

POLICY TO PROMOTE HEALTHY SNACKS AND BEVERAGES IN AFTERSCHOOL PROGRAMS (HEALTHY SNACKS)

Policy adopted by afterschool programs to ensure that the snacks and beverages served to children in grades K-8 attending afterschool programs meet federal nutritional guidelines for afterschool snacks.

WHAT POPULATION BENEFITS?

Children ages 5-14 attending afterschool programs that participate in the National School Lunch Program or the Child and Adult Care Food Program.

WHAT ARE THE ESTIMATED BENEFITS?

Relative to not implementing the strategy

Improve the nutritional quality of children's snack and beverage offerings and, in turn, promote healthy child weight.



✓ **Improvement in nutritional quality of snacks**



✓ **Promote healthy child weight**

WHAT ARE THE ADDITIONAL BENEFITS?

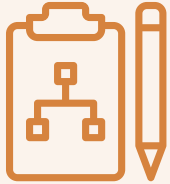
Relative to not implementing the strategy

The costs of implementing this strategy could be offset by savings from...

↓ Decrease in snack and beverage costs for families

WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Notify afterschool programs who participate in the National School Lunch Program or Child and Adult Food Program of the suggested policy change	<ul style="list-style-type: none"> Time for the afterschool program coordinating or licensing organization to develop mailings Printing and mailing costs 	State Afterschool Program Administrators
Train Afterschool Program Staff on healthy snack and beverage policy	<ul style="list-style-type: none"> Time for afterschool program coordinating or licensing organization to develop online training about nutrition standards Time for Afterschool Program Staff to be trained 	State Afterschool Program Administrators
Add snack policy to afterschool program policy handbook	<ul style="list-style-type: none"> Time for Afterschool Program Staff to write policy 	Afterschool Program Staff



Strategy Modification

This strategy could be implemented using an in-person train-the-trainer model, where training coordinators train and provide technical assistance to afterschool program supervisors, who then train their staff. The strategy could also be modified to include monitoring activities, which would require time for a coordinator to conduct regular monitoring visits or develop survey questions for afterschool program staff to assess compliance. Some state and local health agencies may choose to focus only on a healthy beverage policy that ensures that the only beverages available are those that meet the federal snack requirements, without setting requirements for foods.

FOR ADDITIONAL INFORMATION

Kenney EL, Austin SB, Cradock AL, et al. Identifying sources of children's consumption of junk food in Boston after-school programs, April-May 2011. *Prev Chronic Dis.* 2014;11:E205. DOI: <http://dx.doi.org/10.5888/pcd11.140301>

Selected CHOICES research reports including cost-effectiveness metrics:

Pagnotta M, Hardy H, Burry K, Flax CN, Barrett JL, Cradock AL. Allegheny County: Supporting Healthy Food and Beverage Choices in Afterschool Programs {Issue Brief}. Allegheny County Health Department, Pittsburgh, PA, and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; November 2019. Available at: <https://choicesproject.org/publications/brief-healthy-snacks-afterschool-allegheny-pa>

Salas TM, Meinen A, Kim H, McCulloch S, Reiner J, Barrett J, Cradock AL. Wisconsin: Supporting Healthy Beverage Choices in Out-of-School Time Programs {Issue Brief}. Wisconsin Department of Health Services & University of Wisconsin-Madison, Madison, WI, and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health, Boston, MA; May 2021. Available at: <https://choicesproject.org/publications/brief-healthy-beverage-policy-wisconsin>

✓ Browse more CHOICES research briefs & reports in the CHOICES Resource Library at choicesproject.org/resource-library

SUGGESTED CITATION

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Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist

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