

Description of Healthy Choices Program



Save the Children's afterschool program for school-age children is comprised of three components; Literacy, Healthy Choices, and Family Engagement. The Healthy Choices Coordinator is responsible for the Healthy Choices program implementation. The following bulleted list describes the activities associated with each Healthy Choices program component. Additional documents and resources that accompany each component can be found within the appropriate section of this Healthy Choices Program Manual, as well as on the Partner Portal under the Child Health Tab.

<https://uspartners.savethechildren.org/ChildHealth/default.aspx>

Healthy Choices Program Components & Related Activities

Healthy Snack

- Prepare daily snack for children in accordance with STC Healthy Snack Standards & Best Practices
- Reinforce nutrition concepts by communicating the connection of daily snack to the monthly nutrition theme, as applicable (refer to Facts about your Healthy Snacks document)

Physical Activity

- Engage children in 30 minutes of daily moderate-to-vigorous physical activity (except 1 day per week due to nutrition education lesson); Physical Activity rotation includes a warm up, two activities, and a cool down.
- Plan weekly activities using Healthy Choices Weekly Planning Tool
- Utilize approved activities from the Healthy Choices Physical Activity Toolkit; which includes the CATCH Activity Box and other approved activities.
- Incorporate use of Fun Friday activities (team building, clubs) into Planning Tool for programs that conduct programming on Fridays

Nutrition Education

- Promote awareness of monthly nutrition theme with children, parents, and staff
- Discuss Nutrition Word of the Week during snack time (pre-selected words and talking points for discussion provided); create a Nutrition Word Wall with Word of the Week vocabulary posters.
- Provide 15-minute Nutrition Education lesson during Healthy Choices (physical activity) rotation one day per week (during the same rotation, play a 15-minute nutrition themed game that incorporates the daily lesson or monthly theme)
- Additional activity led by RAvFL tutor: Engage Developing Readers & Emergent Readers in monthly nutrition RAvFL book (monthly book pre-selected to align with theme; completed templates provided for both ER & DR)