



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

## **MEETING WATERS YMCA'S HEALTHY EATING AND PHYSICAL ACTIVITY (HEPA) STANDARDS FOR Y-ASPIRE**

**PHYSICAL ACTIVITY:** We provide opportunities for moderate and vigorous physical activity as well as bone and muscle strengthening activities for at least 30 minutes per day (60 minutes during full-day programs). Active play takes place outdoors whenever possible. Y staff model active living by participating in physical activities with the children.

**FOOD:** Snack each day includes food from two or more food groups, at least one of which is ½ cup of a fruit or vegetable. Snacks will be free of trans-fats. All snacks made from grains will be whole grains. Snacks will be free of sugar and syrups (high-fructose corn syrup, honey, etc.) to the extent possible but will never have more than 8 grams of added sugar per serving. We will not provide any fried foods and encourage parents to not send foods that are fried or pre-fried (chicken tenders, tater tots, potato chips, etc.) on full day programs. Children serve themselves (“family style”) from common bowls and pitchers, with limited help. Staff sits with children during snack time. Y staff model healthy eating behaviors at all times including consuming the same foods and beverages as the participants and avoiding consumption of other foods or beverages during the program time. On full days when both staff and children bring their own lunches, staff brings a lunch consistent with these HEPA standards.

**BEVERAGES:** Water is accessible and available to children at all times, including at the table during snack. The only beverages served at snack will be water, unflavored low or nonfat milk, or 100% fruit juice. Sugar-sweetened beverages, including soda and fruit juices with added sugars, will never be served at Y-ASPIRE.

**SCREEN TIME:** No movies or television will be shown at Y-ASPIRE. We do not use computers within the program. No laptop computers, tablets, hand-held video games or smartphones are allowed at Y-ASPIRE.

**PARENT ENGAGEMENT:** We engage parents/care givers using informational materials and/or activities focused on healthy eating and physical activity a minimum of once a month.

### **Meeting Waters YMCA**

administrative office: 66 Atkinson Street, Bellows Falls, VT 05101 phone: 463-4769

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