

# Ohrenberger Community Center



## AFTER SCHOOL PROGRAM HEALTHY CHOICES

### LEADERS IN HEALTH

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The Ohrenberger Community Center After School Program offers a variety of creative activities that help children grow and learn in a safe, fun environment.

# Aim & Target Population

## **AIM**

Increase learning opportunities by expanding enrichment activities focusing on physical fitness and healthy eating.

## **TARGET POPULATION**

A diverse group of thirty-nine children enrolled in the O.C.C. After School Program, ranging in ages five to thirteen.

# Key Activities and Outcomes

## Activities

- Offer weekly nutritional, instructional hands-on cooking classes.
- Plant and maintain vegetable, herb and flower garden.
- Increase physical activity to engage the non-athlete as well as the athlete by providing additional weekly enrichment classes and workshops.

# Outcomes

- Gain an interest and develop an understanding of good nutrition; learn about the sources of fresh food.
- Youth will consume more fruits & veggies resulting in lower sugar consumption.
- Transform attitudes and develop healthy eating habits.
- Educate youth by expanding their knowledge, ability to prepare healthy meals and identify fresh fruits and vegetables.
- Encourage youth and their families to cook wholesome meals, eat healthy and make healthy lifestyles choices
- Develop a level of fitness in each child and an understanding of the importance of being physically fit.

# Initiative 1

## Program Development & Implementation

### KEY STRATEGIES:

EDUCATION & COMMUNICATION

NEGOTIATION & AGREEMENT

PARTICIPATION & INVOLVEMENT

### ACTION PLAN

- Utilize the Food and Fun, and the Healthy Kids Challenge Curriculum to offer weekly hands-on cooking classes.
- Plant and harvest vegetables and herbs to use in cooking classes in the after school program and summer camp.
- Long-Term Action Plan: Involve parents in the cooking classes to encourage them to make healthy lifestyle choices; purchasing, preparing and eating healthy meals at home.



Smoothies!!



# Gardening at the O.C.C.





# Initiative 2

## Increase Physical Activities

### KEY STRATEGIES:

EDUCATION & COMMUNICATION

COLLABORATION

NEGOTIATION & AGREEMENT

### Action Plan

Increase levels of fitness by offering forty-five minutes of daily physical activities for all students.

- Ensure all youth staff have the necessary tools including trainings, equipment, and space to provide daily physical activities.
- Incorporate “SPARK” curriculum into daily activities.
- Begin an afternoon walking group for students.
- Long Term Action Plan: **GET ACTIVE, STAY ACTIVE AND HAVE FUN!**

# HIP HOP TIME GETTING THEIR GROOVE ON!



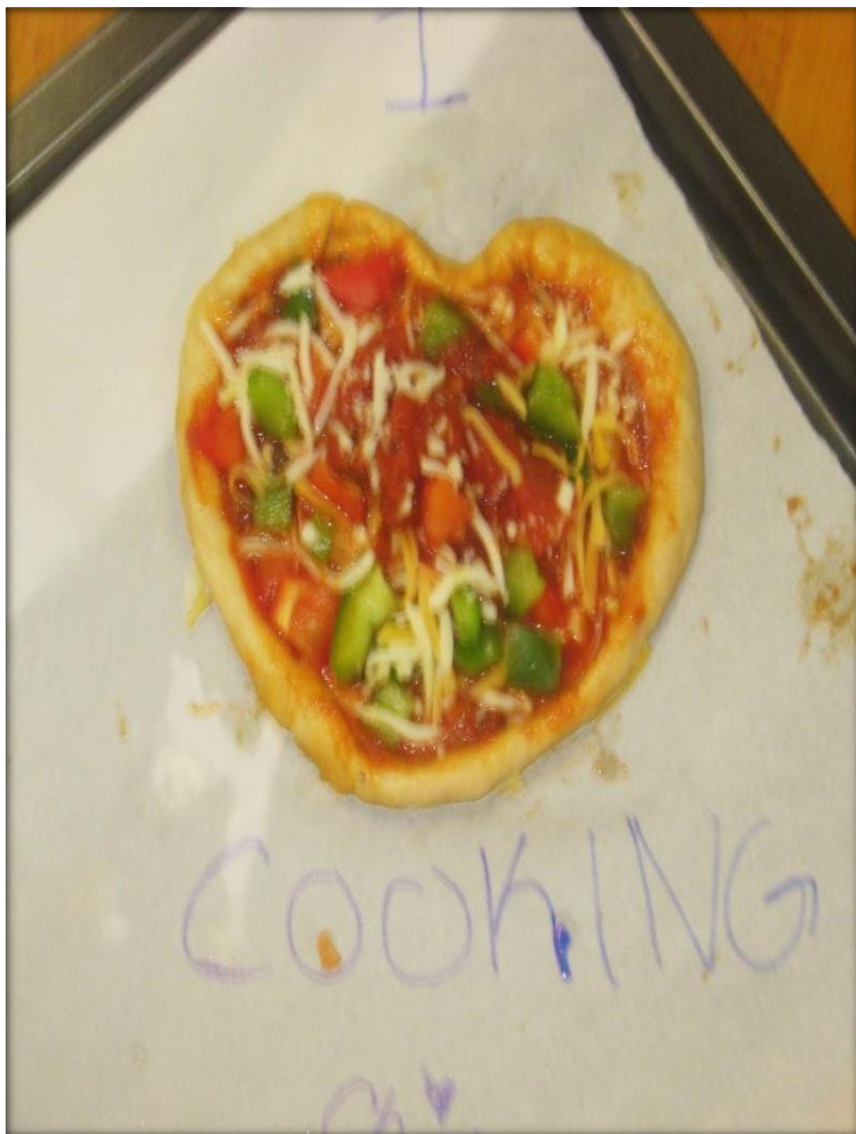
# CONCLUSION

Physical activity and healthy eating are essential to overall good health.

Children who eat healthy and exercise regularly will:

- perform better academically
- feel better about themselves, their bodies and their abilities
- cope with stress and regulate their emotions better
- avoid feelings of low self-esteem, anxiety, and depression

After-school staff have the potential to make daily physical activity and healthy eating accessible and engaging. Given the opportunity, youth in afterschool programs will learn to discover the many joys and benefits of physical activity, healthy eating and lifestyles choices.



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Cooking!

Cooking



Blueberry Muffin

Always remember to eat healthy



Milk