

# COMMIT TO HEALTH

## 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.
- » Do not permit access to television 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 youth in moderate to vigorous intensity physical activity.



National Recreation  
and Park Association

[www.nrpa.org/CommitToHealth](http://www.nrpa.org/CommitToHealth)