



The purpose of the Hawai'i Afterschool Quality Guidelines is to outline the path and steps that lead to high quality youth programs that take place outside the school day. The afterschool standards are based on national research and best practices in the youth development and education fields. This document has the guidelines and resources for the principle: Nutrition. To view the all the other guidelines please visit our [website](#).

GUIDING PRINCIPLE 7: NUTRITION

The program environment creates a social environment, including positive relationships, which promotes and encourages children and youth to enjoy healthy foods.

Quality Guideline 7.1. When the program provides meals or snacks, the Dietary Guidelines for Americans serve as a reference for menu planning.

- Monthly menu is posted and indicates the meal and/or snack that will be provided each day.
- Drinking water is readily available at all times.
- Staff periodically reminds children/youth of the importance of drinking water, especially before and after active play.
- Meals/snacks served by the program comply with federal nutrient standards as required by the United States Department of Agriculture meals and snacks programs.
- The program serves a fruit and/or vegetable, preferably fresh, at each meal or snack. When serving grains (e.g. bread, crackers, cereals) the program serves whole grains.
- The program serves foods that are low in sodium and sugar and do not contain trans-fat.
- The program does not serve sugary beverages (e.g. soda, fruit nectar, fruit-flavored punch or fruit juice).
- The program complies with and promotes the Hawai'i Department of Education Wellness Guidelines and works with families.
- Staff models healthy eating behaviors.

RESOURCES

[Dietary Guidelines for Americans \(DGA\)](#)

[Nutrition Standards for CACFP Meals and Snacks](#)



Quality Guidelines 7.2. Food is not used as a reward or a punishment.

- When incentives are utilized with children/youth during the program, staff uses non-food items such as praise/recognition, stickers, etc.
- When disciplining children/youth, staff do not take away meals and/or snacks, or make them eat a food item(s) that they do not want to eat.
- Staff allows children/youth to decide when they are finished eating and do not discipline them if they cannot eat all of their meal/snack.

RESOURCES

[Alternatives to Using Food as a Reward](#)

[Food as a Reward](#)

Quality Guidelines 7.3. Holidays and birthdays are celebrated with healthy food items or non-food items.

- Food items that are served during a celebration complies with those listed under Guideline 7.1.
- The program has written policy that identifies which food items may be served and how they should be served during a celebration (e.g. fresh fruit, enough for each children/youth, etc.).
- The program communicates the celebratory food policy with parents.



RESOURCES

[Healthy Celebrations](#)

Quality Guidelines 7.4. Fundraisers emphasize healthful foods or non-food items.

- Food items that are used in fundraising efforts comply with those listed under Guideline 7.1.
- The program has written policy identifying which food items may be included in fundraising efforts.
- Majority of the program's fundraising efforts consist of non-food items (e.g. fun run/walk, magazine subscription, etc.).
- The program communicates the fundraising policy with parents.

RESOURCES

[Healthy Fundraising Ideas](#)

[Non-Food Fundraising Ideas](#)

Quality Guidelines 7.5. The children and youth participate in food selection, preparation, serving, and cleanup.

- When possible, children/youth provide staff with suggestions and assist staff in planning the meal/snack menu. When suggestions are made that are not healthy food choices, staff will provide guidance to facilitate children/youth to think of healthy options.
- When discussing food with the children/youth, staff focuses on the healthfulness of eating healthy foods (e.g. carrots are good for your eyes, berries help keep you from getting sick, etc.) and not on losing weight or looking good.
- Children/youth are provided with opportunities, whenever possible, to assist with preparing and/or serving of meals/snacks.
- Children/youth are encouraged and provided with opportunity to practice self-serve skills and table etiquette.
- Children/youth clean up after themselves after the meal/snack time has ended.
- Children/youth take turns helping with other cleanup tasks, such as wiping down the table, sweeping the floors, etc.



RESOURCES

[Establishing Mealtimes Routines for Children](#)