

CATCH Kids Club

Alignment with Boys & Girls Clubs Healthy Eating and Physical Activity Standards

	HEPA Standard	How CATCH Kid Club Aligns
Youth and Family Education	<ul style="list-style-type: none"> ➤ Offer evidence-based nutrition education to youth. ➤ Offer evidence-based education materials about nutrition and physical activity to families through pamphlets, newsletters, email blasts or other means. 	<p>CATCH Kids Club is an evidence-based program specifically designed for afterschool and recreational environments. The <i>CKC Healthy Habits and Nutrition Manual</i> includes easy-to-use health education lessons covering nutrition, physical activity, and screen time reduction.</p> <p>Parental involvement is an integral part of this curriculum. Several lessons include extension activities that involve parents in various program activities. Also included are family tip sheets for grades K-5 and 5-8 in English and Spanish.</p> <p>Numerous research studies have found CATCH Kids Club to be effective in improving physical activity and nutrition knowledge and behaviors and in reducing overweight and obesity.</p>
Physical Activity	<ul style="list-style-type: none"> ➤ Dedicate at least 20% or at least 30 minutes of morning or afterschool program time to physical activity and at least 60 minutes for a full day program. ➤ Provide physical activities in which youth are moderately to vigorously active for at least 50% of the physical activity time. ➤ Ensure physical activity takes place outdoors whenever possible. 	<p>The <i>CATCH Kids Club Physical Activity Boxes</i> include activity cards with detailed instructions for age-appropriate games designed to get kids moving and increase time spent in moderate-to-vigorous physical activity. Instructions include modifications for students with special needs. There are over 400 activities in the K-5 activity box and over 600 activities in the grades 5-8 box.</p>
Food	<ul style="list-style-type: none"> ➤ Serve a fruit or vegetable at every snack and meal. ➤ Serve only foods with no artificial trans fats. ➤ Serve only non-fat or reduced fat yogurt and cheese; lean meat, skinless poultry, seafood, beans/legumes or eggs; packaged snacks or frozen desserts that meet the USDA Smart Snacks in School nutrition standards. 	<p>The <i>CATCH Kids Club Healthy Habits and Nutrition Manual</i> includes lessons directly related to nutrition and the preparation of healthy snacks (10 lessons for grades K-5, 4 lessons for grades 5-8). The hands-on snack activities allow children to taste and experience healthy foods and help to increase preferences for fruits, vegetables, whole-grains, and low-fat dairy products.</p>

Beverages	<ul style="list-style-type: none">➤ Provide plain potable water at all times at no cost to youth and staff.➤ Serve only water; plain low-fat milk, plain or flavored nonfat milk or milk alternative; 100% fruit or vegetable juice with no added sweeteners; or 100% juice diluted with water with no added sweeteners.	<p>The <i>CATCH Kids Club Healthy Habits and Nutrition Manual</i> includes lessons to help children identify and increase preferences for healthy beverages (9 lessons for grades K-5, 5 lessons for grades 5-8).</p>
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