

"The Gold Apple Poster"



**Excellence in Nutrition & Physical Activity in Afterschool Programs**

*Guidelines for 2009 San Mateo County Healthy Apple Awards*

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

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<p><b>BEVERAGES "Gold Apple"</b></p> <p><u>Only these beverages may be served or sold:</u></p> <ul style="list-style-type: none"> <li>• Drinking water (with no added sweeteners)</li> <li>• 1% or nonfat milk</li> <li>• Soy, rice, and other similar nondairy beverage</li> <li>• 100% fruit/vegetable juice             <ul style="list-style-type: none"> <li>○ Limit for 1 – 6 yr: 4 – 6 oz per day</li> <li>○ Limit for 8 – 18 yr: 8 – 12 oz per day</li> </ul> </li> </ul> <p><u>Prohibited Beverages:</u></p> <ul style="list-style-type: none"> <li>- Sodas: Any carbonated beverage</li> <li>- Water ices (any frozen sweetened water)</li> <li>- Beverage with any caffeine</li> <li>- Electrolyte replacement beverage</li> </ul>	<p align="center"><b><u>NOTES:</u></b></p> <p><i>(The Silver and Bronze standards are less stringent)</i></p> <p><i>Bronze: 2% milk ok</i> If flavored milk served: less than 40g sugar/12 oz</p> <p><i>Bronze: 50% juice ok.</i></p> <p><i>Silver/Bronze: Electrolyte replacement beverage (must contain less than 42g sweetener per 20 oz.) may be served/sold, but only to only middle/ high school age youth engaged in vigorous activity lasting ≥ 1 hr</i></p>
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<p><b>SNACK FOODS "Gold Apple"</b></p> <p align="center"><b><u>Weekly Balance</u></b></p> <ul style="list-style-type: none"> <li>• Whole grain served at least <u>3 days</u> per week</li> <li>• Different protein source served at least <u>2 days</u> per week</li> <li>• Fresh fruit or vegetable served at least <u>3 days</u> per week</li> </ul> <p>Include at least two of the four food components each day</p> <p align="center"><b><u>Limit Fat &amp; Sugar of Each Food Item</u></b></p> <ul style="list-style-type: none"> <li>≤ 35% of total calories from fat</li> <li>≤ 10% of calories from saturated fat</li> <li>≤ 35% of total weight from sugar</li> <li>≤ 175 calories for elementary school age</li> <li>≤ 250 calories for middle/high school age</li> <li>• No trans fat</li> </ul> <p align="center"><b><u>Portion Size Limits</u></b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds, dried fruit, jerky, chips, crackers, popcorn, cereal: 1¼ oz</li> <li>• Cookies: 1 oz</li> <li>• Low-sugar cereal/granola bars/pastries items: 2 oz</li> <li>• Frozen desserts: 4 fl oz. Non-frozen yogurt: 8 fl oz</li> <li>• Chewing gum and candy: 0 oz. Prohibited</li> </ul>	<p align="center">(Weekly Balance guidelines adapted from CANFIT)</p> <p><i>Bronze: <u>2 days</u> per week.</i></p> <p><i>Bronze: <u>2 days</u> per week.</i></p> <p>Daily Balance required by CACFP: Grain/bread, milk, fruit/vegetable, protein/meat/meat alternative in each day's snack</p> <p align="center">(CA Senate Bill 12 in effect since 2007)</p> <p><i>Bronze: Not required to limit fat, sugar &amp; calories</i></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 &amp; Activity)</p> <p><i>Bronze: Portion size limits in vending machines</i> <i>Silver: Above + Training completed by staff</i> <i>Gold: Above ++ Daily practice of all staff</i></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.
- OFFER *Bronze*, ENCOURAGE *Silver*, or ENSURE *Gold* all children participate in supervised, moderate-vigorous physical activity for at least 30 minutes per three-hour time block.
- Physical activity standards and policies are written and posted.

### **Limit Screen Time**

- Limit total screen time (computer, television, video games, movies) to 60 minutes per afterschool session, of only quality, educational programming.
- Prohibit screen time that has little or no educational value.  
(*Bronze*: Up to 1 hr of recreational screen time per day is acceptable)
- Prohibit sedentary video games and depictions of violence.