

Healthy Eating Standards



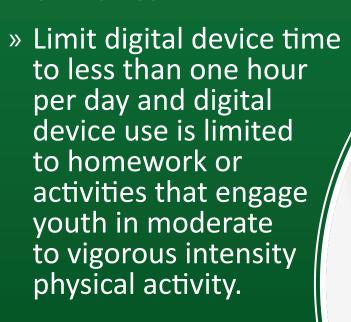
- » Serve a fruit or vegetable at every snack and meal.
- » Serve only foods with no artificial trans fats.
- » Serve only whole grain-rich products.
- » Serve only non-fat or reduced fat yogurt and cheese.
- » Serve only lean meat, skinless poultry, seafood, beans/legumes or eggs.
- » Serve only packaged snacks or frozen desserts that meet the USDA Smart Snacks in School nutrition standards.
- » Provide plain potable water at all times at no cost to youth and staff.
- » Serve only plain low-fat milk, plain or flavored nonfat milk or milk alternative limited to 8 fluid ounces per day for elementary school students and 12 fluid ounces per day for middle and high school students.
- » Serve only 100% fruit or vegetable juice with no added sweeteners or 100% juice diluted with water with no added sweeteners.
- » Serve no soda, sports drinks or juice drinks to elementary school or middle school students.
- » Serve no full-calorie soda or full-calorie sports drinks, but may serve diet soda, low-calorie sports drinks or other low-calorie beverages to high school students.
- » Serve only non-caffeinated beverages.

Physical Activity Standards

- » 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.

or movies. » Limit digital device time to less than one hour per day and digital device use is limited to homework or activities that engage

» Do not permit access to television





National Recreation and Park Association

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