

HEPA Pre-Survey

Place a check in the box that that best describes your situation with the following
HEPA Standards and Best Practices

Name of Afterschool Site or Program _____

Completed by (name) _____

Date _____

Healthy Eating Standards:

	We are currently meeting this standard	We are targeting this standard in our 2013-14 action plan	We do not plan on targeting this standard at this time
Serve a fruit or vegetable daily			
More whole grains and less added sugar			
Limited saturated fat and eliminate trans fats			
Serve water and low-fat/skim milk as primary beverage daily			
Water is offered at table, not just available at water fountain			
No sugar-sweetened beverages			
Juice served is 100% juice			

Physical Activity Standards:

	We are currently meeting this standard	We are targeting this standard in our 2013-14 action plan	We do not plan on targeting this standard at this time
A policy/policies have been adopted to provide 30 minutes of moderate, fun physical activity <u>daily</u> for every kid			
Include out of doors activity whenever possible			
Offer vigorous physical activity (sweating, breathing hard) three times/week			
No TV in program; encourage 2 hours/day limit at home			
A curriculum including evidence-based, All-Inclusive, non-elimination physical activities that are emotionally safe for children of all abilities to feel confident participating in and practicing their skills is offered at least 3 days a week. (ie. CATCH Kids Club Curriculum)			

Program Policy and Environment Standards

	We are currently meeting this standard	We are targeting this standard in our 2013-14 action plan	We do not plan on targeting this standard at this time
Physical activity and healthy eating are included in the organizations overall mission and/or goals. (ie. job descriptions, policy manuals, staff handbooks, parent handbooks)			
Policies have been adopted to serve and/or promote healthy snacks.			
If a vending machine is made available <u>by the after school organization</u> , there is a policy in place outlining nutrition standards for its contents.			
The physical environment supports the physical activity standards: equipment and facilities to conduct PE curriculum			
The physical environment supports healthy eating: (posters, vending machines, adequate kitchen facilities)			
Youth have the opportunity to learn about healthy eating and positive food choices through activities such as cooking clubs, snack clubs, gardening, or visits to local grocery stores.			
Program staff model healthy eating habits for youth by consuming healthy food and drinks during program hours and encouraging youth to do the same.			
All staff members participate in physical activities to model an active lifestyle for youth participants			
Program leaders receive regular training/education in leading physical activity and/or healthy eating programs with children			
New staff are thoroughly oriented to the after school program, including nutrition and physical activity policies and procedures.			
Infrastructure supports healthy eating and physical activity through management and budgeting practices			