




katie-


My Action Plan


Goals


- Offer 20 minutes of vigorous physical activity 3 times per week.
- Eliminate use of commercial broadcast TV/movies.
- Do not serve sugar-sweetened drinks.
- Offer water as a beverage at snack every day.

Goal 1: Offer 20 minutes of vigorous physical activity 3 times per week.


Policy Action Step: Speak to whoever makes the schedule to see if at least 20 minutes of VIGOROUS activity can be scheduled 3 times per week for all groups of children.

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
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Practice Action Step: Use the Food & Fun Afterschool Curriculum to teach healthy behaviors through physically active lessons.
Resources: [Food and Fun](#)

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
<input type="text"/>	 <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>


Communication Action Step: Create a policy stating that all children should receive 20 minutes of vigorous physical activity at least 3 times per week. Communicate this policy to staff and families and put the policy in appropriate places, like handbooks.
Resources: [Policy Writing Guide](#) and [Healthy Snacks and Beverages Resources Page](#)

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
<input type="text"/>	 <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>


What barriers did you encounter in trying to complete this goal? How did you overcome those barriers?

Goal 3: Do not serve sugar-sweetened drinks.


Policy Action Step: Add water to the daily menu
Resource: [OSNAP Sample Menu](#)

People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
<input type="text"/>	 <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Practice Action Step: Talk with the person in charge of ordering beverages to see if there is flexibility. Ask whether they can stop buying beverages like juice and use the money saved to purchase healthier foods like fresh fruit. Serve water every day
Resources: [Water Tip Sheet](#) and [Working with Food Service](#)


People involved	Target date for completion	Check-in status 1	Check-in status 2	Check-in status 3
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Practice Action Step: Limit the size (to no more than 4 ounces) and frequency of 100% fruit juice served. Do not serve anything that is not 100% fruit juice (e.g. juice cocktails). Instead, serve water with a whole fruit or vegetable as much as possible

People involved <input type="text"/>	Target date for completion  <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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Communication Action Step: Create a policy stating that no sugary drinks can be served at the program, and communicate this policy to partners. Suggest other incentives that could be used.

Resources: [Partner Program Letter](#) and [Healthy Celebrations](#)


People involved <input type="text"/>	Target date for completion  <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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What barriers did you encounter in trying to complete this goal? How did you overcome those barriers?

Goal 4: Offer water as a beverage at snack every day.


Policy Action Step: Add water to the daily menu.

Resource: [OSNAP Sample Menu](#)

People involved <input type="text"/>	Target date for completion  <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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Practice Action Step: Keep a full pitcher of water and cups available where children eat.

Resource: [Water Sanitation Guide](#)

People involved <input type="text"/>	Target date for completion  <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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Practice Action Step: Talk with the person in charge of ordering beverages to see if there is flexibility. Ask whether they can stop buying beverages like juice and use the money saved to purchase healthier foods like fresh fruit. Serve water every day.

Resources: [Working with Food Service](#)

People involved <input type="text"/>	Target date for completion  <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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Communication Action Step: Create a policy stating that the program will provide water as a beverage during all snacks/meals. Communicate this policy to staff and families and put the policy in appropriate places, like family and staff handbooks.

Resource: [Policy Writing Guide](#) and [Sample Family Letter](#)

People involved <input type="text"/>	Target date for completion  <input type="text"/>	Check-in status 1 <input type="text"/>	Check-in status 2 <input type="text"/>	Check-in status 3 <input type="text"/>
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What barriers did you encounter in trying to complete this goal? How did you overcome those barriers?

Save

the Donald and Sue Pritzker Nutrition and Fitness Initiative and the Robert Wood Johnson Foundation (#66284).

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