

## **HEAT Club After School Curriculum**

### **“Healthy Eating, Active Time”**

**The HEAT Club is designed to be used with elementary school children in afterschool programs in order to improve eating habits and increase physical activity levels. The HEAT Club curriculum is available to afterschool providers in conjunction with a comprehensive training that teaches creative and effective ways to use the program.**

**The HEAT Club curriculum includes:**

- **26 hands-on activities to use with elementary school children**
- **Family Tip sheets, matched with specific activities. Translations included in Haitian Creole, Portuguese and Spanish.**
- **Additional resources on nutrition, family outreach, program funding, etc.**

**For more information:**

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