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| **CATCH Kids Club** **Alignment with YMCA Healthy Eating and Physical Activity Standards** |
|  | **HEPA Standard** | **How CATCH Kid Club Aligns** |
| Parent Education | Engage parents/caregivers using informational materials and/or activities focused on healthy eating and physical activity a minimum of 3x/year. | *CKC Healthy Habits and Nutrition Manual:* Health education lessons are organized into 7 themes including physical activity, nutrition, and screen time reduction.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. |
| Physical Activity | Provide children and youth with at least 30 minutes of physical activity per morning or afterschool program (60 minutes total per day for full day programs). Include a mixture of moderate and vigorous activity as well as bone and muscle strengthening activities. Play will take place outdoors whenever possible. | *CATCH Kids Club Physical Activity Boxes:* These boxes include activity cards with detailed instructions for age-appropriate games designed to get kids moving and increase MVPA. 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.*CATCH Kids Club Healthy Habits and Nutrition Manual:* Health education lessons are organized into 7 themes including physical activity. There are 4 lessons related to physical activity concepts in the K-5 manual and 7 lessons in the grades 5-8 manual. |
| Screen Time | Do not permit access to television or movies and limit digital device time to <1 hour per day to allow for other activities. Digital device use is limited to homework or programs that actively engage children in activity. | *CATCH Kids Club Healthy Habits and Nutrition Manual:* Includes health education lessons for screen-time reduction (7 lessons for grades K-5, 4 lessons for grades 5-8), Home Team reinforcement activities, and goal setting logs. |
| Food | For programs that serve food: * Serve fruits and/or vegetables at all meals and snacks
* Serve meals and/or snacks family style (children serve themselves from common bowls and pitchers with limited adult assistance)
* Prohibit foods that are deep fried or flash fried unless a healthy oil is used in the frying process
* Prohibit fried, salty snacks such as potato or corn chips regardless of oil used
 | *CATCH Kids Club Healthy Habits and Nutrition Manual:* Includes lessons directly related to nutrition and the preparation of healthy snacks (10 lessons for grades K-5, 4 lessons for grades 5-8). Also includes goal setting logs and Home Team reinforcement activities. |
| Beverages | * Water is accessible and available at all times, including at the table during meals and snacks.
* Prohibit beverages with added sugars
* Emphasize healthy beverages including low or nonfat milk. Limit 100% fruit juice to one 6-8 ounce serving per day.
 | *CATCH Kids Club Healthy Habits and Nutrition Manual:* Includes lessons related to healthy beverages (9 lessons for grades K-5, 5 lessons for grades 5-8). Also includes goal setting logs and Home Team activities. |

Adapted from the NJ YMCA State Alliance