1/15/2016

Plan:
Step 3 – Develop Your Action Plan

- Select best practices to prioritize in Action Plan on HOST website.

- Create Detailed Action Plan – aligned with CDE Planning Tool (SMART Goals, timeline, person responsible)

Healthy Out-of-School Time Action Plan

Out-of-School Time Site Name:
Organization Name (if applicable):
State:
Date:

Instructions: By now, your HOST Site Wellness Team has selected two to five goals. Use the Action Plan template to detail exactly what steps your site will take to achieve each goal. Insert additional rows in the template to identify as many steps as necessary to accomplish each goal. As you fill out this template, and update it in the future, consider asking yourselves is the Action Plan: Complete? Does the plan list all the action steps or changes needed to accomplish the goal? Clear? Is it apparent who will do what by when on the Action Plan? Current? Is the Action Plan up-to-date?

What is the Best Practice or goal?	What steps do you need to take to achieve this goal?	Who is the lead person for each step?	When will each step be completed?	What evidence will indicate completion of this step?	Have you completed this step? (Done? In-progress? Ongoing?)	Notes
1	1a)					
	1b)					
	1c)					
2	2a)					

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Plan:
Step 4 – Explore Resources

- **RESOURCE DATABASE**

- **PRODUCT NAVIGATOR and SNACK FOODS CALCULATOR**

- **ON DEMAND TRAININGS** – 6 Step Process

- **ROADMAPS** - for each HEPA standard

- **HOST BLOG** – national success stories and tips

http://host.healthiergeneration.org

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RESOURCE DATABASE connects site staff to 1,000+ science-based quality resources, grant opportunities and discounted materials.

Search by Keyword

Search must be at least 3 characters

Filter by Program

All Programs

Select Topic(s)

☐ Employee Wellness   +

☐ Grants & Funding

☐ Health Education   +

☐ Healthy Eating   +

☐ Physical Activity   +

☐ Physical Education   +

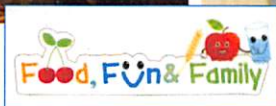☐ Wellness Councils & Policies   +

☐ Youth Engagement   +

Narrow Results

Grade Level   −

☐ Elementary School

☐ Middle School

☐ High School

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Recipes, fitness breaks, curriculum, and lots more....!

weigh in
Talking to your children about weight + health

Fitness Break 1

TaeBo For High School 1

TAE BO TV
BILLY BLANKS FITN

Food, Fun & Family

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PRODUCT NAVIGATOR and other food and beverage tools help sites select healthier options that meet nutrition guidelines.

Kellogg's® Morning Jump-Starts Express; AJRS
SKU: 380078791

Cocoa Krispies® Chewy Granola Bar Chocolate - 1.34 oz/4/24 ct.
SKU: 3800091612

Kashi® Chewy Granola Bar Cherry Chocolate - 1.2 oz./12/6 ct. Retail
SKU: 1862703003

Find snacks that meet the USDA Smart Snacks in School Guidelines, effective July 1, 2014.

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SNACK FOODS CALCULATOR and other food and beverage tools help sites select healthier options that meet nutrition guidelines.

SMART SNACKS
PRODUCT CALCULATOR

My Product is a ...

a) Snack ⓘ

b) Side ⓘ

c) Entree ⓘ

d) Beverage ⓘ

Nutrition Facts

Serving Size oz   (about g)   ⓘ

Servings Per Container

Amount Per Serving

Calories   Calories from Fat

Total Fat (g)

   Saturated Fat (g)

   Trans Fat (g)

Sodium (mg)

Carbohydrates

   Sugars (g)

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ON DEMAND TRAININGS

General

Jumpstart a Wellness Team

Wellness teams make it easier to create and sustain healthy changes. Here are three ideas to help you build and jump start a wellness team in your out-of-school time program.

Healthy Eating

7 Ideas to Help Kids Drink More Water

Water is the best source of hydration for children and adults. It has no calories, is low cost and is readily available from a tap near you! So what can you do to help children drink more water? Here are seven simple ideas to help kids drink more water.

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ROADMAPS

HE 01 — Snack, Meals, and Beverages

HE 02 — Staff Training

HE 03 — Nutrition Education

HE 04 — Staff, Family, and Community Engagement

HE 05 — Organizational Practices and Policies

HE 06 — Site Environment

- Rationale
- Example of Achievement
- Best Practices
- Action Steps
- Recommended Resources
- Youth Engagement
- Tips
- Reflection

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BLOGS

New & Notable Blog 🔊

Family Engagement Tips to Start 2016 Off Right

posted on 1/15/16 by Daniel W. Hatcher, National Out-of-School Advisor

Read More

9 Tips to Stay Focused at Your Next Meeting

posted on 1/11/16 by Daniel W. Hatcher, National Out-of-School Advisor

Read More

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Improve:
Step 5 – Take Action

- Action Plan is a live document – for project management and communication at site and organizational levels

- Failure is data

- Make adjustments as you go

- Preparing for sustainability

- Practice ⟹ Program ⟹ Policy
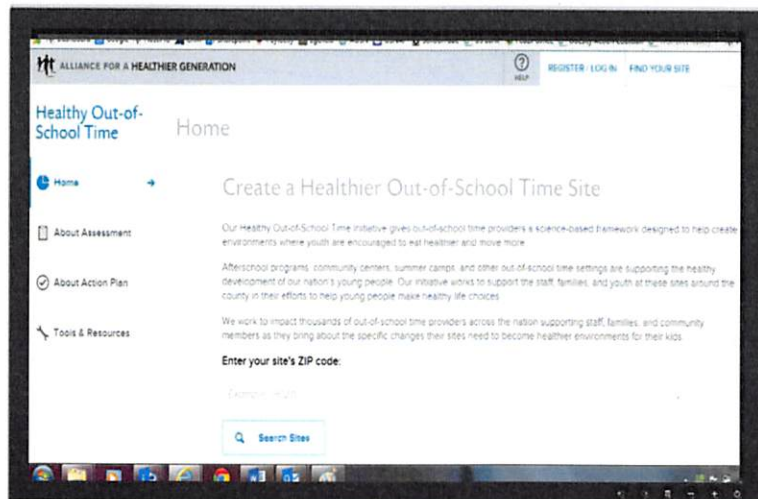
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Improve:
Step 6 – Celebrate Success

- Publish success stories
- End-of-Year Reports & Publications
- Recognize staff at meetings
- Celebration with youth and staff

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The Alliance provides **in-person support** to a limited number of OST sites and organizations in LA County and Sacramento,

with a **focus on low-income and minority populations** who are at increased risk for obesity and other diseases.

If your organization would like to be considered for in-person support, **please reach out to me to discuss the opportunity** to become involved.

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Key Take-aways:

The Healthy Out-of-School Time Initiative...

- Offers free online tools and resources for my organization: http://host.healthiergeneration.org
- Aligns with the CDE CQI process for Healthy Choices and Behaviors.
- Provides some in-person professional development support of organizations, with a focus on low-income and minority populations.
- Responds to questions about our resources through Customer Support: 1-888-KID-HLTH

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