

## Stockbridge township

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## Out-of-School Programs #2 Girl Scouts Completed on 8/7/2018



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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