



# Power Up Your Youth Organization!

**Eat Healthy. Be Active. Have Fun!**

“Power Play! made it fun and interactive for youth to learn about eating healthy and staying physically active.”

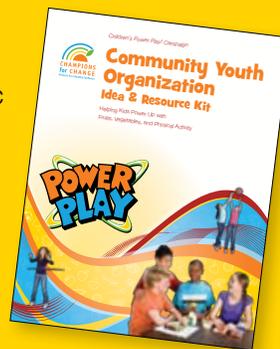
CITY OF WATSONVILLE  
PARKS AND RECREATION  
COORDINATOR



Be a Champion for Change! You can have a major impact on children’s health through your community youth organization, whether it’s an afterschool program, summer program, club, faith-based youth program, or other organization that brings children together outside school hours. Healthy children are more alert, miss fewer school days, and are ready to learn.

Help kids from low-income families make healthy food and activity choices with free resources from the California Department of Public Health’s *Network for a Healthy California*, including:

- **Fun, engaging, and interactive** lessons that are linked to California Content Standards and tested with youth organizations that serve elementary age children
- **Monthly educator newsletters** with great tips and ideas for teaching kids about California fruits and vegetables
- **Parent education materials**, such as brochures and newsletters
- **Training and support** for youth organization directors and site-level staff
- **Connections** with community groups that are committed to kids
- **Referrals** to additional resources



## Start making a difference now.

Contact your *Regional Network Children’s Power Play! Campaign* coordinator to determine whether your site qualifies for free resources and learn how you can get involved.



## More about Our Materials

### Community Youth Organization Idea & Resource Kit

The *Kit* features 20 fruit, vegetable, and physical activity lessons in an easy-to-use format. The *Kit* builds from introductory activities to advanced activities that involve kids in setting goals, spreading the word about healthy eating and physical activity, and advocating for healthy changes in their communities. The activities are designed for 9- to 11-year-old children with suggestions for including younger children.

### Harvest of the Month

The *Network for a Healthy California's Harvest of the Month* tool kit, which was originally created by local educators, provides detailed information and activity ideas for a variety of seasonal fruits and vegetables. It includes educator newsletters, family newsletters, and menu templates to use each month.

### Changing Lives. Saving Lives! A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity, and Food Security in Afterschool Programs

For youth organization directors who are ready to take it to the next level, we offer this Center for Collaborative Solutions' guide to help you integrate nutrition, physical activity, and food security into your vision and actions.

### Support Materials

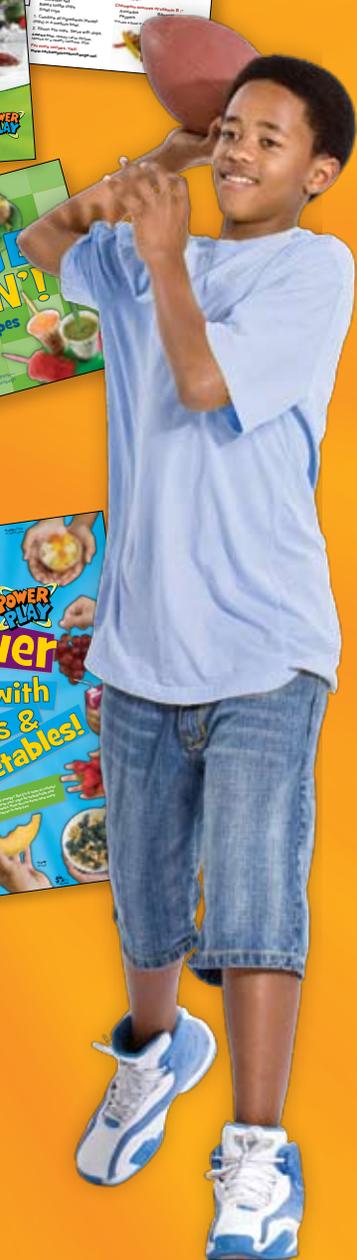
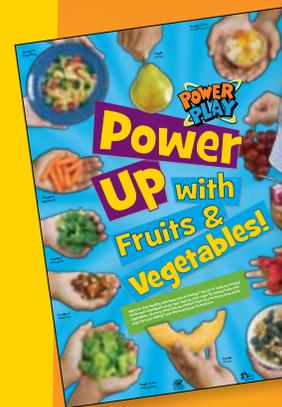
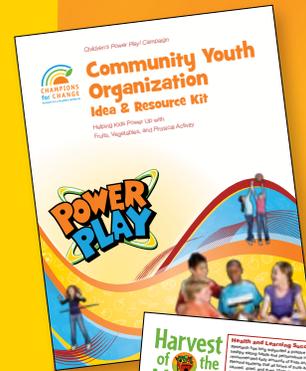
The *Children's Power Play! Campaign's* posters, children's cookbooks, parent brochures, and kid-friendly items reinforce the educational lessons you conduct.

### Why We Focus on Fruits, Vegetables, and Physical Activity

The *Network* promotes simple and achievable behaviors that have the greatest potential to prevent chronic diseases. For children, eating fruits and vegetables and being physically active have both short- and long-term health benefits, including maintaining a healthy weight, improving self-esteem, and reducing the future risk of serious health problems like type 2 diabetes, heart disease, hypertension, and certain types of cancer.

### More about the Network for a Healthy California

The *Network for a Healthy California* works to increase fruit and vegetable consumption, increase physical activity levels, and assure food security in order to decrease the risk of chronic disease, including overweight and obesity, among Californians. The *Network* funds over 160 organizations and partners with many more to help implement a combination of education, promotion, advertising, and community change efforts. The *Network's* five campaigns and programs focus on children, Latino adults, African American adults, food retailers, and worksites. To learn more about the variety of *Network* activities in your area, contact your *Regional Network for a Healthy California*. Contact information is available at [www.networkforahealthycalifornia.net/rn](http://www.networkforahealthycalifornia.net/rn).



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).