

# The Alliance's Healthy Out-of-School Time Initiative: Reaching Kids in Greatest Need

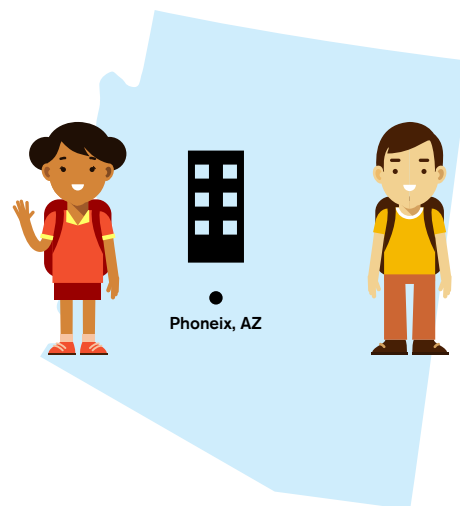


Meet Nicole and Mike. They are both ten years old and just two of the more than 10 million children who benefit from afterschool programs nationwide. They live in the same apartment building in a predominantly low-income neighborhood outside of Phoenix, Arizona.

Because Nicole and Mike's parents work long hours to support their families, there is often little time to cook in the evening or prepare breakfast before school. Not to mention, the main street in their neighborhood is dotted with fast food restaurants and convenience stores, making it easier to choose processed foods rather than purchase fresh ingredients to prepare home-cooked meals. On the weekends, Nicole and Mike often spend time watching TV because their families don't feel that it's safe to let them play at the neighborhood park (Active Living Research, 2011).

At school, Nicole and Mike rely on the free and reduced-price breakfast and lunch provided by their school, but they have to eat at 10:50 a.m. Their school doesn't require physical education, so they don't have a chance to burn off any energy.

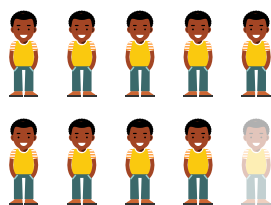
When the school bell rings, Nicole and Mike have been sitting for more than seven hours and haven't eaten a meal in four hours. **Their families rely on afterschool programs to give Nicole and Mike a safe place to finish their homework and play under adult supervision until they get home from work.**



**1 in 4 families** has a child enrolled in an afterschool program

**Over 70 percent** of children enrolled in out-of-school time programs are from low-income households (households where a family of 4 makes no more than \$45,000 per year and may make significantly less)\*

\*Afterschool Alliance America After 3 pm, 2014



**NEARLY 90%** of the programs that the Alliance's Healthy-Out-of-School Time Initiative supports provide programming to children who are defined as high need (children that qualify for the federal free and reduced-price lunch program)

**53% OF CHILDREN** enrolled in out-of-school time programs are African American or Hispanic, who have a higher prevalence of obesity or overweight



The Alliance for a Healthier Generation's Healthy Out-of-School Time Initiative (the Initiative) was founded in 2011, building on the successful Healthy Schools Program model, to improve opportunities for kids to be physically active and eat well. The nationwide Initiative coaches and removes barriers for professionals within out-of-school time settings so they can improve and sustain children's access to healthier foods and quality physical activity opportunities. The Initiative focuses on organizations that serve children disproportionately affected by the obesity epidemic and food insecurity, within communities of lower socioeconomic status and minority-concentrated communities. **Learn more at [HealthierGeneration.org](http://HealthierGeneration.org).**

Unlike Nicole, Mike goes to a Healthy Out-of-School Time afterschool program. Here's where their stories diverge.



### MIKE'S HEALTHY PROGRAM



Water cooler available to kids



Agenda item #1: Staff leads the kids in a group stretch



Site leader teaches the kids how to make a healthy smoothie



Oranges and yogurt provided during snack time



### NICOLE'S PROGRAM



Vending machine with sugar-sweetened beverage varieties available to kids



Lots of sitting while doing homework, chatting with friends



Site staff are less engaged, allowing kids to play on their own



Potato chips and juice drinks provided during snack time

## WHAT'S THE DIFFERENCE BETWEEN NICOLE AND MIKE'S STORIES?

Mike's afterschool program has been working with the **Alliance for a Healthier Generation's Healthy Out-of-School Time Initiative** for the last two years to put new programs and policies into place that help him access healthy foods and be physically active.

The healthy behaviors kids like Mike learn during afterschool programs are setting the stage for a lifetime of healthy habits. Research shows that healthy kids learn better: they perform better on tests, get better grades, attend school more often and behave better in class (Active Living Research, 2011).

The potential benefits of creating healthier out-of-school time environments don't stop there: **Kids like Mike can also bring what they learn home to their families, helping them make healthier choices when they shop and prepare meals or engage in leisure activities.**

The thousands of afterschool programs we work with continue to make advances in providing children with nutritious foods, keeping them physically fit and promoting health. These programs have great potential to help prevent obesity and instill lifelong healthy habits. For millions of families, afterschool programs are a critical resource to ensure their children thrive.

**Learn more at [HealthierGeneration.org](https://www.healthiergeneration.org)**

# The Alliance's Healthy Out-of-School Time Initiative: Increasing Kids' Access to Healthy Afterschool Snacks and Meals

## The Need for Healthier Meals and Snacks during Out-of-School Time

Being food insecure and/or eating high-calorie, low-nutrient foods can negatively affect children's health outcomes along with their academic performance.

It is essential that children have access to healthy meals and snacks during afterschool time—especially for those children who may not be able to have their next meal until they arrive at school the next morning.

## Barriers to Accessing Child Care and Summer Federal Reimbursement Programs

The Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP) offer federal funding to support healthy snacks and meals served to kids before, during and after school. These programs help to fill the gaps after the school day and over the summer months for youth and families facing food insecurity.

Many afterschool and summer programs aren't accessing CACFP or SFSP benefits and lack the resources, time and knowledge needed to ensure the kids in their programs have access to healthy foods.

## The Healthy Out-of-School Time Connects Sites with Federal Dollars for Healthy Foods

The Alliance's Healthy Out-of-School Time Initiative helps afterschool and summer programs participate in federal meal reimbursement programs, increasing children's access to healthy afterschool snacks and meals that include more fruits and vegetables and whole grains.



**1 IN 5 CHILDREN** do not know where their next meal is coming from. (USDA)



While 21 million children receive free and reduced priced lunch, **ONLY 3 MILLION KIDS** receive federally reimbursed summer meals. (USDA)

## HEALTHY OUT-OF-SCHOOL TIME INITIATIVE:



**Connects programs with the right people,** organizations, and state agencies in order to take advantage of federally-reimbursed child nutrition programs



**Educates programs** that may not be aware of these financial resources or lack the means to take advantage of them



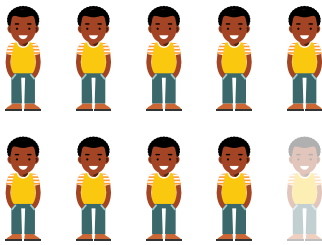
**Provides technical assistance** and coaching to sites as they establish or improve their snack and meal programs through menu planning, budgeting, or building support for healthy eating programs



Ensures that more kids are getting the **daily nutrition** they need to stay healthy and succeed in school.

“As a result of the Healthy Out-of-School Time Initiative’s support, several hundred youth were able to enjoy a nutritious, free snack during their afterschool program. Now, all of our afterschool programs serve the healthy snack.”

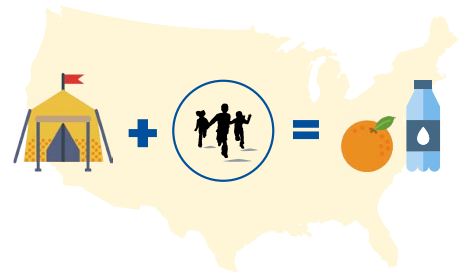
— Renae Nottage, Superintendent,  
Miami-Dade County Parks, Recreation & Open Spaces



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of the programs that the Alliance’s Healthy-Out-of-School Time Initiative supports provide programming to children who are defined as high need (children that qualify for the federal free and reduced-price lunch program)

Since the Healthy Out-of-School Time Initiative’s inception,  
**5,000+ KIDS FROM 80+ AFTERSCHOOL  
AND SUMMER PROGRAM SITES  
ACROSS THE COUNTRY**

received federally-reimbursed snacks or meals after their programs partnered with the Alliance.



“It’s extremely important that these meals are provided for the young people because they might not have it otherwise. This may be their only meal they have that day.”

— Melvin McCray, Seat Pleasant Activity Center Director of Kids Care, Maryland

# What's Your Healthy Out-of-School Time Story?

## Story Telling Tips

Make it personal

Identify a problem: what point do you want to make?

Evoke emotion and motivate others to take action.

Who is your audience?

Who is/are the main characters?

What's the setting? *Provide concrete examples*

What obstacles did you have to overcome? *Keep it simple.*

What was the outcome? *Explain how the problem was solved.*

## Can we share your story?

**Name**

**Organization**

**Zip Code**

**Email**

**Twitter Handle:**

**Can we contact you in the future to share your story? (Y or N)**