

# National AfterSchool Association

## Healthy Eating and Physical Activity (HEPA) Standards



### Content and Quality

Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include minimally processed foods made with whole grains and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.

### Staff Training

Staff regularly participate in learning about healthy eating that is presented using effective training models based on content that is evidence-based.

### Social Support

The program creates a social environment, including positive relationships, that encourages children to enjoy eating healthy foods.

### Program Support

Infrastructure supports healthy eating through management and budgeting practices.

### Environmental Support

The program's physical environment- kitchen facilities, vending machines, and promotional advertisements - supports healthy eating.

### Nutrition Education Curriculum

Programs that offer nutrition education classes will ensure that materials presented to children are evidence-based, objective, and are delivered by qualified personnel.

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## Healthy Eating and Physical Activity (HEPA) Standards



### Content and Quality

Programs provide physical activity whose frequency, duration, intensity and variety promote lifelong health and helps prevent chronic disease. Physical activity offerings support the USDHHS 2008 guidelines recommending that all children and youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.

### Staff Training

Staff regularly participate in learning about physical activity that is presented using effective training models based on content that is evidence-based.

### Social Support

The program creates a social environment, including positive relationships, that encourages children to enjoy and participate in physical activity.

### Program Support

Infrastructure supports physical activity through management and budgeting practices.

### Environmental Support

The program's physical environment supports the physical activity standards with adequate, safe and age-appropriate space and equipment.