

Get Connected with FoodandFun.org

This new interactive website is designed to get out-of-school time staff and parents excited about promoting physical activity and nutrition by creating healthy environments for themselves and their children. All the materials on the website are free of charge and easy to use!



Learn

In the **Learn** section of the site, program staff, parents, and kids can access the Food & Fun After School curriculum. The curriculum includes 11 units to help programs infuse healthy snacks and recipes, physically active games, and creative learning activities into program schedules. Each unit also includes simple, fun ways program staff can communicate healthy messages to families.

Change

In the **Change** section of the site, staff and parents will find materials that help promote nutrition and physical activity in out-of-school time settings and at home. These tools can help program staff make lesson plans, set goals, assess programs, and sustain healthy changes.

Materials include:

- ◆ Interactive tools for planning & tracking healthy policies & practices
- ◆ A validated program self-assessment of nutrition & physical activity practices
- ◆ Tip sheets with ideas on ways to make healthy program changes
- ◆ Snack Sense menu planning guide

Food & Fun Afterschool Units

- ◆ Take a Bite: Fruits & Vegetables
 - ◆ Get Moving: Physical Activity
 - ◆ Be Sugar Smart
 - ◆ Go for Good Fat
 - ◆ Go for Whole Grains
 - ◆ Super Snacks
 - ◆ Mix it up: Fruits & Vegetables
 - ◆ Tune out TV
 - ◆ Play Hard: Physical Activity
 - ◆ Hydration

Check out our [Training Videos](#) for a fun & easy way to get started promoting nutrition and physical activity during out-of-school time. Also, Foodandfun.org is available as a [Web App](#) so you can access activities, self-assessments, and strategies for change while you're on the go!

FoodandFun.org was developed by the Harvard School of Public Health Prevention Research Center with a gift from the Donald and Sue Pritzker Nutrition and Fitness Initiative. The President and Fellows of Harvard College and YMCA of the USA hold joint ownership of the Food & Fun After School curriculum.



For more information, visit our websites: <http://www.hsph.harvard.edu/prc>
<http://www.foodandfun.org>