

# **2008 San Mateo County Healthy Apple Award**

## *for Excellence in Nutrition and Physical Activity in Afterschool Programs*

November 3, 2008. (Updated: January 21, 2009)

Dear Afterschool and Youth Development Professional:

The Afterschool Committee of the Get Healthy San Mateo County Task Force has developed the *Healthy Apple Awards for Excellence in Nutrition & Physical Activity* to support, encourage, and recognize afterschool programs that make positive changes for children's health.

The 2007-08 Afterschool Committee was composed of eleven recreation and youth development professionals in San Mateo County. Technical assistance was provided by staff from Stanford University, Second Harvest Food Bank, and San Mateo County Health Department. After reviewing scientific evidence, analyzing relevant nutrition policies, summarizing national expert recommendations, and surveying afterschool programs in San Mateo County, the Committee convened five times in 2008 to determine the criteria for *Bronze, Silver, and Gold Apple* levels.

The levels of *Excellence in Nutrition & Physical Activity* are:

|                      |   |
|----------------------|---|
| <b>Bronze</b> Apple: | Commitment to improving nutrition & physical activity   |
| <b>Silver</b> Apple: | High commitment to healthy nutrition & physical activity<br>Meets or exceeds standards of California school health policies               |
| <b>Gold</b> Apple:   | Highest standard of healthy nutrition & physical activity<br>Significantly higher health standards than California school health policies |

**WHY:** These levels help afterschool programs clearly assess, quantify, and improve their commitment to nutrition and physical activity. The *Healthy Apples Awards* recognition of excellence could also help afterschool programs demonstrate their high standards to parents, community partners, and funders. Award winners will receive a handsome certificate from the Get Healthy San Mateo County Task Force and acknowledgement by the San Mateo County Health Department. We also encourage those afterschool programs that have not yet attained a level of Excellence to submit a "Self-Assessment" form to demonstrate their progress in ensuing years.

**WHEN:** The Task Force encourages afterschool sites to complete a self-assessment for their 2008 services and submit to the Get Healthy San Mateo County by March 31, 2009. This form should be completed by two knowledgeable staff members (e.g., directors or supervisors) of an afterschool program.

**HOW:** Please read the instructions below to participate in the 2008 San Mateo Healthy Apple Awards:

- 1) Two knowledgeable staff members of an afterschool program can fill-in the attached two-page "Self-Assessment" form.
- 2) Submit the completed "Self-Assessment" form to: Get Healthy San Mateo Task Force. c/o Wale Adeniji. 225 W 37<sup>th</sup>, San Mateo, CA 94403. [wadeniji@co.sanmateo.ca.us](mailto:wadeniji@co.sanmateo.ca.us). Fax: (650) 377-1367.

The Afterschool Committee plans to convene twice per year to review the Assessment forms. Programs that don't meet criteria for an award may participate in voluntary training opportunities. Award winners should be notified by June 30<sup>th</sup>, 2009. Please contact Wale Adeniji [wadeniji@co.sanmateo.ca.us](mailto:wadeniji@co.sanmateo.ca.us) if you have questions. Thank you for your interest and commitment to healthy youth development.

Sincerely,

Jeri Fujimoto, San Carlos Youth Center  
Chair, Afterschool Committee, Get Healthy SMC

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