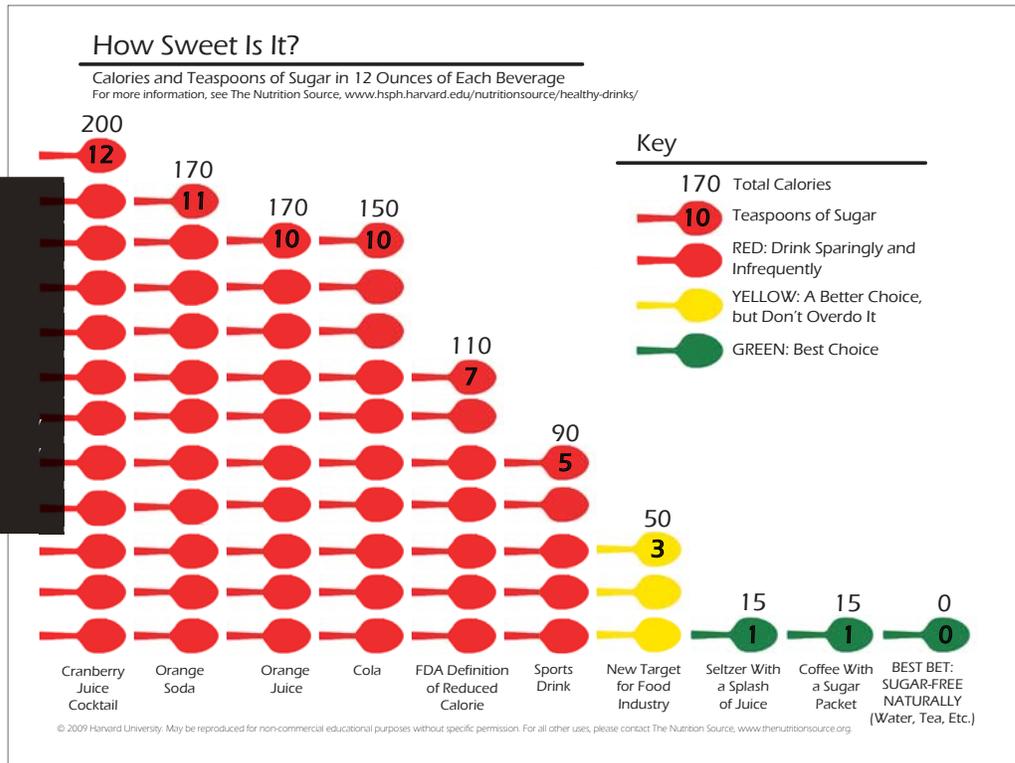
Did you know?

The largest source of added sugar in kids' diets isn't cake, cookies or candy—it's drinks! (F&F)

Teen boys average more than a quart of sugary drinks a day. (<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3>)

In the U.S., 8 out of 10 children and 6 out of 10 adults consume at least one sugar-sweetened beverage on an average day. (<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3>)

Go easy on the juic
Even though 100% fruit ju has more nutrients than o sugary drinks, ounce for o it contains as much sugar calories as soda.
([http://www.hsph.harvard nutritionsource/healthy-dr focus/index.html#3](http://www.hsph.harvardnutritionsource/healthy-dr focus/index.html#3))



Why not juice, soda or sports drinks?

They all contain sugar! Sugar-sweetened drinks are the top source of added sugar in kids’ diets. Drinking too many high sugar drinks increases the risk for overweight kids and adults. These drinks add extra calories that don’t make us feel full.

Soda, juice and sports drinks can also cause dental cavities.

There is often caffeine in soda and energy drinks. When kids drink caffeine, they may get headaches, upset stomach, and disturbed sleep.

Diet sodas contain artificial sweeteners. They train kids to crave “sweetness” in drinks and foods. Their long-term safety is not fully understood, so it is best to avoid them.

Sports drinks are only helpful for highly intense activities that last longer than one hour. For example, a day at basketball camp or a hike in the mountains would be a time that kids might have a sports drink.

Want to know more? Check out these other resources:

<http://www.csipnet.org>

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools.

http://cnr.berkeley.edu/cwh/PDFs/CWH_Sports_Drinks_FAQ_Sheet_7.07.pdf

The Center for Weight & Health at U.C. Berkeley provides answers to frequently asked questions about sports drinks.

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks>

BANPAC offers curriculum materials and campaign tools in English and Spanish for a “Soda-Free Summer.”

Turn Off That Screen!



Real-Life Challenges... And how to overcome them

Movies are an easy way to kill time on rainy or cold days.

Try new indoor activities like freeze dance, an obstacle course, or an arts and crafts project. For even more ideas, look below and check out the resources on the next page.

Kids love watching TV and playing computer games.

Remove TVs or cover them with a cloth. Use the parent settings on computers to set time limits.

TV time and computer games are some of the only activities that all children enjoy.

Use physically active video games like “Dance Dance revolution” or other fitness games.

If we don’t let kids watch TV, we have no downtime for lesson planning.

Schedule planning time outside of program hours. Time during the program can then be all about the kids.



What you can do to replace “Screen Time” activities

Let kids suggest their favorite activities! Ask them to fill in the blank, “Instead of watching TV, I could _____.” Try a new idea each week.

Substitute free reading time for TV. Letting children bring in appropriate magazines or books from home can be a fun reward. You could also offer appropriate reading materials or take the youth for a walk to their local library.

Plan creative arts and crafts projects. Kids can make their own placemats and decorate water bottles. Go to www.crayola.com for coloring pages, craft ideas, and games.

Set up a scavenger hunt either inside or outside where children can search for common objects on site.

Play music! Kids can help think of songs to download, make up dances on their own, or play freeze dance as a group.

Involve children in snack preparation by helping with set up and clean up, snack assembly and recipe prep—just make sure everyone washes their hands first!

Bring back board games!





Did You Know?

The first 2 years of life are an important time for brain development. TV can keep kids from exploring, playing, and talking with other people. All these things help kids have healthy physical and social development.

The American Academy of Pediatrics (AAP) says that kids under two years old shouldn't watch any TV. Kids two years and older shouldn't watch more than one to two hours a day of TV. Any TV that kids watch should be educational and age-appropriate.

As kids get older, too much screen time can get in the way of other important activities. Instead of watching TV, kids could be exercising, reading, doing homework, playing with friends, and spending time with family.

Kids under age seven typically spend **triple** the amount of time in front of screens than reading or being read to.

Two out of three kids ages zero to six live in homes where the TV is on at least half of the time, even if no one is watching it. (Kaiser)

What's the problem with TV?

(American Academy of Pediatrics)

Kids who often watch more than four hours of TV per day are more likely to be overweight.

Kids who watch violence on TV are more likely to act aggressively. They also tend to think that the world is scary and that something bad will happen to them.

TV characters often do risky things like smoking and drinking. Many TV shows also stereotype boys and girls and different races.

TV is more than just shows! There is a ton of advertising, especially for junk food.

Want to know more? Check out these other resources:

<http://www.nhlbi.nih.gov/public/heart/obesity/wecan/live-it/screen-time.htm>

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to reduce screen time and stay healthy.

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/2/425.pdf>
<http://www.aap.org/family/smarttv.htm>

The American Academy of Pediatrics (AAP) recommends no more than one to two hours of quality programming per day. They also offer a Smart Guide to Kids' TV.

<http://www.screentime.org>

TV Turn-Off Network is dedicated to promoting alternative forms of entertainment for children and adults. Visit for information and ideas.

http://kidshealth.org/parent/positive/family/tv_affects_child.html

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide information that families can understand and use. This page discusses how TV affects kids.

<http://www.media-awareness.ca/english/teachers/index.cfm>
<http://www.frankwbaker.com/advertising2.htm>

These resources can help empower kids to understand how media and advertising target them.



Water, Water Everywhere!

Real-Life Challenges...

And how to overcome them



We only get reimbursed for serving milk.

Serve tap water too—it's free!

We don't have water fountains or coolers for easy access to water.

Keep a water pitcher and cups out at child level throughout the day. Take a cooler or jug with you when you go to a park or playground.

Kids don't like drinking water.

Make presentation appealing—use a clear pitcher and try the new ways listed below!

The drinking water isn't considered safe.

Have tap water tested first. For the freshest water, let the tap run till it's cold. If it is unsafe, look into getting a water cooler or an alternate

New ways to try water:

Flavor the water with added fruit—good choices include frozen berries, lemon, lime or orange slices to cool things off—and feel free to mix multiple fruits together!

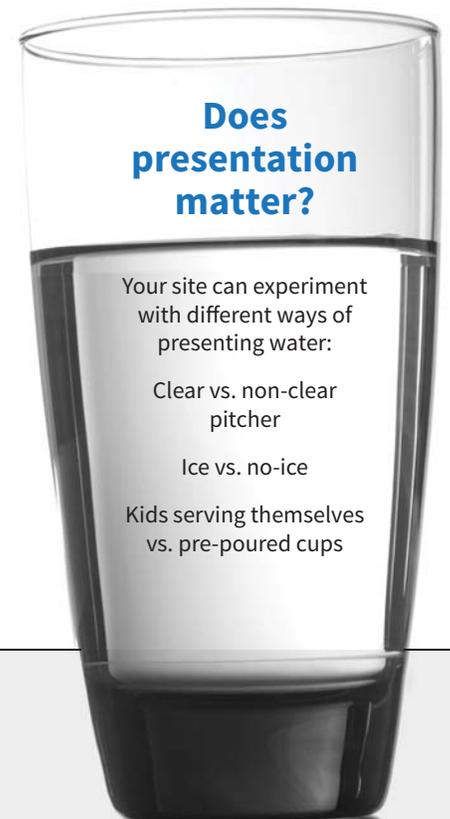
Make “sun tea”—put some tea bags (kids might especially like herbal kinds like mint) in a pitcher and set it in the sun to steep until the water takes on a tea color—the darker the water, the stronger the tea. Add ice when you're ready to serve. You can also make a quick version by pouring hot water over tea bags and then adding lots of ice.

Serve herbal tea (like mint or chamomile) hot. It is a great way to warm up in the winter.

Experiment with adding frozen fruit juice ice cubes to water

Serve juice spritzers (juice and seltzer water)—use no more than 4 ounces of juice per serving.

Have each kid invent his or her own “brand” of water—let them design their labels, make their “secret recipes” and invent names.



Check out this real-life success story!

One after-school program let each kid decorate his or her own cup. Not only did the program spend less money on disposable cups, but the kids looked forward to drinking out of their self-made artwork! You could do the same thing with plastic water bottles. (Look for ones labeled BPA-free.)

Did You Know?

85% of a child's body weight is water.

The human brain is 75% water; a living tree is also 75% water.

There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank!

Water regulates the Earth's temperature. It also regulates the temperatures of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.

Although the average person can live for about one month without food, we can only survive about a week without water.

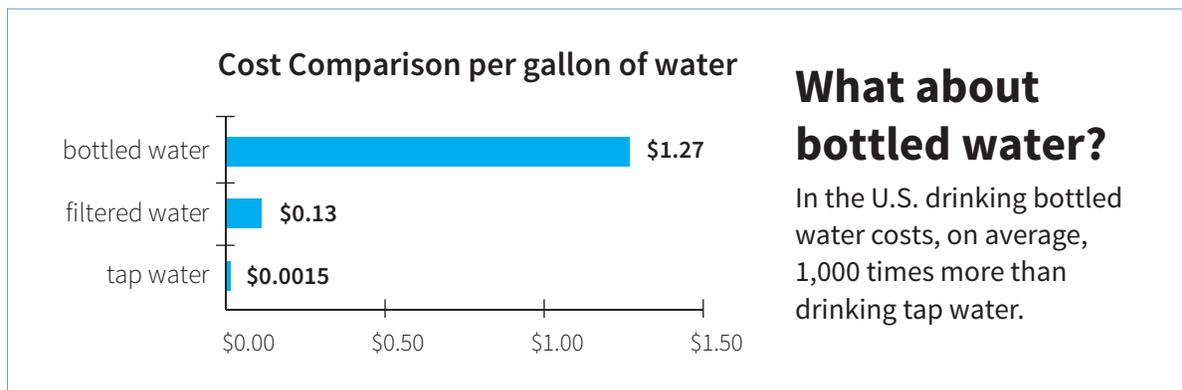
What to drink? WATER!

Water is calorie-free and cheap!

Water keeps kids hydrated best. Sports drinks are good only for really intense activities lasting over an hour. For example, a day at sports camp or a hike in the mountains would be a time that kids might have a sports drink.

Make sure that kids can get water throughout the day and during every period of physical activity. Our bodies are the best judge of how much water we need. Teach kids to take a drink whenever they are thirsty.

Most tap water is fluoridated, which means that it helps teeth stay strong and protects against cavities!



Want to know more? Check out these other resources:

<http://www.csipnet.org>

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools.

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks>

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

<http://www.nesc.wvu.edu/educators.cfm>

This site has links to a variety of lessons and educational materials, both about drinking water and water as a resource—great if you're looking for a chance to integrate some science lessons into your program.

<http://www.epa.gov/safewater/ccr/wherelive.html>

The Environmental Protection Agency's annual water quality reports provides information on water safety in every state, including information on fluoridation.

Whole Grains



Real-Life Challenges... And how to overcome them

We don't get to choose which foods are provided to children.

Contact whoever is responsible for food purchasing and request that snacks be whole grain. Check out **Snack Sense** for a list of ideas to get your started.

Whole grain products are more expensive.

Most often, this is not the case. Many popular snack items, like Goldfish, English muffins, and tortillas, are now available in whole grain for the same price.

Kids seem reluctant to try new, health foods.

Use fun taste tests to understand kids preferences and identify new items that kids enjoy to add to your regular menu (see examples below).

Staff don't see what they eat as relevant to their job or to children's healthy eating.

Teach staff about the importance of role modeling and involve them in taste testing.

Staff in charge of buying food don't know what ingredients to look for on labels.

Teach staff to look for products with whole grains listed first on the ingredient label. Examples of whole grains are whole wheat, oats, and barley.



Check out these real-life success stories!

One afterschool program was able to swap out snacks made with refined grains and replace them with whole grain, healthier options. The new foods tasted great and provided children with additional fiber and nutrients.

New ideas included:

- Whole wheat pitas and tortillas
- Granola
- Whole grain mini bagels
- Popcorn
- Whole grain Goldfish crackers

Another program saw the opportunity to review current menu items and involve kids in developing a new menu.

They let kids vote each time they tried a new snack and tallied their responses to track new favorites!

The Scoop on Whole Grains

Did you know that eating a diet rich in whole grains can lower your risk for heart disease and diabetes? Whole grains contain fiber, vitamin E, and healthy fats. They help keep your blood sugar steady and your arteries clear. Whole grains also make you feel full longer. Refined “white” flour and sugar do not have these nutrients or health benefits. Eat whole grain products instead of refined ones whenever possible. You should also avoid the “empty calories” of added sugars. They offer no benefit other than energy.

- Try to serve foods made with whole grains (like whole wheat, oats, barley, brown rice and popcorn), which are higher in fiber and nutrients than refined grains (like white rice, white bread and cornflakes).
- Refined grains, such as white rice or white flour, have both the bran and germ removed from the grain. Although vitamins and minerals are added back into refined grains after the milling process, they still don’t have as many nutrients as whole grains do, and they don’t provide as much fiber.
- Look at the ingredient list! Aim for products that list a whole grain first and contain no added sugar. A good rule of thumb is to choose products with at least 3 grams of fiber and no more than 5 grams of sugar.



Limit these snack foods:

- Sweetened cereals like Frosted Flakes, Fruit Loops and Cinnamon Toast Crunch
- White bread and tortillas
- White rice, potatoes and “instant” grains
- Cookies, cakes and candies

Did you know?

- Whole grains are an important part of healthy snacking. Pair them with a fruit or vegetable for a well-rounded snack.
- Try to aim for snacks for kids that have between 100-200 calories. Nutrition labels can help!

Want to know more?

Check out these other resources:

<http://www.hsph.harvard.edu/nutritionsource/carbohydrates.html>

Harvard School of Public Health publishes an online nutrition news and resource center.

<http://www.wholegrainscouncil.org>

The Whole Grains Council helps consumers find whole grain foods and understand their health benefits.

<http://mypyramid.gov/pyramid/grains.html>

This section of the Food Guide Pyramid gives specific information on grains, and can be tailored for individual needs.

http://www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf

Planning healthy celebrations can be particularly challenging. Foodplay offers some great suggestions.

Examples of one serving of whole grains

- 1 slice of whole-grain bread
- 1/2 whole-grain English muffin, bagel or bun
- 1 ounce of ready-to-eat whole-grain cereal
- 1/2 cup (cooked) oatmeal, brown rice, or whole-wheat pasta
- 5-6 whole-grain crackers
- 3 cups of popped popcorn