

Nutritional Policies and Standards for Snacks Served in Afterschool Programs: A Review

Michael W. Beets, Fallon Tilley, Youngwon Kim

Dept. Exercise Science

Collin Webster

Dept. of Physical Education



What's an Afterschool Program

- **Pre-existing** community-based programs
- **Immediately after the regular school day**
(typically 3-6pm)
- **Located in:**
 - A **school** setting
 - **Community** organization outside school
(e.g., YMCA, Boys and Girls Club, faith organization)
- **Daily** academic year
(Monday through Friday)
- **Combination of scheduled:**
 - **Snack**
 - Homework assistance/tutoring
 - Enrichment activities (e.g., arts and crafts, music)
 - Opportunities for children to be physically active



Why Afterschool Programs?

- **8.4 million** youth
- Average of **8.1 hours** per week
 - **70% elementary age**
(2nd through 5th or 6th grade, ≤12 years old)
 - **40% from low-income schools**
- **Almost all offer snacks**
(some hot meals)
 - **Important time for nutrient intake**
(between lunch at school and before dinner at home)
- **Lex./Rich. Counties ASPs**
 - **~265 ASPs, >17,500 kids**



Nutritional Quality of Snacks Served in ASPs

- **Afterschool program snacks:**
 - Contain **higher calories** than the recommended total calories for snacks
 - **Low-nutrient density**
 - > **3/4ths** of the snacks served:
 - Contain **added sugars** (e.g., cookies, cereal bars, granola bars)
 - Categorized as **salty snacks** (e.g., chips, pretzels, snack mixes)
 - **Fruits and vegetables (FV) served infrequently**
 - **F** less than **1** serving per day
 - **V** almost entirely absent from snack menus



Nutrition Policies for ASPs

- **No widely** recognized/adopted policies/standards
- Little is known about the scope of existing policies/standards
- **22 Lex.Col. ASPs HAAND: HAPI-N**
(Healthy Afterschool Activity and Nutrition Documentation: Healthy Afterschool Program Index – Nutrition)
 - 9 No policies
 - 11 Non-specific: “snacks that promote healthy lifestyle”
 - 2 Specific: Serving size, USDA CACFP



Systematic Review

- **Policy:** as a formal statement that defines priorities for action, goals, and/or strategies, as well as accountabilities of involved actors
- **Written policies outline nutritional quality of snacks served:**
 - **Should be** (mandatory participation is expected – Child and Adult Care Food Program)
 - **Suggested to be** (voluntary adoption is preferred)



Systematic Review

- **Stage 1 – Org. Identification**
 - All state-level afterschool organizations from existing registries
 - Reviews of national ASP organizations' websites and the United States Department of Agriculture website
- **Stage 2 – Document retrieval**
 - Keyword searches on all state and national organizations' websites
 - "snacks", "food", "diet", "fruit", "vegetable", "beverage", "drink", "fat", "sugar", "policy", "standards", "guidelines", "recommendations", "quality", "obesity"
- **Stage 3 - Extraction**
 - Nutritional standards was extracted into standardized forms



Findings

- **18 state and/or national** organizations info for ASP snacks
 - 14 endorsed the USDA CACFP guidelines
- **5 unique policies** (4 orgs. and USDA)
 - [Institute of Medicine](#) (IOM) Nutrition Standards for Foods in School Tier 1 (8 items)
 - [California](#) Department of Education Standards for Snacks in Afterschool Programs (7 items)
 - [Harvard](#) School of Public Health Prevention Research Center: Youth Nutrition and Physical Activity Guidelines for Out-of-School Time Programs (6 items)
 - [Alliance](#) for a Healthier Generation (6 items)
 - [USDA](#) Child and Adult Care Food Program (CACFP) (6 items)
- **13 categories** of foods/beverages



Food Category	Frequency in Policies
Fruit/Vegetable/Juice	5/5
Milk (Dairy products)	5/5
Bread/Grains	4/5
High Sugar, Fat, Salt Foods	4/5
Calories	4/5
Sugar Sweetened Beverages	1/5
Water	
Mixed	
Meat	
Veg	
Caffeine	
Dried	
Frying	1/5

•Policies: Guide selection of foods/bevs
 NOT frequency of servings
•Removal – sugar sweetened bevs. (Harvard)
 •Daily – F&V served (Harvard)
 •Everything caffeine-free (IOM)
 •No fried foods (CA)



Proposed General Nutritional Guidelines

- **Fruit/ Vegetable/ Juice**
 - Serve Fruits and Vegetables a minimum of 2 servings/wk ($\frac{1}{2}$ to 1 cup) each (total of 4 servings)
- **Milk (Dairy products)**
 - Serve Low-fat and nonfat milk a minimum of 2 servings/wk ($\frac{1}{2}$ cup)
- **Bread/ Grains**
 - Serve whole grains a minimum of 2 servings wk ($\frac{1}{2}$ to 2 oz equivalent)
- **Water**
 - Offer water as one of the primary beverage choices
- **High Sugar, High Fat & High Salt Foods**
 - No more than 35% of total calories from fat
 - No more than 175 kcal per individual food item (for elementary students)
 - No more than 250 kcal per individual food item (for middle, junior high or high school students)
- **Sugar Sweetened Beverages**
 - Do not serve sugar-sweetened beverages
 - Encourage parents to limit sugar-sweetened beverages



Conclusions

- **Wide range** of policies
 - Inclusion of specific items
 - Wording of recommendation
- **No info on uptake/adherence**
 - 2008 USDA CACFP served snacks to 1.6million kids
 - 8.4 million kids attend ASPs
- **General Nutrition Guidelines for ASPs**
 - **Clarity** of the original guideline
 - Ability to easily **operationalize** for compliance
 - Quasi-Consensus existing policies



Thank you

