

**2009 San Mateo County Healthy Apple Award**  
*for Excellence in Nutrition and Physical Activity at Afterschool Programs*

December 11, 2009

Dear Youth Development Professional in Afterschool Programs:

The Afterschool Committee of the Get Healthy San Mateo County Task Force developed the *Healthy Apple Awards for Excellence in Nutrition & Physical Activity* in 2008 to support, encourage, and recognize afterschool programs making positive changes for children's health. We encourage staff to conduct a "Self-Assessment" to determine if your afterschool program currently qualifies for an Award, and to help measure future improvement and achievement.

Committee members included eleven youth development professionals from parks and recreation departments and non-profit afterschool programs, along with representatives from Second Harvest Food Bank, Stanford Medical School, and San Mateo County Health System. After reviewing scientific evidence, national expert recommendations, nutrition policies, and surveying afterschool programs in San Mateo County, the Committee determined which policies would be criteria for *Bronze, Silver, and Gold Apple* levels of excellence.

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

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

**WHY:** These levels help afterschool programs assess, and increase their adherence to state and national guidelines related to nutrition and physical activity. Also, the recognition of excellence could help afterschool programs demonstrate their high standards to parents, community partners, and key supporters. Award winners will receive a handsome framed certificate from the Get Healthy San Mateo County Task Force and acknowledgement by the San Mateo County Health System. We encourage those afterschool programs that have not yet attained a level of Excellence to submit a "Self-Assessment" form, which would help measure their future improvement and progress.

**WHEN:** The Task Force encourages afterschool sites to complete a self-assessment and submit to Get Healthy San Mateo County by March 31, 2010.

**HOW:** Please read the instructions below to participate in the 2009 San Mateo Healthy Apple Awards:

- 1) A knowledgeable staff member of an afterschool program can complete the attached two-page "Self-Assessment" form. Detailed instructions for completing the Self-Assessment form are on the following page.
- 2) Submit the completed "Self-Assessment" form to: Get Healthy San Mateo Task Force. c/o Wale Adeniji. Mail: 225 W 37<sup>th</sup>, San Mateo, CA 94403. [wadeniji@co.sanmateo.ca.us](mailto:wadeniji@co.sanmateo.ca.us). Fax: (650) 377-1967.

The Afterschool Committee will review the Assessment forms and notify potential Award winners by May 2010. The Afterschool Committee is available to help any afterschool program with staff training and technical assistance. Please contact Wale Adeniji 650-573-2978 [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,



Karen Haas-Foletta  
Cipriani Afterschool, Inc  
Co-Chair, Afterschool Committee, Get Healthy SMC



Curtis Chan, MD, MPH  
Assistant County Health Officer  
Co-Chair, Afterschool Committee, Get Healthy SMC

## FAQs on Using the Healthy Apple Self-Assessment Form

### ***Is the form difficult to complete?***

Most afterschool programs that have completed the self-assessment felt that the assessment was quite easy to complete. However, the health department would be very happy to assist and answer questions.

(Contact Wale Adeniji 650-573-2978 [wadeniji@co.sanmateo.ca.us](mailto:wadeniji@co.sanmateo.ca.us) or Curtis Chan 650-573-2896 [cuchan@co.sanmateo.ca.us](mailto:cuchan@co.sanmateo.ca.us))

### ***Why does the form look complicated?***

Within a two-page document, the Healthy Apple Self-Assessment Form serves *four* purposes:

1. Consolidates (hundreds of pages of) national and state policy guidelines in nutrition and physical activity for youth in afterschool programs.
2. Explains the criteria required for Bronze, Silver, and Gold Apple Levels of Excellence
3. Allows afterschool programs to conduct a self-assessment that measures their progress and areas of improvement.
4. Nominates afterschool programs for a Healthy Apple Award demonstrating Excellence in Nutrition and Physical Activity.

### ***What can I post up in my facility to remind staff about our nutrition goals?***

The “**Gold Apple**” Poster was formatted differently from the Self-Assessment Form to better illustrate the highest level of nutrition and physical activity in afterschool programs. The “notes” section on the right-side describe the less stringent criteria sufficient for *Silver* or *Bronze Apple Awards*. The “Gold Apple” Poster is available at [www.gethealthysmc.org](http://www.gethealthysmc.org) . The Assessment Form can also be posted.

### ***Does the health department offer a resource to help me implement the Healthy Apple policies?***

Refer to the **Nutrition Toolkit for Afterschool Programs** [www.gethealthysmc.org](http://www.gethealthysmc.org) for a 14-page guide that explains the rationale and practical implementation of nutrition policies. The website also contains other valuable reference resources.

### ***If my afterschool program meets the criteria, why do I cross off all of the in each row?***

For a (Bronze, Silver, or Gold) Healthy Apple Award to be attained, all the  must be crossed-off in the respective column, so the  in the required rows must be crossed-off.

### ***What are other frequently asked questions about completing the form?***

- If the criterion requires a number (e.g., *snack food daily/weekly balance*), DO cross-off the numbers that your program meets or surpasses.
- If the criterion is “*not applicable*” (e.g., beverage not served/sold in the facility), DO cross-off all the  in that row.
- If you “*don’t know*” (e.g, Senate Bill 12 requirements of percent fat and sugar), do NOT cross-off any  in that row.

### ***If my afterschool program does not attain a Healthy Apple Award, should I still submit a Self-Assessment Form?***

Yes. Submit a “Self-Assessment” form to help your program document future improvement and progress.



**SELF-ASSESSMENT for AFTERSCHOOL PROGRAMS:**  
**Criteria for 2009 San Mateo County Healthy Apple Awards**  
*Excellence in Nutrition & Physical Activity*



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

*Instructions: Afterschool program staff can assess if their program has complied with the listed criteria . The criteria for Brz/Silv/Gold are designated by a ○ in the respective column. If a criterion has been met (or not applicable), cross-off all the ○ on that row. Program Name & Site: \_\_\_\_\_*

<b>BEVERAGES:</b>		<b>Brz</b>	<b>Silv</b>	<b>Gld</b>
<b>A. If these Beverages are served or sold, they must fulfill these criteria:</b> <i>(Note: If beverage is NOT served or sold, the criteria are fulfilled—so cross off all the ○ on that row)</i>				
Water	• Always free and accessible to children	○	○	○
Milk	• Nonfat, 1%, or 2%	○		
	• Nonfat, 1%		○	○
	• Contains less than 27g sugar per 8oz (flavored milk)	○	○	○
Nondairy beverage	• (e.g., Soy or rice milk) Contains less than 27g sugar per 8oz	○	○	○
Juice	• ≥50% fruit/vegetable juice, without added sweeteners	○		
	• 100% fruit/vegetable juice, without added sweeteners		○	○
	• Limit quantity: 4 – 6 oz/day (1-6yr); 7 – 12 oz/day (7-18yr)	○	○	○
Electrolyte Replacement beverage	• Contain less than 42g sweetener per 20 oz., limited to only middle/high school age youth engaged in vigorous activity lasting ≥ 1 hr	○	○	
<b>B. Beverages PROHIBITED to be served or sold:</b>				
• Sodas: Any carbonated beverage		○	○	○
• Water ices (any frozen sweetened water)		○	○	○
• Beverage with caffeine		○	○	○
• Beverage with added sweetener (natural or artificial)			○	○
• Any electrolyte replacement beverage				○
<b>SNACK FOODS:</b>		<b>Brz</b>	<b>Silv</b>	<b>Gld</b>
<i>Weekly Balance (Cross off the numbers that your program meets or exceeds)</i>				
Whole grain served at least _____ days per week.		2	3	3
Different protein source served at least _____ days per week.		2	2	2
Fresh fruit or vegetable served at least _____ days per week.		2	3	3
<i>Daily Balance</i>				
Number of different components that snacks must contain each <b>DAY</b> from the four listed: 1) milk, 2) meat or alternative protein, 3) vegetable, fruit or 100% juice, 4) whole-grains or enriched bread. (Two components required for CACFP Reimbursement)		1	1	2
<b><u>Each food item served/sold has adhered to SB 12:</u></b>				
≤ 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 <i>[Exempt: Nuts, nut butters, seeds, eggs, cheese, fruits, vegetables (not fried), or legumes]</i>				

