

About Food & Fun After School Planning Tools

Navigating the Food & Fun curriculum and promoting healthy environments in out-of-school time can be easy and fun! Food & Fun After School 2nd Edition includes multiple planning tools to help save time and plan effectively for healthy change in their programs. These tools can help sites make Food & Fun lesson plans, set goals, assess progress, and promote sustainability. All the tools are designed as optional self-assessments. Some people might use all of them and others might choose just one that fits the needs of their program. These simple assessments should not be added work, but instead tools to encourage learning and sharing within and across programs.

- **2 Minute Program Assessment:** A self-assessment to gauge how closely a program adheres to the nutrition and physical activity Environmental Standards.
- **Food & Fun After School Planning Tool:** A tool designed to help plan the use of the Food & Fun afterschool curriculum. Staff can make note of which activities children enjoy the most and how they communicate each unit's healthy goal to families.
- **Family Engagement Planning Tool:** A tool designed to record and plan the strategies programs will use to promote nutrition and physical activity with families.
- **Program Observation Tool:** A self-report tool for assessing the afterschool environment.
- **Snack Sense:** A menu planning tool to provide fun, healthy, and budget-friendly snacks for children in after-school and out-of-school time programs.

How could I use the Food & Fun planning tools?

- Site directors could use the Food & Fun Planning Tool to create weekly or monthly lesson plans for the school year.
- Site coordinators who supervise multiple sites could use the Environmental Standards Assessment as a quick, easy-to-use tool to track how nutrition and physical activity environments change in their programs over the course of the year.
- Site directors could use the Family Engagement Planning Tool during staff meetings to spark discussion about staff interactions with parents and plan family activities & outreach.
- Childcare directors could use Snack Sense to plan healthy, inexpensive afterschool snacks.
- Any of the tools can be introduced at Food & Fun trainings as a way to encourage staff to set goals, plan action steps, and reflect upon that practices that work best in their programs.

The complete Food & Fun After School Curriculum can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/