

BCYDC Purpose:

to bring together interested and concerned individuals, groups and agencies, to develop and implement a sustainable plan to address issues that affect our county's youth.



BCYDC is a Coalition of:

- Business Leaders
- Chamber of Commerce Members.
- Community Members.
- Educational Institutions.
- Faith Based Organizations.
- Grade & High School Youth.
 - Health Agencies.
 - Law Enforcement.
 - Local Governments.
- Not-for-Profit Agencies.
 - Parents.
- Park Board Members.
- Public Agencies.
- Young Adults.



The BCYDC's Action Teams:

- After-School Programs.
- Prevention Education.
- Youth Centered Activities.
- Family Life Resources.



University of Illinois Extension-
Bureau County organized the
**Bureau County Youth
Development Coalition
(BCYDC)**

in 2001 with seed funding from
CYFAR (USDA – Communities,
Youth And Families At Risk).



**Bureau County Model After-school
Programs Team**

Goal: Children in grades K-8 will
participate in a safe, supervised program
that encourages and supports scholastic
success and healthy lifestyles.



Each model after-school program functions through a
collaboration of:

- University of Illinois Extension-Bureau County.
- a local school district.
- an administrating agency/partner.
- a community advisory/support group.

“Community Investment into the Critical Hours of After-
School Programs and Educational Success”
(see handout)

The sites coordinate training and activities through the
Model After-School Programs Team.



Successful Implementation of Nutrition Programs in After-School Setting Overview

- Staff
- Setting
- Schedule (see handout)
- Preparation
- Shopping
- Healthy Snack
- Lessons/Calendars/Themes
- Fitness
- Information to Parents



Setting

➤ Classroom

➤ Gymnasium

➤ Outdoor Area

➤ Kitchen/Cafeteria



Staff Responsibilities

Site Coordinator

Oversees General Management of Program

- ❖Discipline
- ❖Tutoring/Homework Assistance

Nutrition Staff

- Shop
- Prepare Healthy Snack
- Lesson Development
- Lesson Delivery
- Clean-up
- Supervise Fitness



Educational Opportunities

- Short interesting lessons
- Best if delivers single simple message
- Demonstration of hands-on when possible
- Weekly themes – food should accompany this when possible
- 20 week curriculum, start over at end of 20 (see handout)
- Order of weekly themes important – especially when going over Food Guide Pyramid
- Should have enough material for 10 lessons per theme week
- Handouts – three per week minimum, should include information for parents



Healthy Lifestyles

- All kids moving, all the time
- Increase heart rate
- 30 – 45 minute session
- Variety important
- This is an area where sites may struggle – working with a large range of ages (K-8)
- Best if possible to split age groups
- Staff ratio best if highest during time
- Goals to reach the recommended one hour per day and to reduce the incidence of childhood obesity



Nutrition - Snacks

- Healthy
- Check for food allergies
- Incorporate 3 food groups
- Includes one cup 1% or skim milk – water thereafter
- At least one fruit or vegetable
- Portion control very important
- Menu planning – one month in advance (see sample menu)



Walnut After-school Program

Walnut After-school Program "Jeopardy" Food and Nutrition Quiz Show.
Food Topics were "Types of Cheese", "Dairy" and "Fruits and Veggies".



Olympics Day



The BCYDC Serves ALL of Bureau County...

The Coalition is supported by individuals and groups committed to enhancing quality of life for ALL Bureau County residents.

We invite YOU to join us in our efforts to strengthen our communities.

<http://web.extension.uiuc.edu/bureau>



For More Information:

**University of Illinois Extension
Bureau County**

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