GET THE NUTRITION BASICS	DESCRIPTION	SNACK IDEAS	BEFORE OR AFTER ACTIVITY
Carbohydrates: The #1 source of energy to sustain youth during physical activity.	Fruits, vegetables, breads and grains are carbohydrates.	Brown rice Couscous Graham crackers Rice crackers Reduced fat Triscuits Rice noodles Buckwheat or soba noodles Whole grain bread Corn tortillas Apples/ Bananas/ Oranges Mangoes 100% fruit/ vegetable juice Fruit and nut trail mix Apple chips Hominy Jicama Coleslaw Nopales	Eat carbohydrates 30 minutes before and 30 minutes after exercise. They refuel your body to give it energy to build muscle and recover.
Protein: Maintains muscle, supports growth and satisfies hunger.	Meats, beans, seeds/nuts, dairy products and meat alternatives are high in proteins.	Turkey/Beef jerky Tuna lunch kit Teriyaki chicken bowl Chicken skewers Chicken/beef flautas Cheese ravioli Stuffed chicken breast Garden/Boca Burgers Black beans Three-bean salad Cottage cheese Soymilk Lowfat pudding cups/ yogurt Licuados made with low or nonfat milk	Eat proteins 30 minutes before and up to 45 minutes after exercise. Choose low-fat meat and dairy products. Pair with carbohydrates for the best options.
Fats: Supports energy needs, growth and development.	Nuts, seeds, avocadoes and oils are high in healthy fats.	Avocados Cashews Peanuts/Almonds/Walnuts Hummus/ Tahini Peanut butter/ Almond butter Sunflower seeds Pumpkin seeds	You can eat fat before exercise and in small amounts throughout the day. Avoid fats during or after exercise.

For a complete list of healthy snacks, sample menus and recipes, download CANFIT's Healthy Snack Guide at www.canfit.org.

ASSESS YOUR PROGRAM

Use this checklist to conduct an inventory of how the snack patterns at your program support physical activity and to see where changes can be made. Choose one or two of the guidelines to start.

DOES YOUR PROGRAM . . .	YES	NO	COMMENTS
• Provide water with all snacks, especially during physical activity?			
• Avoid packaged foods with sugar listed as the first two ingredients?			
• Serve fresh fruits and vegetables every day?			
• Serve a variety of snacks from different food groups?			
• Choose the reduced-fat and reduced-sodium snacks when possible?			
• Serve only 100% fruit juice?			
• Combine a protein with a carbohydrate for an after activity snack?			
• Pick whole grains, as listed in the ingredient list, for all bread products?			
• Follow the calorie requirements for snacks? elementary schools —175 calories per item; middle and high schools 250 calories per item			
• Provide culturally relevant snacks, such as pico de gallo with corn tortillas or peanut sauce with soba noodles?			

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STEP 8

SEEK OUT RESOURCES TO HELP YOUR PROGRAM EVOLVE

If you've followed the steps in ACTIVE8, you're already offering youth exciting, effective physical activity, but every strong physical activity program continues to evolve over time. Youth can get tired of the same activities, and the needs of your program two months or two years from now may be different than your current needs. In this section, you will find a number of great resources that you can use to help your physical activity program stay strong today and in the future.

CANFIT RESOURCES

Download physical activity and nutrition resources at: **www.canfit.org/publications**

SUPER MANUAL

CANFIT's Super Manual is an all-in-one resource for after school providers, teachers, program managers, mentors, and any youth service provider who wants to incorporate nutrition education and physical activity into their everyday programming. From basic background information to detailed lesson plans, handouts, and recipes, the Super Manual has it all. The 135-page guide contains program ideas, tips on evaluation, assessment tools, curriculum standards, and 25 different nutrition and physical activity lesson plans that are contemporary, educational, and best of all, fun! Get the order form at: http://canfit.org/images/uploads/CANFIT_Super_Manual.pdf

P.H.A.T. (PROMOTING HEALTHY ACTIVITIES TOGETHER)

CANFIT launched the Promoting Healthy Activities Together (P.H.A.T.) program in 2002. P.H.A.T. embraces music, dance, emceeing, and other elements of hip-hop culture to improve the nutrition and physical activity knowledge, attitudes, skills and behaviors of today's youth. The program consists of a curriculum kit (which includes a DVD, music CD, and guidebook) and training for youth service providers. The DVD contains interviews with youth, a hip-hop DJ, and a registered dietitian emphasizing the need for students to drink adequate water and start reducing their risk of chronic disease through smarter food and activity choices. Get PHAT for your program: http://canfit.org/our_work/programs/phat/

99 WAYS TO MAKE YOUR AFTER SCHOOL PROGRAM EVEN HEALTHIER

The 99 Ways Toolkit is an interactive booklet (available in English and Spanish) that provides everything from nutrition and fitness lesson plans to shopping menu tips to strategies to involve parents and community members—all to help you make your after school program and your community healthier places for youth and families. Download for free at: http://canfit.org/pdf/CANFIT99Ways.pdf

HEALTHY AFTER SCHOOL SNACK GUIDE

The Guide helps staff serve healthy snacks while respecting the unique challenges that after school programs face, such as funding, equipment limitations and cultural influences. The guide contains helpful tips on how to start serving snacks as well as sample cycle menus to make it easier for you. For those already providing healthy after school snacks, the guide contains several new recipes and additional snack ideas. Available in Spanish. Download for free at: http://canfit.org/our_work/programs/snackguide

PHYSICAL ACTIVITY RECOMMENDED QUICK LINKS

After School Physical Activity
http://www.afterschoolpa.com/home.html

Alliance for a Healthier Generation
http://www.healthiergeneration.org/

Eat Smart, Play Hard
www.fns.usda.gov/eatsmartplayhard

California After School Resource Center (CASRC)
http://www.californiaafterschool.org/c/@IAzEclktrTW_k/Pages/physical__activity.html

California Association for Health, Physical Education, Recreation and Dance www.cahperd.org

California Center for Physical Activity
www.caphysicalactivity.org

National Association for Health & Fitness (NAHF)
www.physicalfitness.org

Operation FitKids: Free Curriculum!
www.acefitness.org/ofkyouthFitness/default.aspx

PE Central
www.pecentral.org

SPARK After School, Sports, Plan and Active Recreation for Kids.
www.sparkpe.org

Sport Time: Sports Equipment and Supplies
www.sportime.com

Yoga Ed
www.yodaed.com

VERB: Physical Activity
www.cdc.gov/youthcampaign/index/htm

NUTRITION & BODY IMAGE INFORMATION RESOURCES

Body Positive: www.bodypositive.com
A website about boosting body image at any weight. The Body Positive looks at ways we can feel good in the bodies we have and reminds us that our bodies hear everything we think.

GirlTalk: www.livezone.com/girltalk
A website designed for girls to learn about growing up. It includes information on nutrition, physical activity, eating disorders and healthy snacks.

Body and Soul Wellness Program:
www.bodyandsoul.nih.gov/index.html

Nutrition for Teens: www.library.thinkquest.org/10991/nutriquiz.html

CHOW: Nutrition Curriculum Grades 7-12: www.cspinet.org

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PHYSICAL ACTIVITY TRAININGS FOR PROGRAM STAFF AND YOUTH

CANFIT
www.canfit.org
CANFIT trainings are designed for youth providers and community members who work with adolescent youth. In our train-the-trainer approach, we deliver hands-on ways to empower the community around creating a healthier environment for youth. We have a variety of food, nutrition, physical activity and policy related trainings as well as trainings in Spanish.

SPARK
www.sparkpe.org
SPARK provides a training method (organized by age level) for youth providers on how to incorporate activity into their school programs. SPARK has workshops and curricula on how to implement SPARK that are specific for these 6 areas: Early Childhood, K2, 3-6, 6-8, Lifelong Wellness, and After School Training: Standard 1-day (6 hours) or Premium 2-day (12 hours) trainings available.

Team Up For Youth
www.teamupforyouth.org
TUFY provides trainings for youth development in AS programs & believes that sports can be a powerful vehicle to encourage the development of youth. TUFY targets ethnic youth of all ages (especially girls) in low-income neighborhoods around the San Francisco Bay Area and has the following community based trainings: Team up Training camp, Girls in Sports, Measuring Quality, Games, Sandwich Chat, & Positive Behavior Management Training: 1/2, full, and 2-day trainings available.

Play Works
www.playworks.org
Play Works (formerly Sports4Kids) promotes play from a physical, emotional, and cognitive standpoint and uses physical activity programming as a framework for youth development. It works with low-income public schools with 50% or more free or reduced lunch eligible students. Program is year round and implemented in surrounding areas of Baltimore, Boston, DC, and San Francisco Play Work's program includes 5 components that are implemented at each school and has trainings in Sports & Play, Conflict Resolution, and Violence Prevention.

Find more physical activity training provider options here: **http://canfit.org/pdf/Trainings%20in%20PA.pdf**

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Since its inception in 1993, CANFIT has led the field of adolescent nutrition and physical activity by working in partnership with lower income communities and communities of color to design innovative, culturally specific interventions that address the root causes of health disparities. Our high-impact public policy engagement and long-standing grounding in diverse communities extends from crafting guidelines in state policy committees to serving as a conduit for policy implementation to collaborating with policy think tanks. From community models to policies, we build momentum for widespread change that allows lower income youth of color to thrive.

CANFIT's mission is to work with communities, youth and policymakers to develop culturally resonant policies and practices that improve food and fitness environments for youth in lower income communities of color. CANFIT primarily focuses its work supporting and working in partnership with lower income, African-American, American Indian, Latino/Hispanic, Asian-American and Pacific Islander youth.

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