

Healthy After School Program

Establish Goals

Inputs

- Staff
- Funding from grant
- Healthy eating program
- Activities program
- Outdoor education program
- Advisory committee
- Youth input

Outputs

Activities

- 8 healthy eating program sessions
- 4 what to buy at the grocery store sessions
- 4 eating for after athletic program sessions
- Fun activities program
- 4 team building activities
- Outdoor education program
- 4 weather station training sessions
- 3 bird watching sessions
- 2 nature hikes

Participation

- All youth will have free access to all materials
- High quality education materials are provided for all participants

Outcomes

Short-Term

- Youth lead a more physically active daily lifestyle
- Youth understand the food guide pyramid

Mid-Term

- Youth eat a healthier diet

Long-Term

- Youth participate in a healthy lifestyle

