



YMCA of Honolulu's Educational
System: Healthy Habits for
Keiki

Our Inspiration

- * Need: Unhealthy snacks brought to program by children
- * Approach: To create behavioral change through education



Food and Fun After School Curriculum

- * Designed to develop healthy habits
- * Encourages healthy eating and physical activity
- * Integrates healthy snacks, active games, and creative learning opportunities
- * Engages families
- * Research-based



Our Journey

Challenges

- * Internal changes
- * Resources and support
- * Consistency
- * Expectations and Monitoring

Successes

- * Food & Fun , the right fit!
- * From 8 pilot sites to 37 sites
- * Strong community partners
- * Staff buy-in and leadership support

Impact and Outcomes

- * Keiki are engaged and willing to try new foods
- * Healthier snack choices brought to program
- * Families are making healthier choices at homes
- * Personal changes made by staff



Environmental and Policy Changes

- * Water as beverage of choice
- * Staff as role models
- * Staff driven site “policies”
- * Commitment to Y’s HEPA Standards



Contact Information

- * Jaci Agustin, Food and Fun Coordinator, Y of Honolulu; T: 541-5492; jagustin@ymcahonolulu.org
- * Diane Tabangay, Director of Children's Programs, Y of Honolulu ; T: 541-5470; dtabangay@ymcahonolulu.org
- * F&F website: <http://www.foodandfun.org>



Questions and Answers