

Grass Lake charter township

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Out-of-School Programs #2 Community Bible School Completed on 7/2/2018



Nearly 20% of all U.S. children participate in out-of-school programs (before and after-school programs) and the number is on the rise. Nutrition-related conditions, such as obesity and Type 2 diabetes are also on the rise among our nation's children. The Out-of-School Programs assessment evaluates the extent to which out-of-school programs in your community provide and promote healthy food and beverage choices.

1. Provide the name and the zip code of the out-of-school program that you are assessing. Also provide the average number of children served per day.

Name of Out-of-School Program:

(Limit of 25 characters for display purposes)

Zip code (5 digits):

Average Number of Children Served Per Day:

2. Dates you started and ended the information collection process for assessing this out-of-school-time program (MM/DD/YYYY):

Date Started:

Date Ended:

3. How frequently does the out-of-school time program **communicate with parents about healthful eating?**

- Never (0 pts)
- Once per year or less (1 pt)
- 2-3 times per year (6 pts)
- 4 or more times per year (10 pts)

4. Does the program serve food?

- Yes (0 pts)
- No (35 pts)

4.1 Does this program follow these best practices for serving healthy foods:

- a. Participate in **CACFP**, if eligible**

Yes (5 pts)

No (0 pts)

Not eligible for [CACFP](#) (5 pts)

b. Serve a fruit or a vegetable at every meal and snack.

Yes (5 pts)

No (0 pts)

c. Serve chips, French fries, or fried potatoes once per month or less

Yes (5 pts)

No (0 pts)

d. Serve chicken nuggets, fish sticks, or other fried meats once per month or less

Yes (5 pts)

No (0 pts)

e. Serve meals and snacks family-style

Yes (5 pts)

No (0 pts)

f. Offer only whole grain products when grain products are served

Yes (5 pts)

No (0 pts)

g. Offer foods that do not list sugar as one of the first three ingredients or that contain more than 8 grams of sugar per serving

Yes (5 pts)

No (0 pts)

5. Does the program serve beverages, such as water, milk or juice?

Yes (0 pts)

No (15 pts)

5.1. Does this program follow these best practices for serving healthy beverages?

a. Provide access to free [potable drinking water](#) throughout the day and during meals (if meals are served)

Yes (5 pts)

No (0 pts)

b. Serve no juice or if juice is served, serve 100% juice and no more than 6-8 ounces per day.

Yes (5 pts)

No (0 pts)

c. Never serve sugar sweetened beverages (e.g., chocolate/strawberry milk, sweet tea, soda, sports drinks, fruit punch, lemonade, Kool-Aid)

Yes (5 pts)

No (0 pts)

6. Does the program have a policy regarding foods brought in from outside of the program?

Yes (8 pts)

No (0 pts)

Yes (10 pts)

No (0 pts)

Yes (10 pts)

No (0 pts)

7. Does the program have a policy for staff on [modeling healthful eating behaviors](#) in front of the children?

Yes (12 pts)

No (0 pts)

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Promoting Healthy Eating

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