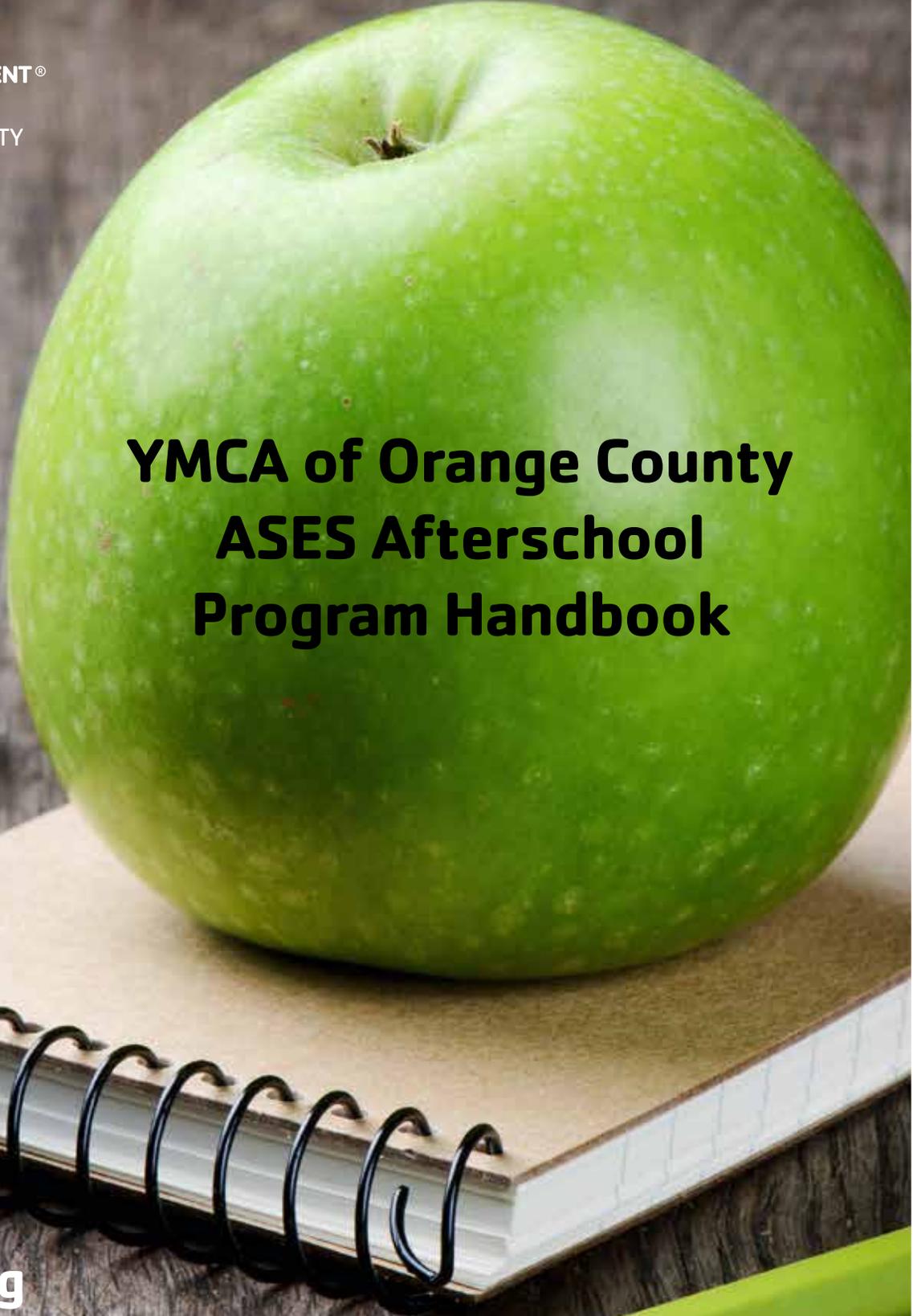




BRIGHTER FUTURE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA of Orange County ASES Afterschool Program Handbook

ymcaoc.org

Dear ASES Program Family,

Welcome to the ASES Afterschool program! This program is run in partnership by the YMCA of Orange County and Capistrano Unified School District. Thank you for making an investment in your child's development and success in school. The ASES Program can make a real difference in the life of your child as it focuses on the development of the whole child through character building and academic support. Your child will work on homework, engage in enrichment activities, participate in physical activity, learn social skills, connect with positive adults, and strengthen lifelong learning habits.

The ASES Program is committed to providing a family-friendly environment. You are welcome to visit the program at any time to see how your child participates in the program. Other opportunities for families to get involve include family events, volunteering on fieldtrip and the ASES Oversight Committee.

This publication is your guide to the program and your ASES Program Center. It explains everything from operations, policies and procedures to safety, activities and communication. If you have a question that is not covered in this handbook, please contact your ASES Director.

We look forward to helping your child grow into his or her full potential and to building a lasting relationship with you and your family.

Sincerely,
YMCA ASES Team



Non-Discrimination: YMCA of Orange County does not discriminate any person on the basis of his or her disability by any YMCA program, you have a right to file a complaint with the School District under the District's section 504 compliant procedure.

ABOUT THE PROGRAM

After School Education and Safety (ASES) Program

The After School Education and Safety (ASES) Program is the result of the State of California 2002 voter approved initiative, Proposition 49. The ASES Program funds the establishment of local afterschool education and enrichment programs. These programs are created through partnerships between schools and local community resources to provide academic enrichment and safe constructive alternatives for students.

The YMCA in Orange County

In partnership with Capistrano Unified School District, the YMCA of Orange County is the community agency that operates the ASES Programs on R.H. Dana, Kinoshita, Viejo and San Juan campuses. The YMCA is a non-profit organization owned by the local community and supported solely by those who choose to join and take part in any of the many programs offered, as well as those who choose to make voluntary contributions. The YMCA is dedicated to putting Christian principles into practice through programs that build healthy spirit, mind and body for all. Our vision is to build strong kids, strong families and strong communities.

In keeping with the YMCA mission, we serve all children regardless of gender, race, color, nationality, religion, or ethnicity. Religious instruction or worship is not practiced in our programs.

Governance

The ASES Program is governed by the policies set forth by Capistrano Unified School District, the YMCA of Orange County, and the California Department of Education. Both Capistrano Unified School District and the YMCA of Orange County are governed by a Board of Directors and Board of Managers, who set policies and provide leadership to the organizations.

In addition, each ASES program has an Oversight Committee comprised of parents, school representatives, community organizations and others who evaluate and provide feedback in regard to program operations. Oversight committees meet on a quarterly basis, or more often if necessary. Each Oversight Committee is tasked with:

- Ensuring California Department of Education ASES standards are met.
- Ensuring the ASES Program is meeting the needs of students, the school and community.
- Ensuring program goals are met through ongoing evaluation.

GENERAL INFORMATION

Locations

Kinoshita Elementary

2 Positiva
San Juan Capistrano, CA 92675
(949) 429-5041

R.H. Dana Elementary

24242 La Cresta Drive
Dana Point, CA 92629
(949) 661-1627

Viejo Elementary

26782 Via Grande
Mission Viejo, CA 92692
(949) 367-0519

San Juan Elementary

31642 El Camino Real
San Juan Capistrano, CA 92675
(949) 496-2529

ASES Program Goals

Through partnerships the ASES Program aims to:

- Provide a safe alternative for children during after school hours.
- Extend learning opportunities after the school day.
- Reinforce the learning done in school on core academic subjects.
- Provide homework assistance.
- Develop the inner strength and character of participants.
- Increase the physical fitness and self awareness of participants.
- Strengthen the interpersonal and social skills of young people.

YMCA Program Staff

YMCA ASES staff have at least two years of college course work, are CPR and First Aid certified, meet criminal record clearance, and State health regulations. All staff go through an interview process and references are checked prior to making an offer. We take pride in our staff and provide training, which includes emergency procedures, program planning, child abuse awareness, and other areas pertaining to child care.

YMCA staff and volunteers are not allowed to baby-sit or transport children at any time outside of the YMCA program.

Each ASES Program is managed by a highly trained YMCA Director that not only has the academic requirements for the position but also has past experience of operating an afterschool program. The Director spends the majority of their time at the center providing leadership, guidance, and overall supervision to insure a high quality program is provided for the children and families.

Program Hours of Operation

The ASES Program operates on school days only (including minimum days) and is not open during summer school. The ASES Program begins at school dismissal and continues until 6:00p.m.

A sample daily schedule includes:

- Dismissal-3:00p.m. Announcements & Outdoor Recreation
- 3:00p.m.-4:00p.m. Homework Power Hour
- 4:00p.m.-5:00p.m. Group Enrichment (activities, computer lab, etc.)
- 5:00p.m.-6:00p.m. Guided Indoor Activities

Children are expected to report directly to the YMCA ASES program upon dismissal from school. I understand the ASES Grant requires that students stay through the full-day of the program. I agree that, in order to avoid jeopardizing program funding for future years, my child will attend for the "full-day" of each program day. CUSD's definition of "full-day" for this program is as follows: "school dismissal until at least 5pm". Once a child is checked into the program by the staff, he/she will not be released from the program except to an authorized individual. Parents/guardians need to report any absences to the program center.

Who To See When

The ASES Director will be able to assist you with most questions related to operation of the program, including program ideas or concerns, behavior issues, schedule changes, and staffing. The ASES Director is your link to the YMCA branch and school, and will be able to work closely with you to ensure a positive experience for both you and your child. If, after working with your ASES Director, you are unable to reach satisfactory resolution to a concern, please contact the Area Manager at (949) 542-3903 (Beach Cities) or at (949) 380-3513 (Mission Viejo). There is also a posted chain of command at each center location with contact information.

ATTENDANCE INFORMATION

Enrollment

The ASES Program is open to all students from K-5th grade that attend the school in which the program center is located. To be considered for enrollment, individuals must submit a completed registration packet. Priority for enrollment into the program is as follows:

1. Students that have been enrolled in a previous school year while maintaining good standing with attendance and behavior.
2. Siblings of students previously/currently enrolled in the program
3. Students with referrals from teachers and/or principal for academic need and/or extenuating circumstance.

All individuals not granted immediate enrollment will be placed on a wait list and contacted as soon as an opening becomes available.

Absences

If your child is going to be absent, it is **VERY IMPORTANT** that you call the ASES Program prior to the end of the school day. Your child's safety is very important to us. Centers are equipped with an answering machine or voice mail for your convenience. Parents and emergency contacts will be notified if a child cannot be accounted for. Repeated failure to report your child's absence may result in termination from the program. If your child is absent from school, they are not allowed to attend the ASES Program that same day.

Excused absences include medical appointments, parent/child illness, court-ordered visitation, bereavement, religious functions, family emergency, school events, and parallel programs (class, scouts, sports, tutoring). All other absences are considered unexcused. Unexcused absences are tallied year round and excessive unexcused absences will result in termination from the program.

The following guidelines will be applied to unexcused absences:

- 4 Unexcused Absences: Letter Home to Family.
- 8 Unexcused Absences: Meeting with Director & Principal, Child placed on Contract.
- 12 Unexcused Absences: Meeting with Principal & Dismissal from the Program.

Due to the ASES program being an attendance based grant, excessive absences (excused or unexcused) will jeopardize a student's priority enrollment for the following year.

Early Release Policy

In accordance with the intent of the ASES Program, students should attend the program every day for the full-day. I understand the ASES Grant requires that students stay through the full-day of the program. I agree that, in order to avoid jeopardizing program funding for future years, my child will attend for the "full-day" of each program day. CUSD's definition of "full-day" for this program is "school dismissal until at least 5 p.m. If you want your child to be excused or released before 5 p.m., please stipulate the request on the Early Release & Modified Attendance Form in the registration packet. Dates and times must be provided. Both the Early Release & Modified Attendance Form and proper documentation of the requested activity must be provided by the parent before the activity occurs. Please note, all absences are classified as either excused or unexcused. Excused absences include medical appointments, parent/child illness, court-ordered visitation, bereavement, religious functions, family emergency, school events, and parallel programs (class, scouts, sports, tutoring). All other absences are considered unexcused. If the parents do not provide the correct forms, all early releases or absences will be considered unexcused.

Sign Out Procedures

When individuals arrive to the center to pick up a student, they must stop at the parent table and sign the child out by legibly signing their full name and the exact time on the sign in and out sheet. This procedure helps us to ensure the safety of the children in the program and allows staff to determine which children are present at any given time. Failure to follow this policy will result in termination from the program. Students who take the bus home from the ASES Program must have an authorized individual available to sign the child out of the program at the bus stop. For safety, police may be notified if a person picking up appears to be under the influence of drugs or alcohol.

Only Authorized Individuals May Pick Up Children

For protection, only persons authorized, in writing, by the parents may pick up a child. The staff will question anyone who is unfamiliar to them and ask for identification to check their authorization. Anyone without proper authorization will be stopped from taking a child. If someone other than those persons authorized on the registration form will be picking up your child, you must notify staff in writing. Additionally, any restricted individual must have a current restraining order on file with the Child Care Director.

Late Pickup

The ASES Program ends at 6:00p.m. Our YMCA staff is scheduled to leave to tend to their own families and personal commitments. Parents need to ensure that their child is picked up before the end of the program. If you are unable to pick up your child, please arrange for another authorized adult to pick up your child for you. Please contact

the program center if you anticipate being late; this will ensure the comfort of your child. If a child has not been picked up by 6:05, a late fee may be applied at a rate of \$1/minute. If there is repeated late pickup, your student may be dismissed from the program.

Parents who have not notified the Program Center that they will be late, can expect the following sequence of events to occur. These steps are necessary to ensure the safety of the child as well as YMCA staff members.

- **6:00 pm:** Program closes.
- **6:05 pm:** Staff member in charge begins calling parent number(s) to check for problems or miscommunications. If contact is not made, alternative contacts listed on the registration form will be called.
- **6:30 pm:** If the child has not been picked up by this time, he or she will be turned over to the Orange County Sheriff's Department (or local Police).

PROGRAM ACTIVITIES

Activity Foundation

The ASES Program foundation is based upon California Department of Education Standards, Mission of the YMCA, school priorities, program goals, and the best practices in the field. ASES activities include (4) Core Components that provide the broad categories for daily activities and projects. Our activities also integrate (3) Core Elements. These elements are evident in the curriculum and structure of the program, staff/youth interactions, and opportunities for youth development and participation.

Core Activity Components:

1. Homework Support
2. Physical Fitness & Nutrition
3. Literacy
4. Math

Core Activity Elements:

- Social Competence and Personal Development
- Character Education: CHARACTER COUNTS! 6 Pillars
- Arts & Humanities

A daily schedule and monthly activity calendar can be found on the parent board. In addition, the parent newsletter may highlight themes and special activities.

ASES-School Connection

The ASES program is designed to reinforce learning that is done in the school classroom and to help students meet state and local academic achievement standards in core academic subjects. As a result ASES staff members stay in contact with school personnel. School teachers may assist the YMCA ASES program to help promote learning. In the registration packet there is a school records release to ensure our program has the most up to date knowledge of your child's development.

Homework Support

It is a primary goal of the ASES Program to provide homework support. The program will be providing at least one hour of time for students to complete their homework during each day. It is the responsibility of each student to use this time effectively. Any child who has completed their homework will be given "healthy mind" choices such as reading, activity sheets, computer work, or puzzles.

Group Size

The ASES Program maintains a minimum of 1 staff member to 20 student ratio at all times on-site. The ratio for fieldtrips is 1 staff to 10 children. Groups are set by grade level.

Kids' Night Out

On occasion the YMCA may offer evening care outside of the regularly scheduled ASES Program (half-nighter, Halloween Bash, etc.). As these are not part of the ASES program there may be a small fee involved. Please contact the program center director for more details.

Field Trips

Each year the ASES Program attends a few walking or bus fieldtrips. Parents will receive detailed information prior to the day of the trip. All students who attend a fieldtrip must have a signed permission slip by a parent/guardian. Students may be required to wear a certain color shirt on the fieldtrip to ensure that group members are easily identifiable.

PROGRAM PHILOSOPHY ON CHILD GUIDANCE, DISCIPLINE & SAFETY

Philosophy

The YMCA strives to maintain a positive approach to managing children's behavior at all times. "Discipline" is the process of teaching self-control and the ability to live within limitations and agreed upon guidelines. The staff and children at each Program Center establish expected behavior guidelines. Positive behavior is self-rewarding and allows for program activities to occur. When children choose to behave outside of the guidelines, some consequence is required to avoid future problems. The overall safety of all children in the program is our highest priority.

ASES Rules

The general expectation of appropriate conduct in the ASES Program include: safety first, respect yourself, others and property, and take advantage of being an ASES participant. Being part of the ASES program is a privilege and can be revoked if rules are not followed. The ASES Program enforces all school rules (including bus rules). Students may also face the same consequences for poor behavior as they do at school. A general list of rules is posted inside the program center.

Discipline Process

When positive behavior is displayed, the consequence is participation and enjoyment of planned activities. In cases of negative or inappropriate behavior, the following process will be employed:

- 1. Reasoning and Redirection:** Every effort will be made to help the child understand the inappropriateness of her/his action and agree to an alternate form of

behavior. Children may be redirected to alternative activities. When the conflict is child-to-child, every effort will be made to have them reason together face-to-face with staff facilitating.

- 2. Removal from Specific Activity:** When reasoning has been pursued and has not changed behavior, removing the child from the activity involved for an appropriate amount of time may become necessary. The denied activity should be related to the misbehavior and the removal should not exceed 10 minutes.
- 3. Child/Director Conference:** When the ASES Leader is not successful in correcting behavior; the Child Care Director may meet with the child to redirect him/her to use of proper conflict resolution strategies.
- 4. Director/Principal/Parent Conference:** If the parent needs to be formally involved in the process, specific changes in behavior will be requested with specific consequences for non-compliance outlined. This is usually accomplished through the use of a "Behavior Contract." Whenever possible, the child is present and participates in these conferences. The goal is to define what changes need to be made to help the child be successful in the program.

When a child has a serious discipline problem, (on any ONE occasion), the parent may be called by staff to request that the child be picked up within one (1) hour of the call. Hitting another child, threatening or intimidating others, injuring another child or staff member, or leaving the program center are examples of a serious discipline problem. Should it be decided by YMCA staff that a child poses a serious discipline problem; the child may be suspended from the program for a period of 1-5 days, or may be removed from the program entirely. The YMCA ASES Program follows all school rules and policies. If a child is suspended from school, he or she is not allowed to attend the YMCA ASES program during the entire time of the suspension.

Removal from Program for Inappropriate Behavior

If the above process has not resulted in corrected behavior, the family will be required to remove the child from the program. The YMCA/CUSD reserves the right to remove a child from the program if he/she disrupts the class or endangers the well being of themselves or others. In addition to behavior management procedures outlined above, parents should be aware that: No child will be allowed to continue in the program who becomes a safety hazard to themselves or others; No parent or guardian will be allowed to harass, threaten, or display violent/intimidating behavior towards staff, participants or other members.

HEALTH & SAFETY

Medication

Any medication which needs to be administered during program hours must:

- Be accompanied by "Permission to Medicate" form; and
- Be brought directly to Director in its original container with the child's name, physician's name, and drug name clearly labeled on the container; and
- Have specific written instruction for dosage amounts, times, etc.

YMCA ASES Program staff members are not permitted to administer any over-the-counter medication, such as aspirin and cough medicine without having written instruction and dosage given by the child's physician. Any inhalant medication will also need to have a nebulizer form completed.

Chronic Health Issues

The YMCA ASES Program will administer medications to children who have asthma, who experience allergic reactions, or require blood-glucose tests. The ASES Program staff will not administer insulin shots. Any other substitute foods for raising blood sugar, such as honey, orange juice, or other food substance, will be maintained at the parents' request if we are reasonably able to do so. Parents of children with any potentially life-threatening illness or condition must be reachable by staff the entire time the child is at the YMCA ASES Program.

Illness During Program Hours

If your child becomes ill, she/he will be isolated from other children and you will be contacted to pick her/him up. The ASES Program is not equipped to handle ill children beyond securing their immediate comfort. If you are contacted, you need to make arrangements to pick up your child within one (1) hour. Please be sure to keep the program informed of any changes in your work or emergency phone numbers. If you cannot be reached, YMCA ASES staff will contact authorized individuals listed on the registration packet.

Head Lice is a prominent health concern among school age children. Please check your child on a regular basis and report it to the YMCA ASES Program & school if found. In order to effectively get rid of lice, the nits and bugs need to be treated/removed from hair as well as the home (sheets, carpet, chairs, stuffed animals, etc.) The ASES Program requires students to be nit free and may require documentation of treatment before returning to the program.

Injuries During Program Hours

If your child is injured during program hours, the staff member in charge will take whatever steps may be necessary to obtain emergency medical care as warranted. These steps may include but are not limited to:

- Provide immediate first aid;
- Attempt to contact a parent or guardian;
- If parent or guardian cannot be reached we will attempt to contact others listed on your registration forms; and
- In case of serious injury, appropriate emergency medical assistance will be contacted (911 will be called). A YMCA staff member will remain with the child until parents or another authorized adult arrives. YMCA staff may not transport program participants.

Emergency Procedures

Fire and disaster drills are scheduled regularly to ensure that all staff are prepared in the event of an emergency. In case of an actual emergency parents will be notified of their child's well being as soon as possible.

Clothing, Belongings, and Lost and Found

Please send your child to the program in comfortable "play" clothing. Children will be doing arts & crafts, and going outside for activities. Their clothing may get soiled. Children should not wear clothing that will restrict activity. Footwear is required. Closed toe and closed heeled shoes are required. No shoes with heels please.

Please label all of your child's belongings (i.e., lunch boxes, jackets, coats) and be sure to check your child's "cubby" at the end of each day. The YMCA will not be responsible for lost, damaged, or stolen articles. Please do not send valuables (cell phones, walkmans, toys, radios, trading cards, video games, etc.) to the site with your child. If your child carries a cell phone, it must be turned off and stored during program hours. Lost and found items will be given to the school.

Child Abuse Prevention

The YMCA maintains a policy of Child Abuse Prevention practices, which include procedures, related to: Employee reference checking, hiring criteria, and fingerprinting; training and supervision requirements for staff; staff relationships with children; and unscheduled site visitation by YMCA supervisory staff and Board of Managers volunteers. These policies are enacted to protect parents, children, and YMCA staff members from actual occurrences of child abuse as well as allegations of abuse.

Section 11166 of the California Penal Code requires any Child Care Custodian who has knowledge of or observes a child in his/her professional capacity or within the scope of his/her employment who he/she knows or reasonably suspects has been the victim of child abuse, to report the known or suspected instance of child abuse to a protective agency immediately or as soon as practically possible by telephone and to prepare and send a written report thereof within 36 hours of receiving the information concerning the incident.

PARENT- PROGRAM COMMUNICATION

To ensure you and your child are getting the most out of your YMCA experience, we keep the lines of communication open through a variety of ways including: newsletters, bulletin boards, parent/teacher conferences, parent events, surveys, and feedback forms. You will receive frequent communications from us, both in person and in writing, so you're constantly informed of your children's progress, achievements' and daily activities. What's more, you're welcome to drop in anytime, to visit, check in with your child, and enjoy the program.

Parent Information Area

When you sign out your child each day, please check for any up-to-date information or notices at the Parent Information Area. Please check any posters and brochures for other information pertaining to activities and opportunities to get involved.

Newsletters

Newsletters with themes, highlighted activities, and other important information are distributed at the YMCA ASES center monthly. Please review the newsletter carefully, as it may include information on upcoming field trips and events. Please remember to ask for one if you do not receive a newsletter. Extra newsletters will be available in the Parent Information Area.

Email

Parents can email the YMCA ASES Director regarding any questions about the program or the YMCA. Your director can be reached at: initial of first name+last name@ymcaoc.org. (For example: Director Jane Doe – email address would be jdoe@ymcaoc.org). The staff believes that face-to-face conversations are almost always best when dealing with sensitive issues or concerns.

Custodial Issues/Disputes

The staff employed at the ASES Program will not become involved in any custodial disputes between parent/guardian. Staff will follow court orders to the best of our ability; however we are not legal experts. All court orders submitted with the child's file must be official documents of the court.

YMCA Documents

All YMCA documents, including but not limited to Registration Paperwork, Attendance Records and Incident Reports are property of the YMCA of Orange County. If YMCA documents are required, they must be requested by the court. All subpoenas should be served to the custodian of records at the Branch Administrative Office.

PROGRAM COMMITMENT TO INCLUDE CHILDREN WITH SPECIAL NEEDS

The ASES staff strive to respond to the needs of each individual child in a group care setting, with a ratio of 1 staff member to 20 children. The program provides opportunities for involvement in large and small groups with a balance of teacher-directed and child-initiated activities. The program is, however, unable to provide one-to-one care for any child except on an intermittent basis, such as injuries, immediate disciplinary issues, and certain personal care needs customarily provided to other children.

The ASES Program welcomes all children. To the extent it is reasonably able to do so, the YMCA program will provide services to children with disabilities or any special needs in the same manner as services provided for other children of comparable age.

It is essential that all pertinent information about the child's needs be available to staff from the outset of enrollment and that a continuing bond of trust and mutual partnership exists for the benefit of the child. Therefore, a parent has the obligation to disclose significant medical, physical, or behavioral issues at the time of the child's enrollment and on an ongoing basis.

If it is unclear whether the program can reasonably accommodate the unique needs of a child, we will arrive at a final decision by reviewing the circumstances on a case-by-case basis. Such review will be comprised of most, if not all, of the following steps, unless such process would not meaningfully contribute to a final decision:

- The Director will meet with the child and family.
- The Director will observe the child in the classroom setting.
- The Director will assess the staff member's ability to handle the various manifestations of the child's special needs, and consider whether additional training, the cost of which is not unreasonable, would mitigate the difficulty.
- The Director will observe the child's adaptation to the group of children.
- The Director will discuss the child's needs with the supervisor.
- If possible, the child will be enrolled for a trial period, not to exceed two weeks.
- A discussion of possible, necessary accommodations will be undertaken and those accommodations that are reasonable and do not fundamentally alter the nature of the group childcare service offered will be implemented.
- If the child's attendance cannot be accommodated because the needed accommodations are unreasonable or alter the nature of the service, the parents will be informed without delay.

Partnership with Y Inclusion

Y Inclusion was designed to fully include children with developmental disabilities in afterschool care programs throughout Orange County. The services that Y Inclusion offers consist of assessment of children's inclusion needs, onsite inclusion support, family support services, and staff training. Services also include program consultations, progress reviews, and placement assistance in preschool, childcare, and after school care programs. Eligibility for Y Inclusion includes a referral and authorization from Regional Center of Orange County, Orange County residency, and that the child is of preschool through 18 years of age.

HEPA (Healthy Eating, Physical Activity)

The YMCA of Orange County together with YUSA are aligned with the Institute of Medicine (IOM) recommended standards for early learning programs, the Healthy Out-of-School Time Coalition (HOST) standards for after-school programs, and Let's Move! standards for reducing childhood obesity.

There are 5 areas supporting HEPA standards. The areas; Parent Engagement, Physical Activity, Screen Time, Food and Beverages are defined below.

Parent Engagement Standard: Family involvement is an important component in establishing healthy eating and physical activity habits in children from a young age. The Y programs will engage parents and caregivers using informational materials and activities focused on healthy eating and physical activity. Each site will prepare a designated area on the Parent Board to share communications about what we are teaching to the children about HEPA. This may include relevant newsletters, website content, press releases, news articles, social media, and any other messaging materials that support HEPA Standards implementation.

Physical Activity Standard: Increased physical activity provides lasting benefits for children. Each site will provide children with opportunities for moderate and vigorous physical activity for at least 60 minutes per day during a full-day program or 30 minutes per day for a half-day morning or afternoon program. The time can be broken down into smaller increments. Include a mixture of moderate and vigorous activity (activity that increases the heart rate and breathing rate), as well as bone- and muscle-strengthening activities. The Y will take active play outdoors whenever possible. Y staff will model active living by teaching and coaching physical activities with children.

Screen Time: Reducing screen time among children can positively influence skill development and healthy habits. Each site will limit screen time to less than 30 minutes per day for children in half-day programs and to less than 1 hour per day for those in full-day programs.

Food: Improving access to healthy foods can reduce hunger and poor nutrition, which prevent kids from reaching their full potential. The Y sites will follow the food standards listed below:

- Children serve themselves (family style) all food and beverages from common bowls and pitchers with limited help. Staff sit with children during snacks and meals.

- Provide fruits or vegetables (fresh, frozen, dried, or canned in their own juice) at every meal and snack.
- Do not provide any fried foods. Fried foods include items like potato and corn chips, in addition to foods that are pre-fried and reheated (e.g., pre-fried french fries that are then baked, chicken patties, chicken tenders, chicken nuggets, fish sticks, Tater Tots®, etc.).
- Do not provide any foods that contain trans- fat (listed as partially hydrogenated oils in the ingredients).
- Offer only whole grains, as determined by confirming that the first item listed in the ingredients contains the word whole (e.g., whole wheat, whole oats, whole-grain flour, whole brown rice).
- Provide foods that don't list sugar (e.g., sugar; invert sugar; brown sugar; words ending in -ose; and syrups like high fructose corn syrup, honey, etc.) as one of the first three ingredients or that contain no more than 8 grams of sugar per serving.

Beverages: Healthy beverages can reduce caloric intake and improve overall nutrition, both of which help reduce childhood obesity and help kids reach their full potential. Y sites will ensure:

- Water is accessible and available to children at all times, including at the table during snacks and meals.
- Provide only water and unflavored low-fat (1%) or nonfat milk (for children 2 or older), family style.

YMCA OF ORANGE COUNTY

Our Mission

To put Christian principles into practice through programs that build spirit, mind, and body for all.

Our Vision

To improve lives and strengthen character through youth development, healthy living and social responsibility driven by passionate staff and volunteers.

Our Values

Respect, Responsibility, Caring, and Honesty – Our values are celebrated by staff and members and provide a positive foundation for all Y programs and a healthy connection with others.

Our Commitment

To keep programs open for all. The Y is a nonprofit, charitable organization that serves the entire community. Donations support our scholarship program and Our Commitment.

Our Cause

Strengthening the foundation of communities.