



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **SIMPLE STEPS TO HEALTHIER KIDS: HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA) POLICIES AND PRACTICES IN CHILD CARE AND AFTERSCHOOL PROGRAMS**



## **A FREE 90-MINUTE PROFESSIONAL DEVELOPMENT WORKSHOP FROM MEETING WATERS YMCA**

### **Meeting Waters YMCA**

mailing address: PO Box 511, Bellows Falls, VT 05101

administrative office: 49 The Square, Bellows Falls, VT 05101 phone: 463-4769

Lewis Day Camp: Route 5/Missing Link Road, Springfield, VT 05156 phone: 885-8131

[info@meetingwatersymca.org](mailto:info@meetingwatersymca.org)

[www.meetingwatersymca.org](http://www.meetingwatersymca.org)

**Strengthening the foundations of community through youth development, healthy living and social responsibility.**

In 2015, Meeting Waters YMCA was chosen as one of just 18 Ys in the country to be recognized as “HEPA Champions” due to our deep commitments to the National Healthy Eating and Physical Activity (HEPA) policies and practices in our Y-ASPIRE afterschool programs and Y Day Camp.

As a HEPA Champion YMCA, we have led webinars, written blogs, and been interviewed for how-to videos—all to share our HEPA policies and practices with the other 2,700 Ys in America. Now, with support from the Holt Fund, we are sharing our experiences and best practices with local child care, after-school, and recreation programs with the aim of improving supports to over a thousand children and families right here in our own region.

Our HEPA Workshops are hands-on (you get to eat healthy food!) and practical. You’ll leave with concrete ways to provide even greater supports for the children in your care—and their parents—to develop healthy lifestyle habits.

After participating in a HEPA Workshop, we’ll encourage you to conduct a HEPA Self-Assessment. The Self-Assessment is a non-judgmental tool that can help you identify opportunities for improvement within the HEPA policy and practices framework.

To help you with implementation of your plan, upon completion of the workshop and self-assessment, we’ll award your organization a \$50 mini-grant (one per organization). This might be used to purchase pitchers, large bowls and tongs for serving snack family style or to buy an instructional DVD for kids’ yoga on days when the weather keeps you inside the program center. As long as it supports your HEPA implementation/expansion plan, it’s up to you how you spend the money.

Workshops are offered in two formats—onsite and offsite. If you would like to train your entire staff in HEPA best practices, we will come to your facility and focus the workshop on your organization. If you have just one or a few people interested in the training, we will invite you to a workshop with other providers in your area at a site within your region.

To express your interest in a HEPA workshop, or if you have questions, please email Steve Fortier at [steve@meetingwatersymca.org](mailto:steve@meetingwatersymca.org) or call him at 802-463-4769. We’ll work out the details after you’ve contacted us.