

Cambridge Out of School Time Food and Activity Guidelines

Guiding Principles

- Snack Smart: Fuel up on fruits and vegetables
- Move More: Boost movement and physical activity in all programs
- Drink Right: Choose water instead of sugar sweetened beverages or juice
- Cultivate Diverse Tastes: Encourage a variety of healthy international foods

Guidelines for Healthy Eating and Physical Activity

Food

- Serve at least one fruit or vegetable with every snack and meal (fresh/canned/frozen - with no added sweetener or salt)
- Do not serve sugar sweetened beverages
- If you serve juice, choose 100% fruit juice and limit to 6 oz per day
- Serve water with all meals and snacks
- Do not serve foods with artificial trans fat (this is already banned in city-regulated food establishments and federally funded programs)
- When serving grains (like bread, crackers, muffins, and cereals) serve primarily whole grains – the word “whole” next to a grain should be first on the ingredients list.
- Limit baked goods, candy, and sweetened snacks to occasional small treats (for example, cookies, cakes, doughnuts, brownies, candy, etc)

Fitness

- Schedule and lead short physical activity breaks when kids have been sitting for an hour or more.
- Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous physical activity at least 3 days per week.

Minimize Sedentary Behavior

- Limit passive behavior like broadcast and cable TV or movies, except for special occasions.
- Limit computer time for a maximum of 2 hours/week (including homework) for no more than 45 minutes at a time.

Why These Guidelines?

Kids spend most of their day both in school and out-of-school-time programs. Schools have a Wellness Policy but out-of-school-time programs don't have a unifying guide to promote good health for kids. These voluntary guidelines will help programs offer the best in good health practices. The guidelines were created by the Food and Fitness Policy Council in partnership with the Agenda for Children and City program staff, based on practices from Harvard School of Public Health and Tufts University. Please try them out, we welcome your feedback!

For resources visit: <http://www.healthykidshub.org/>

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