

Healthy Living Guidelines

Philadelphia's **Healthy Living Guidelines for Out-of-School Time** create an environment to help kids be active and eat healthy during OST programs. Three guidelines (see asterisk) are mandatory beginning July 2012. The remaining will be fully implemented during 2013.

The Healthy Living Guidelines are listed below:

Food & Nutrition Guidelines

- Guideline #1 OST programs do not serve or allow sugary drinks.*
- Guideline #2 Safe, fresh drinking water is available to youth at all times, indoors and outdoors, including field trips.*
- Guideline #3 Each OST provider adopts a comprehensive strategy to improve the food environment during OST, reflecting food service requirements, community perspectives, and good nutrition by eliminating outside food, OR allowing food in the program that reflects recommended health and nutrition principles, for example, the Dietary Guidelines for Americans 2010.
- Guideline #4 A pleasant, social environment is provided during scheduled meals and snacks, encouraging social interaction, conversation, and positive eating behaviors.
- Guideline #5 OST programs that offer nutrition education use credible nutrition materials from non-profit, federal, state or city agencies. Educational materials with food company logos or advertising are not to be used.
- Guideline #6 The OST program serves meals and snacks in a clean and safe environment, at proper serving temperatures, in compliance with the Philadelphia Department of Public Health Office of Food Protection requirements.

Physical Activity Guidelines

- Guideline #1
 - School-Year OST programs serving youth in grades K-5 provide a minimum of 30 minutes per day, 150 minutes per week of moderate to vigorous activity.
 - Summer OST programs serving youth in grades K-5 provide a minimum of 60 minutes of daily OST time or a minimum of 300 minutes per week of moderate to vigorous activity.
 - OST programs serving youth in grades 6-12 provide a minimum of 20% of daily or weekly OST time of moderate to vigorous activity.
- Guideline #2 Non-work screen time is limited to 30 minutes per 3-hour block of OST time.*
- Guideline #3 OST programs provide a safe environment for play and physical activity.
- Guideline #4 OST programs provide equitable opportunities for all youth to participate in quality sport and fitness programs.

**Mandatory starting July, 2012*