

NUTRITION EDUCATION LEADERSHIP LEARNING COMMUNITY PROGRAM DESCRIPTIONS

A World Fit For Kids!

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Los Angeles, CA 90057
(213) 387-7712

A World Fit For Kids! (WFIT) is an exemplary physical activity-based youth development program and recipient of the Gold Medal from the California Governor's Council on Physical Fitness and Sports as the 2007 *"outstanding organization positively impacting the physical activity and fitness levels of California's children and youth."* Sixteen years of experience and serving over 140,000 students has equipped WFIT to successfully get kids moving and becoming healthy role models in some of the most economically challenged communities of Los Angeles. Today, improving students' fitness levels and overall health is critically important in order to combat the massive economic and social ills of overweight and inactivity, including childhood obesity and type 2 diabetes.

WFIT addresses several social issues at once: fitness, personal development, school graduation rates, job skills and work readiness for teens and college students, and fitness, homework assistance, school connectedness and mentoring for younger children. WFIT is successful because it intentionally develops emotional, mental and physical fitness, and keeps elementary through high school youth actively engaged in positive activities after school.

The goal is for each student to gain the knowledge and skills necessary to make healthy lifestyle choices that will stay with them for a lifetime. WFIT uses physical activity, nutrition and mentoring as the hooks to create meaningful experiences that encourage each individual's understanding of both themselves and the world they live in. A learn-by-doing format builds students' personal and academic development, leadership and life skills. This strategy for success has led to the permanent employment of many program alumni and has positively impacted the attitudes of young students toward the importance of physical fitness, health and well-being.

WFIT Coach/Mentors make fitness fun because they are trained to involve students in standardized programs and curricula in fun and effective ways, interweaving youth development practices and principles with physical activity, nutrition and academic programming. Coach/Mentors also integrate fun, functional and formal physical activities, teaching that healthful activity can be informal and innovative; it doesn't require trips to the gym. WFIT's practical approach is also academically aligned through numerous curriculum resources and on-site technical support.

Currently WFIT conducts afterschool programming at six elementary schools, three middle schools, and three high schools in the Los Angeles area. WFIT also provides Teen Fit For SuccessSM (TFS) training to additional high school students ~~who are~~ interested in working with younger youth, moving thousands of teens toward responsible adulthood while benefiting tens of thousands of elementary school children

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who they mentor with physical activity and healthy behaviors.

WFIT provides the following consulting, training and support to youth-serving organizations interested in implementing quality physical activity programming and their teen model:

- *Mentors in Motion*™ (physical activity leadership training) - Participants increase confidence and competency in conducting quality physical activity sessions which are inclusive, safe, meaningful, and fun
- *Teen Fit for Success*™ (TFS) – High school students participate in over 62 hours of self-building activities and experiential learning that result in improved health and well-being, higher graduation rates, work readiness and jobs

A World Fit For Kids! changes lives through the powerful format of older kids teaching younger kids about fit behavior and making healthy choices. WFIT addresses the growing childhood obesity epidemic, and inspires and educates teens, college students and adults to be positive role models who make a difference in the lives of the youth they coach and mentor.

After-School All-Stars, Los Angeles

6501 Fountain Avenue
Los Angeles, CA 90028
(323) 957-4426

After-School All-Stars Los Angeles (ASAS) is a comprehensive program that serves middle school students in Los Angeles in partnership with the Office of the Mayor, the Los Angeles Unified School District, and the Montebello Unified School District. Currently serving 3,000 students in fifteen schools designated as low-performing with low Academic Performance Indices (API) and a high population of students who participate in the free and reduced lunch program, ASAS is committed to developing youth leadership. ASAS believes that it is imperative to address fitness and nutrition as not only a major health concern, but as a foundation to developing youth leaders in our communities. It intentionally ties its youth leadership model to physical fitness.

After-School All-Stars offers a variety of innovative physical fitness and nutrition education programs that support youth development and strengthen students' commitment to taking responsibility for their health and well-being. Using the popular art of *Break dancing*, eight-week classes challenge beginners and advanced dancers in resistance training, balance and coordination, strength building, cardio-training and stamina. The class provides a great environment for co-ed participation and attracts middle school students with weight problems—giving them an opportunity to become creative and confident while enjoying a high level of acceptance and support by their peers. Culminating performances attract sell-out crowds of their peers, families, staff and corporate and community sponsors.

In *Cheerleading – Raising the Energy Bar*, students learn jazz choreography, tumbling, hip-hop dancing, gymnastics and teamwork. Highly motivated instructors challenge students to become physically fit and energetic. Students gain the confidence that

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comes from feeling great mentally and physically. Energy levels are raised by increasing stamina through cardiovascular exercises and dance choreography. Students learn the value of a healthy attitude and a healthy body as they encourage one another to be their personal best.

Skateboarding – Wellness on Wheels provides students with a great outlet for physical activity and skill development. Sites are outfitted with professional skate park equipment that includes rails, ramps, half-pipes and obstacle courses designed to improve balance, timing, goal setting and self-discipline. As an individual sport, skateboarding helps students to break barriers of fear and insecurity and provides a powerful alternative to all too common, sedentary video game play. As an added bonus, students turn their skateboarding sessions into documentary films that are set to music and featured at end-of-session events.

As a way of integrating nutrition into its program, After-School All-Stars collaborates with El Pollo Loco, the organization's food and corporate supporter, to create awareness of the risks of fast-food habits and to provide families with healthy alternatives. *Iron Chef* cooking competitions feature inter-school contests in preparing foods. Dieticians and nutrition experts provide quarterly workshops in the Iron-Chef Cooking School and encourage students to make good choices when preparing meals.

CalSERVES

5789 State Farm Drive, Suite 230
Rohnert Park, CA 94928
(707) 586-9062

A partnership between the Napa County Office of Education and eight Southwest Santa Rosa elementary schools in three school districts, CalSERVES provides strong academic support, enrichment, nutrition education and physical activities for more than 1,000 high poverty students every day. Afterschool staff are trained extensively in nutrition education and are having a positive impact on students' choices, leading to healthier lifestyles. *Harvest of the Month*, *Children's Power Play!*, and the *Nutrition through Gardening* curricula increase student awareness of healthy eating and provide fresh fruit and vegetables for students and their families. Weekly cooking clubs, food tastings, and gardening clubs emphasize the importance of incorporating a variety of fresh fruits and vegetables into a healthy diet, and provide children and families exposure to new healthy foods and recipes. Physical activity demonstrations and activities are also integrated into the daily program through clubs that feature the SPARK curriculum and special Sports Challenge intramural activities.

Initiated and led by CalSERVES, the remarkably successful Cesar Chavez Health Fair involves over 70 health care organizations that provide health screenings, services, and vital information to families. This annual health fair encourages and provides information on healthy eating and active living to over 2,500 Sonoma County residents. Events include nutrition education and information booths with demonstrations and tastings of fresh fruits and vegetables; a bike rodeo; dancing lessons; and a hula-hoop challenge. All events include health and safety information, healthy food demonstrations and tasting, nutrition education games, and nutrition incentives for participants. The

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free Farmers' Market at the last fair, sponsored by the local Food Bank, provided families with over 5,000 pounds of fresh fruits and vegetables.

During the year, a variety of other events are held, including a Nutrition Decathlon, *Power Play!* Week and TV Turnoff Week—all of which are contributing in positive ways to creating healthier children and families.

Two sites were selected to be California Department of Education Afterschool Demonstration Sites.

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Club Y.E.S. (Youth Education and Enrichment at School)

Madera COE
28123 Avenue 14
Madera, CA 93538
(559) 673-6051

Club Y.E.S. is an ASES funded after school program consisting of 27 program sites, 17 Elementary Schools, 6 K-8 Elementary Schools, and 4 Middle Schools, across 4 school districts. Club Y.E.S. can be found in all Madera Unified School District schools, at all Chowchilla School District schools, at Raymond-Knowles School District and at North Fork Elementary in the Chawanakee Unified School District. Club Y.E.S. has received the Golden Bell Award for an outstanding County Office of Education program, and Exemplary Program Award for direct service programs from the California County Boards of Education, and has become a highly sought-after program. Club Y.E.S. currently serves approximately 2,200 students each day. On average, 88 percent of these young people participate in the free and reduced lunch program.

Physical activity and nutrition are important embedded components of Club Y.E.S.'s exciting afterschool program. For example, students annually participate in *Run Across America and Beyond*. This is a unit of study that expands their knowledge of history, social studies and geography, and improves their physical well-being at the same time! Competing with students at other sites, Club Y.E.S. students complete challenges and earn miles around the world by running laps to get to their next challenge. This event is so popular with the students that they start practicing running months before the event. Club Y.E.S. students also participate daily in recreational activities using SPARK Recreation Curriculum. Sports equipment was purchased for all 27 sites to support the curriculum. Club Y.E.S. hosted 5 days of Sparks Training Workshops that enabled all Club Y.E.S. staff to attend. Club Y.E.S. received a nice write up in the newspaper regarding this event. Student recreational skills and accomplishments are showcased at Parent Nights. Club Y.E.S. also holds an annual cup speed stacking event where teams from all Club Y.E.S. sites compete. Parents and family attend this event where they can participate in physical activities with their children. These activities range from Dance, Dance Revolution and hula hoop contests to checking pulse and blood pressure.

The importance of good nutrition has also been infused into several of the program's enrichment activities. Middle school students participate in the *Power of Choice*, where they learn how to read labels and make healthy eating choices. Elementary school students engage in interactive, youth development-based activities using the Healthy Lifestyle Choices curriculum where students learn how to set goals for themselves. Utilizing our portable kitchens, cooking in the classroom has become a weekly activity. Students participate in hands-on cooking activities where they learn how to make healthy snacks and meals. This year, all 27 Club Y.E.S. sites competed in a cooking challenge to create a healthy alternative to a cookie. The winning recipe will be passed out to the public attending our Lights On Celebration this October. A health professional continues to rotate through our sites to train staff and students in the importance of eating right, drinking plenty of water and participating in daily physical

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activity. Club Y.E.S. continues to see students making personal changes in their lives as a result of the positive influence of staff and opportunities to practice what they learn.

ExCEL After School Programs - San Francisco Unified School District

1515 Quintara Street
San Francisco, CA 94116
(415) 242-2615

San Francisco ExCEL is widely recognized for strengthening the futures of San Francisco youth and families. ExCEL coordinates programs throughout the city and county of San Francisco, targeting high-need neighborhoods. Housed in the District's School Health Programs Department, ExCEL coordinates nutrition and physical activity programs at 93 school sites that are integrated with and go above and beyond the approaches offered to students during the school day. The research-validated physical activity program, SPARK, and Planet Health offer choices of physical activities that accommodate individual interests and address student's unique developmental levels. The results are powerful. Sixty percent of fifth grade students report exercising five days a week!

Professional development opportunities are aligned with what's going on during the school day. ExCEL's site staff confidently and competently implement high-quality, structured nutrition programs and increase family awareness and participation in both physical and nutrition activities. Family Physical Activity/Nutrition Health Nights and school-wide Health Promotion events draw large crowds and increase their enthusiasm for developing healthy eating habits. Through California *Network for a Healthy California* funding, nutrition education and physical activity are promoted both during the school day and in the afterschool hours. Model comprehensive nutrition lessons incorporate California Challenge Health Standards and Nutrition Competencies and are linked to SFUSD academic standards. A mobile cooking cart makes it possible for students to learn more about fruits and vegetables, and taste healthy foods. Field trips to farms, farmers' markets and gardens are included, as is a school/community marketing campaign featuring *Children's Power Play!* materials and approaches.

A Recreation and Nutrition Cohort was added in 2008-2009 that consists of 15 ExCEL afterschool programs receiving yearlong professional development, curricula, and equipment focused on recreation and nutrition. Also new this year is the receipt of the Carol M. White Physical Education Program grant (PEP), which will emphasize physical activity and nutrition education at 15 elementary schools.

Fitness 4 Life—Pajaro Valley School District

294 Green Valley Road
Watsonville, CA 95076
(831) 786-2100

Fitness 4 Life is a vital component of Pajaro Valley's After School Academic Program. It provides a well-rounded physical activity and nutrition-based program that promotes healthier lifestyles for 17 of the district's after school program sites. The number 4 in

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the title stands for the four elements of fitness the program advocates—swimming, running, biking and nutrition.

Every week 3,200 students in the After School Academic Enrichment Program get a chance to explore the world of fitness. Students are trained in a variety of physical fitness activities that change every nine weeks. These first through eighth graders, 85 percent of whom are Hispanic, and 82 percent qualifying for free and reduced price meals, explore a variety of physical activities weekly including biking, swimming, martial arts, sports, dance, games and hands-on nutrition education. Fitness 4 Life students are becoming more physically fit and adopting healthy eating patterns. Throughout the year, physical activities are integrated into program components to help students prepare for a triathlon experience and encourage them to adopt healthier lifestyles.

The impact is extremely positive both for their students and their overall after school programs. Students report greater confidence, improved physical abilities and a more positive outlook on life. High school student assistants who help coach elementary and middle school students have been positively impacted as well.

At their annual triathlon, students have a chance to showcase many of their newly acquired skills. Participating students are also given a chance to perform dances and martial arts that they have learned while attending Fitness 4 Life—Hip-hop, Samba, Tae-kwon-do and Chung-do-Kwan during the triathlon ceremonies. Students and community members now look forward to the annual triathlon.

FRESH (Fresno County's Recreation Enrichment and Scholastic Help)

Fresno COE
1111 Van Ness Avenue
Fresno, CA 93721
(559) 265-3098

The Fresno County Office of Education (FCOE) continues to empower youth to be responsible for themselves and their communities through FRESH, an afterschool program that mixes youth development and personal enrichment in a safe and healthy school environment. Opening its doors in 1999, the program now serves 129 sites and approximately 25,000 students each day. Approximately 70 percent of the students participate in the free and reduced lunch program. Showcasing itself as a premier afterschool program, FRESH takes a comprehensive and exciting approach to strengthening the health and well-being of children and their families.

Students participating in Classroom Awareness through Animation workshops design develop and produce 30-second animated nutrition and physical activity public service announcements (PSAs) that are aired as premiere movie events during the school day and at other venues. With support and guidance from Royer Studios and the *Network for a Healthy California*, PSAs have been produced through the combined efforts of students and staff within four school districts.

Student-led Nutrition Advisory Councils promote and advocate for developing a healthy active lifestyle that includes brainstorming and promoting their ideas during a mid-year Youth Conference. Partnerships with UC Cooperative Extension and *Children's Power*

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Play!, Kaiser, Health Net and Blue Cross promote physical activity and nutrition education, and continue to stress the importance of health and wellness. Scout Island Adventure Challenge challenges high school participants to defy their own self-made boundaries in exciting physical activities that display skills, develop techniques, support risk-taking, and achieve learning. Nutrition education and physical activity is intentionally incorporated into most activities at each of FRESH's program sites, and the response from participants has been overwhelmingly positive.

FRESH continues to expose students to a menu of programs offering opportunities for personal growth—something for everyone! FCOE keeps it simple and keeps it FRESH!

Mt. Diablo CARES (Collaborative for Academics, Recreation & Enrichment for Students)

1266 San Carlos Avenue
Concord, CA 94518-94518
(925) 691-0351

CARES is a well-established program with strong support from a host of community partners, anchored by the Mt. Diablo Unified School District, Ambrose Recreation and Park District, and the City of Concord. CARES is at 16 school sites (11 elementary schools, four middle schools and one high school) and serves approximately 2,500 students each day. Of the district's student population, 66 percent participate in the free and reduced lunch program, 41 percent are English learners, and 20 percent are in special education.

In one of the most exciting projects in the state, two after-school community gardens host daily classes that integrate nutrition, youth development, and community development. A Garden Teen Corp includes 20 Bay Point youth between the ages of 15-21 who participate in a six-week leadership class and internship where they learn valuable skills in gardening, youth development and community engagement. Participating students receive a \$500 stipend and work experience school credit. Produce from the gardens is used in afterschool cooking classes, and each garden hosts at least two family and community events per year. To strengthen their awareness and expand their knowledge of the importance of healthy eating habits, every student in the program participates in seven hours a week of nutrition education and physical activity. These structured components include nutrition lessons, cooking classes and, fitness development which includes, sports programs, SPARK, CATCH, KidTribe, Stix, and Geo-mats. Gardening lessons take place at one of the 16 on-site gardens and in weekly field trips to one of two larger community gardens. The nutrition curricula include Reading Across the Food Guide Pyramid, EatFit, Children's Power Play!, Dairy Council, Nutrition to Grow On, and Harvest of the Month—all of which are making a real difference in the attitudes and behaviors of children and young people.

Farm 2 School, a partnership with the Food Bank of Contra Costa and Solano that has provided fresh fruits and vegetables to eight program sites, and continues to expand to additional sites. The fruits and vegetables are used in cooking classes and nutrition education, enhance snacks and are shared with families. The program has brought in 137 tons of fresh produce over the past two years!

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As part of their intramural sports program, middle school students in the CARES program participate in weekly games, which culminate at the end of ten weeks with a tournament event where teams hold a Jamboree. Sports sessions rotate every ten weeks and include flag football, basketball, soccer, and softball. Volunteers from local high schools and colleges provide assistance in program activities, and expert enrichment instructors hold assemblies and multiple-week classes strengthen students' knowledge and develop students' physical skills. African dance and drumming, ballet and ballroom dancing are featured activities that have the added bonus of increasing students' international and intercultural awareness.

Holbrook won the Governor's Challenge for Region 4 in 2007 and is currently in first place this year, as well. Dedicated staff take the lead and ensure accurate records are kept. The after school program is excited about reaching their goal for the second year in a row.

Woodcraft Rangers

1625 West Olympic Blvd.
Los Angeles, CA 90018
(213) 249-9293

Woodcraft Rangers was founded in 1915. The Los Angeles non-profit program's mission is to promote healthy youth development, especially in impacted neighborhoods that offer limited opportunities. Each day, Woodcraft Rangers' Nvision Afterschool program serves approximately 17,000 middle school youth at 67 public school sites located in Los Angeles County's most disadvantaged neighborhoods. A high percentage of children in the communities served are overweight and unfit. A small pilot assessment on fitness and nutrition conducted in spring 2006 revealed that 91 percent of students enrolled in the Nvision Afterschool program increased their knowledge about healthy living and are now more engaged in greater physical activity. Eighty-seven percent reported eating healthier foods, including fruits and vegetables. These results are attributable to Woodcraft's commitment to a comprehensive approach that includes the integration of nutrition and physical activity into its general programming.

The program boasts a long history with a wide variety of Sports Clubs. Current offerings include basketball, soccer, softball, volleyball, football, bowling, golf, martial arts and dance/drill. Clubs are led by experienced coaches who teach the fundamentals of a sport along with important life skills such as decision-making, problem solving, communication and working together to reach goals. Nutrition education is a natural part of each Sports Club.

Woodcraft recently acquired 10 mobile cooking laboratories to extend their reach and support nutrition and cooking skills programs. Students who participate in Cooking Clubs learn to plan, shop for and prepare nutritious meals and create healthy recipes to use at home. They take field trips to grocery stores and local restaurants and hear presentations from professional chefs. Cooking Clubs, as well as Gardening and Science Clubs, also use *Network for a Healthy California's Children's Power Play!* Campaign and Harvest of the Month program. Their kid-friendly informational materials

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are widely distributed at local events that raise community awareness about the importance of making healthy food choices. Parents of program participants can attend workshops that focus on the importance of good nutrition and provide tips on preparing meals and snacks that are affordable and healthy.

This fall Woodcraft has partnered with Clear Channel in an eight-week health and fitness campaign for elementary and middle school students. Participants will monitor their physical activity and compete for prizes by earning points for attendance and “minutes in motion.” The campaign is tied to geography lessons through the Get Fit on Route 66 program. Tracking their activity time through this computer program will take students on a virtual road trip across America and teach them about a new destination each day.

From KidTribe’s hula hoop-based circuit training to Zenergy yoga to Fulcrum’s group games and obstacle courses, Woodcraft offers research-based enrichment/fitness programs that appeal to a wide audience by emphasizing fun over competition. All of these activities are being incorporated into the fall Health and Fitness Campaign.

Beginning during the 2008/2009 school year, Woodcraft’s programs at Dewey Elementary School, San Antonio Elementary School, and Carver Middle School will serve as Healthy Behaviors Learning Centers. These sites were selected based on their exemplary track records of effectively reaching some of the most difficult to reach students through a variety of enriching programs. They offer a robust array of healthy lifestyle activities designed to achieve high fitness standards. Other after school programs are invited to visit and observe these programs in action.

Having successfully worked with the cafeteria staff at Healthy Behaviors Learning Center schools to upgrade after school snacks, Woodcraft is now working with the Garvey School District Food Services Department to influence its food acquisition policies and set guidelines and standards for quality, healthy after school snacks. Program Managers are also negotiating with the LA Regional Food Bank to bring the Back Pack Program to San Antonio Elementary and Carver Middle Schools. This program provides children at risk of hunger with a backpack filled with fruits and vegetables on Fridays so they will have access to nutrition on weekends.

Additional healthy initiatives include staff development workshops that emphasize nutrition education and program design and efforts to encourage parents to participate in fitness activities on a weekly basis.

YMCA of Santa Clara Valley

1922 The Alameda, 3rd Floor
San Jose, CA 95126
(408) 351-6422

The mission of the YMCA is to build healthy spirit, mind and body for all. Health and wellness have been part of its work since 1890. It was a natural fit for the YMCA to include its institutional knowledge and work in school-age child care and afterschool programs.

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The YMCA Santa Clara Valley has operated afterschool programs in Santa Clara County for the last 25 years and is the largest provider of licensed school-age child care and afterschool programs in the county. Its portfolio includes 36 licensed school-age child care centers serving nearly 2,000 children per day, 40 elementary and five middle school 21st Century /After School Education and Safety (ASES) programs serving over 4,500 children and youth per day, collaborating partners with the Sunnyvale and Gilroy school districts providing the recreational components at 11 ASES sites with 1,100 students and three YMCA fee-based middle school programs serving nearly 200 youth. All programs but one are located on school campuses.

The Fit for Learning AfterSchool philosophy is to surround children with positive messages, including working with their families and schools. On a monthly basis, the program sends home information (translated into Spanish and Vietnamese as well) and tips for healthy eating and fun physical activities—not only promoting healthy lifestyles, but also asset-building with positive family communication and family activities.

The program has exciting partnerships and collaborations developed specifically around youth health, physical activity and nutrition. It partners with the Santa Clara Public Health Department (SCPHD) in reciprocal training, use of curricula and involvement by the YMCAs in the health department's low income programs, such as WIC. The YMCA holds a leadership position in the STEPS collaborative—a \$5 million Centers for Disease Control grant to serve five school districts and the East San Jose community (largely a low-income, Latino and recent immigrant population) to work on childhood obesity, diabetes, cancer and heart disease prevention. While the YMCA doesn't receive any of the funding, it is an active, collaborating partner. The YMCA is also on the leadership team for the Santa Clara County Office of Education county-wide Fit for Learning curriculum and teacher champions program. The YMCA provides leadership to the steering committee of the Healthy Silicon Valley collaborative that is working on program, policy and personal behavior around physical activity and nutrition, and on the leadership team for the East Palo Alto *Get Fit* initiative. Stanford University and Hatchel, Tabernick and Associates round out the evaluation team. Last, but not least, the YMCA of Santa Clara Valley is a collaborating partner with the YMCA of the Mid-Peninsula in the *Activate America* project to mobilize sectors in their communities around physical activity, nutrition and education.

In collaboration with the Afterschool All-Stars and the Santa Clara County Office of Education Fit for Learning program, the YMCA of Santa Clara Valley received over \$1.5 million in grant funding from the Carol M. White Physical Education Program over the next three years serving 73 school sites in Santa Clara County and 9,300 elementary/middle school students per year. Students will benefit from the Fit for Learning Afterschool comprehensive physical fitness and nutrition program to be implemented, primarily in 21st Century/ASES funded Afterschool sites. The project will also train and stipend teachers at 38 elementary and middle schools to be "Fit For Learning Champions." The project includes an intensive training program for staff at targeted schools, development of structured "Fit For Learning Afterschool" resource guides, physical education equipment, and activities to engage whole families in improving themselves through health-enhancing lifestyle changes. YMCA staff and teaching staff at targeted schools will develop and deploy expertise in standards-based physical

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fitness. While dramatically increasing the long-term capacity of YMCA staff and teachers at partner schools to provide physical education and nutrition instruction, the Fit For Learning Afterschool project will create a model program that can be replicated in other communities.

Additionally, the YMCA of Santa Clara has also secured \$500,000 in state and federal funding from the USDA's Child and Adult Care Food Program (CACFP). The program provides free snacks through CACFP for 22 of their afterschool programs where 50 percent of the student population is eligible for free and reduced price meals based upon school data. The CACFP plays a vital role in improving the quality of snacks in afterschool and making it more affordable for the YMCA to provide whole fruits, fresh vegetables, and healthy snacks daily.

Through the YMCA's collaborations, 250 staff have been trained by the SCPHD and Generations Wellness Center on nutrition activities and healthy choices. With the help of SCPHD nutritionists, the YMCA redesigned its snack menus to be consistent with its nutrition emphasis. It is currently using the Planet Health, Harvard Food and Fun, *Children's Power Play!* Campaign, and the G-Team Nutrition and Fit for Learning curricula, as the basis for its nutrition programming. It has chosen the research-based SPARK curriculum for its physical activity component.

The YMCA of Santa Clara Valley's programs are located throughout the county, and its target population is *all* youth. Its participants reflect the demographics of the community—all socio-economic levels with the following racial demographics: 27 percent Asian, 24 percent Latino, 3 percent African-American and 46 percent Caucasian. In the locations with state-funded programs, the range of free and reduced lunch eligible families is 51 to nearly 95 percent. The racial demographics of the state-funded programs are largely Latino—from 55 to 74 percent. Across the board, the YMCA's efforts are mobilizing communities around the issues of physical activity and nutrition education, and making a real difference!