



## NAA HEPA Standards Summary of Core Elements

### Healthy Eating

Content & Quality:	Healthy, fresh snacks when possible
Staff Training:	Train your staff in healthy menu development
Nutrition Education:	Teach healthy eating. Use local nutritionists and resources
Social Support:	Role model healthy behaviors
Program Support:	Budget for healthy snacks
Environmental Support:	Make the healthy choice the easy choice.

### Physical Activity

Content & Quality:	Get the kids moving – 30 minutes every day
Staff Training:	Train your staff in CATCH Kids Club
Social Support:	Role model fun fitness – play with the kids
Program Support:	Budget for equipment
Environmental Support:	Class has safe equipment and a designated play area – movement mandatory

### Additional Highlights

#### Healthy Eating

- Serve a fruit and vegetable as part of every meal and snack
- Serve more whole grains and limit foods with sugar (This includes drinks: juice is 100% fruit juice)
- Low saturated fat, NO trans fats
- Serve water or milk (skim or low-fat)

#### Physical Activity

- Fun physical activity for at least 30 minutes every day; fun and vigorous (sweating and hard breathing)
- Offer outdoor activities whenever possible
- No Television; limit watching time at home as well (less than 1 hour/day)