North Carolina Healthy Out-of-School Time Recognition Program

The North Carolina Healthy Out-of-School Time Recognition Program (NC HOST) offers a voluntary recognition for out-of-school time programs that provide foods, beverages and physical activities that promote lifelong health and reduce the risk of chronic disease. Out-of-school time programs that meet a set of standards are eligible for NC HOST recognition.

NC Healthy Out-of-School Time Recognition Program Standards

The NC Healthy Out-of-School Time Recognition Program Standards are a subset of the National AfterSchool Association’s Healthy Eating and Physical Activity (HEPA) standards as outlined in the Healthy Out-of-School Time Framework. Standards used for NC HOST were chosen from the best available evidence of programs, policies, and practices shown to positively impact healthy eating and physical activity behaviors among youth.

To determine if your program qualifies for NC HOST recognition read each Standard and mark

- “Always” if your program fully demonstrates the practice in the standard; fully demonstrating means that the practice is something your program regularly demonstrates and is integrated into the program’s structure, so it is sustained over time.
- “Sometimes” if your program partially demonstrates the practice in the standard; partially demonstrating means that the program’s efforts could be improved in that area.
- “Never” if your program does not demonstrate the practice in the standard.
- “Not Applicable” if your program is not able to demonstrate the practice in the standard because of the program’s current structure or composition.

NC HOST recognition will be awarded at a Bronze, Silver or Gold level.

- Bronze: To receive the Bronze level of recognition you must always meet the NCHOST standards S1 – S12.
- Silver: To receive the Silver level of recognition you must always meet the NCHOST standards S1 – S12 and sometimes or always meet standards S13 – S29.
- Gold: To receive the Gold level of recognition you must always meet the NCHOST standards S1 – S29.

NC HOST Standards:

S1. Our program provides water during programming at no cost to youth and staff.

☐ Always ☐ Sometimes ☐ Never

S2. Our program prohibits serving full-calorie sodas, sports drinks, or juice drinks (not including 100% juice).

☐ Always ☐ Sometimes ☐ Never

S3. Our program prohibits caffeinated beverages.

☐ Always ☐ Sometimes ☐ Never
S4. Staff does NOT use foods and beverages as a reward or punishment.

☐ Always    ☐ Sometimes    ☐ Never

S5. When in front of children, program staff only eat food that the children are served.

☐ Always    ☐ Sometimes    ☐ Never

S6. When in front of the children, staff do not eat food that they have brought in from an outside source.

☐ Always    ☐ Sometimes    ☐ Never

S7. Families receive written program guidelines about food and beverages that may be brought into the program by the family members or youth.

☐ Always    ☐ Sometimes    ☐ Never

S8. Youth do NOT have access to food sources (i.e. vending machines, snack bars, etc.) that sell foods and beverages that do not align with the USDA Smart Snacks in School nutrition standards.

☐ Always    ☐ Sometimes    ☐ Never

S9. All events and celebrations serve foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

☐ Always    ☐ Sometimes    ☐ Never

S10. Staff does NOT use physical activity as a reward or punishment.

☐ Always    ☐ Sometimes    ☐ Never

S11. Our program dedicates at least 20% or at least 30 minutes of morning or afterschool program time to physical activity and at least 60 minutes for a full day program.

For example:
- a. 1-hr. program - 12 mins.
- b. 2-hr. program - 24 mins.
- c. 3-hr. program - 36 mins.

☐ Always    ☐ Sometimes    ☐ Never

S12. At least 1 staff member on site has First Aid/CPR certification.

☐ Always    ☐ Sometimes    ☐ Never

S13. When grain products are served, our program only serves whole grain products.

☐ Always    ☐ Sometimes    ☐ Never    ☐ Not Applicable

S14. When juice is served, our program only serves 100% fruit or vegetable juice with no added sweeteners or 100% juice diluted with water with no added sweeteners.

☐ Always    ☐ Sometimes    ☐ Never    ☐ Not Applicable
S15. When juice is served, elementary school students are limited to 8 fluid ounces per day and middle and high school students are limited to 12 fluid ounces per day.

☐ Always  ☐ Sometimes  ☐ Never  ☐ Not Applicable

S16. Our program prohibits serving diet soda, low-calorie sports drinks or other low calorie beverages to elementary school students. If these beverages are served, they are only served to high school students.

☐ Always  ☐ Sometimes  ☐ Never  ☐ Not Applicable

S17. Training for new staff members highlights organizational practices that encourage healthy behaviors through healthy eating, physical activity and social supports for youth served.

☐ Always  ☐ Sometimes  ☐ Never

S18. When offered, the nutrition education that we provide is evidence-based.

☐ Always  ☐ Sometimes  ☐ Never  ☐ Not Applicable

S19. If posters, pictures and books are present within our program environment, they positively promote healthy eating and nutrition.

☐ Always  ☐ Sometimes  ☐ Never

S20. Our program ensures that the allocated physical activity time includes:
- aerobic exercise
- age-appropriate bone and muscle strengthening; and
- cardio-respiratory fitness activities

☐ Always  ☐ Sometimes  ☐ Never  ☐ Not Applicable

S21. For at least 50% of the allocated physical activity time, our program provides activities through which youth are moderately or vigorously active.

☐ Always  ☐ Sometimes  ☐ Never  ☐ Not Applicable

S22. Our program engages youth in a variety of physical activities that are fun, recreational and incorporate life-long learning opportunities.

☐ Always  ☐ Sometimes  ☐ Never  ☐ Not Applicable

S23. Our program offers activities that are adaptable, accessible and inclusive of all youth, including those with physical, sensory and intellectual disabilities.

☐ Always  ☐ Sometimes  ☐ Never  ☐ Not Applicable

S24. Our program engages youth in physical activities that incorporates academics and/or recreational content.

☐ Always  ☐ Sometimes  ☐ Never  ☐ Not Applicable
S25. All staff members are trained to permit youth engagement in physical activity except when a youth’s behavior poses a danger to himself or others.

☐ Always      ☐ Sometimes      ☐ Never

S26. Staff know how to integrate physical activity into the curriculum.

☐ Always      ☐ Sometimes      ☐ Never

S27. Our program engages in ongoing self-evaluation and program improvement strategies pertaining to programming physical activity efforts.

☐ Always      ☐ Sometimes      ☐ Never

S28. Our organization promotes and encourages a physically active lifestyle among program staff.

☐ Always      ☐ Sometimes      ☐ Never

S29. Equipment for games, sports and physical activity are utilized in an age- and developmentally-appropriate manner.

☐ Always      ☐ Sometimes      ☐ Never