

Healthy Out-of-School Time Resource BINGO

Are you ready to play BINGO and build a healthier out-of-school time site? If so, here are resources for you to use all-year long. Check them off as you try them and don't forget to share your success stories!

Healthy Eating	Youth Engagement	Physical Activity	Family and Staff Support
Host an unforgettable taste test using the Food and Fun curriculum.	Create high-quality youth-adult partnerships using the Youth Engagement Guide .	Teach your children to move with "12 Ways of Fit" from empowerME4life	Let families know health is a priority for your site! Distribute free copies of A Year of Being Well .
Join an Afterschool Meals Matter call and learn about federal nutrition programs.	Encourage staff to stay hydrated and "Drink Right."	Encourage families to be active with Activity Works .	Add short physical activity breaks to your next staff meeting; play a Fit for a Healthier Generation video.
Learn to partner with your local grocery store; download the Snack it Up Tool Kit from the Healthy Kids Hub.	Apply for a youth led mini-grant from Youth Service America and find funds to promote health and combat hunger.	Find and use a new activity in the Alliance for a Healthier Generation Resource Database .	Encourage families and staff to take the Fruit and Vegetable Challenge . Use recipes from Cooking Matters at the Store .
Find out if you're snacking smart; use the Product Navigator and Smart Snacks Calculator .	Raise Youth Voice! Organize a Youth-Hosted Forum .	Try an AfterSchool Energizer to get children moving and having fun.	Be inspired and get new ideas by reading stories of success .