

“Gold Apple” Quicksheet Reference

Excellence in Nutrition & Physical Activity in Afterschool Programs Standards for 2008-09 San Mateo County Healthy Apple

Bronze Apple:	Commitment to improving nutrition & physical activity
Silver Apple:	High commitment to healthy nutrition & physical activity Meets or exceeds the health standards of federal and state school policies
Gold Apple:	Highest commitment to healthy nutrition & physical activity Significantly higher health standards than federal and state school policies

BEVERAGES “Gold Apple”	<u>Notes</u>
<p><u>Only these beverages may be served:</u></p> <ul style="list-style-type: none"> • Drinking water • 1% or nonfat milk • Soy, rice, and other similar nondairy beverage • 100% fruit/vegetable juice <p><u>Prohibited Beverages:</u></p> <ul style="list-style-type: none"> - Sodas: Any carbonated beverage. - Water ices (any frozen sweetened water) - Beverage with any caffeine. 	<p>No added sweeteners allowed. <i>Bronze:</i> 2% milk ok Flavored milk: less than 40g sugar/12 oz</p> <p>(Limit to 4-6 oz/day for ≤ 6 yr old; 8-12 oz/day for 7-18 years old). <i>Bronze:</i> 50% juice ok.</p>

SNACK FOODS “Gold Apple”	<u>Notes</u>
<p style="text-align: center;"><u>Weekly Balance</u></p> <ul style="list-style-type: none"> • Different whole grain served at least <u>2 days</u> per week • Different protein source served at least <u>3 days</u> per week • Different fresh fruit or vegetable served at least <u>5 days</u> per week <p style="text-align: center;"><u>Limit Fat & Sugar of Each Food Item</u></p> <ul style="list-style-type: none"> ≤ 35% of total calories from fat ≤ 10% of calories from saturated fat ≤ 35% of total weight from sugar ≤ 175 calories for elementary school age ≤ 250 calories for middle/high school age • No trans fat <p style="text-align: center;"><u>Portion Size Limits</u></p> <ul style="list-style-type: none"> • Healthy trail mix, nuts, seeds, dried fruit, jerky, chips, crackers, popcorn, cereal: 1¼ oz • Cookies: 1 oz • Low-sugar cereal/granola bars/pastries items: 2 oz • Frozen desserts: 4 fluid oz • Non-frozen yogurt: 8 oz <p style="text-align: center;"><u>Prohibited Items:</u></p> <ul style="list-style-type: none"> - Chewing Gum and Candy 	<p style="text-align: center;">(Weekly Guidelines adapted from CANFIT)</p> <p><i>Silver/Bronze:</i> <u>1 day</u> per week. <i>Silver:</i> <u>2 days</u>. <i>Bronze:</i> <u>1 day</u> per week. <i>Silver:</i> <u>3 days</u>. <i>Bronze:</i> <u>2 day</u> per week.</p> <p><i>Bronze:</i> Not required to limit fat, sugar & calories</p> <p>Exempt: Nuts, nut butters, seeds, eggs, cheese, fruits, vegetables (not fried), or legumes</p> <p>Other nutritional standards remain in effect. (Adapted from National Alliance for Nutrition & Activity)</p> <p><i>Bronze:</i> + Portion size limits in vending machines <i>Silver:</i> ++ Training portion size to staff <i>Gold:</i> +++ Daily practice of all staff serving food.</p>

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PHYSICAL ACTIVITY “Gold Apple”

Supervised Physical Activity

- Overall Goal: All children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- During supervised physical activity periods, staff should: encourage all children to be active; keep students moderately to vigorously active (engaging in physical activity that is equal in intensity to or more strenuous than fast walking.) at least 50% of the time; avoid practices that result in some children being inactive.
- Procedures that ENSURE^{Gold}, ENCOURAGE^{Silver}, or OFFER for^{Bronze} all children participate in supervised, moderate-vigorous physical activity for at least 30 minutes per three-hour time block.
- Physical activity standards and policies should be written and posted.

Limit Screen Time

- Limit educational screen time (computer, television, or video) to 1-2 hours per day.
- Limit non-educational screen time to 0 hours per day. (Bronze: 1 hour per day ok.)
- Prohibited: Sedentary video games, violence depictions.