

Take Action for Fit Kids!

COMMUNITY ORGANIZATIONS

Community organizations provide safe and nurturing places for children and adolescents to learn, play and pray. Recreation centers, civic clubs and religious organizations can provide healthy food options and physical activity opportunities for children and families in the communities they serve.



Provide an environment that supports physical activity:

- Adopt the Healthy Eating and Physical Activity (HEPA) standards for organizations serving youth during out of school time (www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/commit-to-health-what-are-the-hepa-standards).
- Establish a no-cut policy or no-cut sports leagues to encourage participation.
- Expand and diversify the types of physical activity opportunities offered for children and adolescents, especially over weekends and during the summer.
- Open and promote the use of indoor and outdoor physical activity facilities.
- Model being physically active.

Provide an environment that supports healthy eating:

- Adopt the Healthy Eating and Physical Activity (HEPA) standards for organizations serving youth during out of school time (www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/commit-to-health-what-are-the-hepa-standards).
- Limit sugar, especially sugar-sweetened beverages. Offer water, low-fat milk or 100% fruit juice instead of juice drinks, sports drinks or soda.
- Provide easy access to drinking water.
- Offer at least one fresh fruit and vegetable option for meals and snacks, preferably sourced from local farmers or markets (scfarmtoinstitution.com).
- Plan, cook and serve meals that include plenty of vegetables, fruits, whole-grains, lean meats, fish, lentils, and beans.
- Model healthy eating.