

Healthy Out-of-School Time



Out-of-school time providers play an essential role in empowering youth to make healthy choices and become leaders and advocates for healthy changes.

The Alliance's Healthy Out-of-School Time Initiative provides out-of-school time programs across the country with evidence-based professional development and the processes, tools, and resources needed to increase children's access to healthier foods and physical activity.



Through the collaboration with the Alliance, we have increased the awareness of health and nutrition within our program, including developing a new curriculum that combines healthy lifestyle elements with fun and play. The Alliance was a great resource not only in supporting this new idea, but also in cultivating the curriculum's use throughout the year.



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WHY IT MATTERS

- More than 15 percent of American youth are involved in afterschool programs and millions more are engaged in summer camps and community centers.

OUR REACH

Ensuring 5.5 million young people, through 6,300 out-of-school time providers, will have access to healthier foods and increased opportunities for physical activity outside of the school day.

Join the Alliance's Healthy Schools Program today.
HOST.HealthierGeneration.org

