



LA County Parks Food Programs and Every Body Plays Afterschool Program

November 19, 2025

Countywide Initiatives & Food Program

During the government shutdown, LA County Parks expanded food distribution efforts to assist families and ensure continued access to healthy meals.



The poster is for LA County Parks Food Programs. It features the County of Los Angeles Department of Parks & Recreation logo at the top. The main title is 'LA COUNTY PARKS FOOD PROGRAMS FOR YOUTH, TEENS & SENIORS'. Below this, there are three program details: 'FREE HOT SUPPER TEEN PROGRAM' (16 parks, ages 12-18, Mon-Fri, 7:00 PM, registration required), 'SENIOR NUTRITION PROGRAMS' (9 parks, ages 60+, Mon-Fri, 11:00 AM-1:00 PM, pre-registration required, based on availability), and 'FREE YOUTH SNACK PROGRAM' (48 parks, ages 17 and under, Mon-Fri, 3:00 PM-4:00 PM, no enrollment required). A QR code and the URL 'bit.ly/lacparksfoodprograms' are provided for park locations. The LACPF logo is at the bottom, along with a note about donating to the Los Angeles County Parks Foundation at 'www.lacpf.org'.

COUNTY OF LOS ANGELES DEPARTMENT OF
Parks & Recreation

LA COUNTY PARKS FOOD PROGRAMS

FOR YOUTH, TEENS & SENIORS

**FREE HOT SUPPER
TEEN PROGRAM**
-16 PARKS
-AGES 12-18
-MONDAY THRU FRIDAY
-SERVING TIME: 7:00 PM
-REGISTRATION IS REQUIRED

**SENIOR NUTRITION
PROGRAMS**
-9 PARKS
-AGES 60+
-MONDAY THRU FRIDAY
-SERVING TIME: 11:00AM-1:00PM
-PRE-REGISTRATION REQUIRED
-BASED ON AVAILABILITY

**FREE YOUTH
SNACK PROGRAM**
-48 PARKS
-AGES 17 AND UNDER
-MONDAY THRU FRIDAY
-SERVING TIME: 3:00PM - 4:00PM
-NO ENROLLMENT REQUIRED

FOR PARK LOCATIONS VISIT:

bit.ly/lacparksfoodprograms

lacpf
To help support and expand these food programs for youth and families in need, please donate to the
Los Angeles County Parks Foundation: www.lacpf.org

- Mobilized to expand food programs for children and seniors.
- Implemented the Food Program across park sites in partnership with local agencies.
- Distributed meals and essential supplies to children, seniors and families affected by service interruptions.
- Demonstrated LA County Park's capacity to partner with community-based organizations to mobilize resources quickly to meet community needs.

This initiative reflects LA County Park's ongoing commitment to serving residents through compassion, collaboration, and action.

After school Programs are needed

- After the school day ends in California, 1 in 5 kids are alone and unsupervised.
- The hours—from 2 to 6 p.m.—are the peak time for juvenile crime in California.
- Afterschool programs turn that time of risk into opportunity. They keep kids safe and help them realize their full potential.



Benefits of Afterschool Programs

Benefits for Youth



1 in 2

improved their math
and Language Arts grades



More than 2 in 3

improved their homework
completion and class participation



More than 3 in 5

improved their
behavior in class

Benefits for Families

Families across America report that the gap between work and school schedules can be up to 25 hours per week. Parents lose 8 days of work, and businesses lose up to \$300 billion a year due to parental concerns about afterschool care.

- **80% of California** parents say afterschool programs give them peace of mind.
- **82% of California** parents agree afterschool programs help them keep their jobs.

Benefits for All

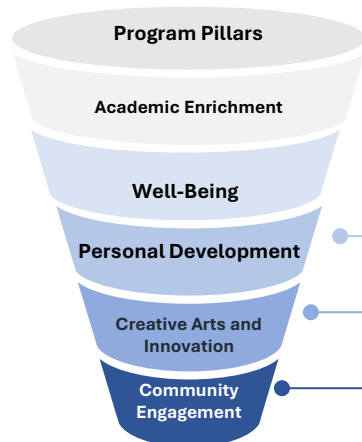
Afterschool provides a solid return on investment. Research spanning several states shows that every \$1 invested in afterschool programs saves at least \$3 by:



- 1 Increasing kids' earning potential
- 2 Improving kids' performance at school
- 3 Reducing crime and juvenile delinquency

Every Body Plays After School Program

- As a poverty alleviation and violence prevention strategy - provide safe, and nurturing after-school (out of school) support experiences that promote positive youth development through recreation, play, and mentorship across 59 parks serving up to 25 children per day.
- Youth@Work embedded in program staffing model - 5 youth placed per site.
- Hours of Operation | Monday - Friday | After school until 6:00 PM | Ages 7-17



Program Activities:

Tech Labs and Homework Support

Snack Program and Nutrition Classes

Field Trips, Cultural Events and Service Learning

Early Career Exploration and Mentorship

STEAM Enrichment, Sports, Fitness and Mixed Arts





After School Prevention Program

Every Body Plays After-School draws from a prevention model that promotes optimal child development and lifelong success through social recreation activities and integration of County-wide services and supports in park settings:

Key Outcomes:

- Supports academic, social and emotional and cognitive growth.
- Supports improved well-being
- Supports cultural awareness and civic engagement
- Fosters pro-social behavior, including leadership and personal responsibility
- Future readiness and career preparedness



Community Partnerships Deepen Program Impact and Quality

LA Phil Joy of Music Pilot Program

In partnership with the LA Phil, this new pilot program engages Every Body Plays youth at 5 Parks offering a unique opportunity to experience the magic of the LA Phil through free music classes.





County of Los Angeles
Department of
Parks & Recreation



Provided by
LA Phil
GUSTAVO DUDAMEL
Music & Artistic Director



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Every Body Plays is Rooted in Research Conducted by UCLA Clinical Scholar Program

Informed by UCLA Enhancing Equity in Access and Quality of Youth Out-of-School - Time Recreation Activities: Caregiver Perspectives

Key Findings:

- ▶ Caregivers believe parks after school programs facilitate lifelong healthy living and wellbeing for children
- ▶ Caregivers believe activities promote their child's physical and social emotional health and prepare them for the future
- ▶ Caregivers recommend investing in staff supervision to protect children from external factors such as drugs, negative adult influences, and violence.

Caregiver Perspectives:

"I hope they develop a good healthy routine...so they look for a sport or exercise as they grow up." - Every Body Plays Caregiver

"The after-school program works wonderfully...being a single mom, that helps take the pressure off me." - Every Body Plays Caregiver

"It is important to build community pride in our children. If these services are not offered, that sense of community will be lost: we need to invest in them." - Every Body Plays Caregiver

Parents hope recreational activities will help their child participate in community life & develop a healthy lifestyle

UCLA researchers spoke to 34 parents throughout East & South LA County in English and Spanish

- 1. How to Live and Socialize with Others**
"He is in basketball and he has to learn to pass the ball because...it's not selfish. And what I want from these programs is that they learn to live together, that they know how to live more with other people to be more sociable."
- 2. Become Active Members of Their Community**
"Maybe in the future, as a grateful person become a coach for the community. So for him to give back to the community, it'll now be his time to help other kids just grow more love for a sport they like."
"I would like them to be good citizens and to contribute to the community, to the country."
- 3. Be Equipped with Life Skills & Prepare for Employment and Educational Training**
"Being part of sport requires a lot of...it's a regimen. There's a routine, there's a schedule so I feel it helps in everything as they get older. They get familiar with employment."
"Give them something from real life. Give them some real books, economics, credit, better repair, financial, actual financial education."
- 4. Develop Lifelong Habits for Healthy Living**
"My son has always been overweight. They learn to read labels in one of the classes they go to. They are aware that...there is too much salt or too much sugar. I like to listen to them. They start a conversation with each other like brothers."
"I'm really happy with my daughter going to the park. she is autistic and it took me a while to get her into a program that fits her and her emotion and well-being, that's one of the things that's helping my daughter cope with her emotions at the moment."

Program Pillars, Outcomes & Activities

Continuous Improvement Model Based on Caregiver and Staff Feedback



Key Points:

- ✓ Curriculum aligned with pillars, activities and measurable outcomes.



- ✓ Ongoing staff training and mentoring and coaching.



- ✓ Regular staff and caregiver focus groups for feedback.



- ✓ Program relaunched in fall 2025 to address post-pandemic setbacks, immigration barriers and funding limitations.

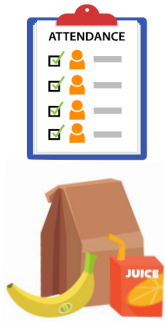


Investing in Staff = Investing in Communities

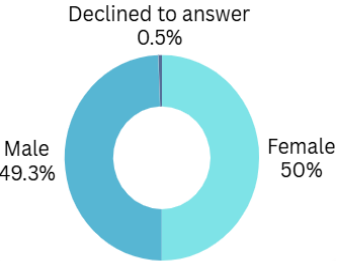
Parks Make Life Better!

Reporting Period: 9/2/2025-10/31/25

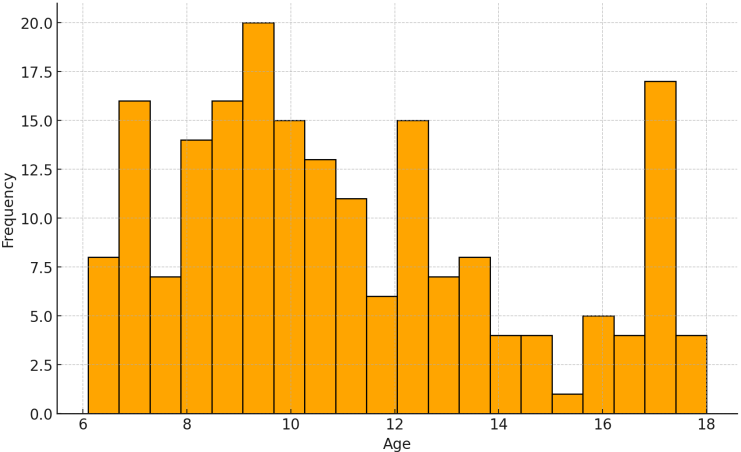
- 1,344 youth enrolled
- 22,142 youth check-ins
- 20,621 CACFP Snacks distributed



Demographic Breakdown of Enrollees

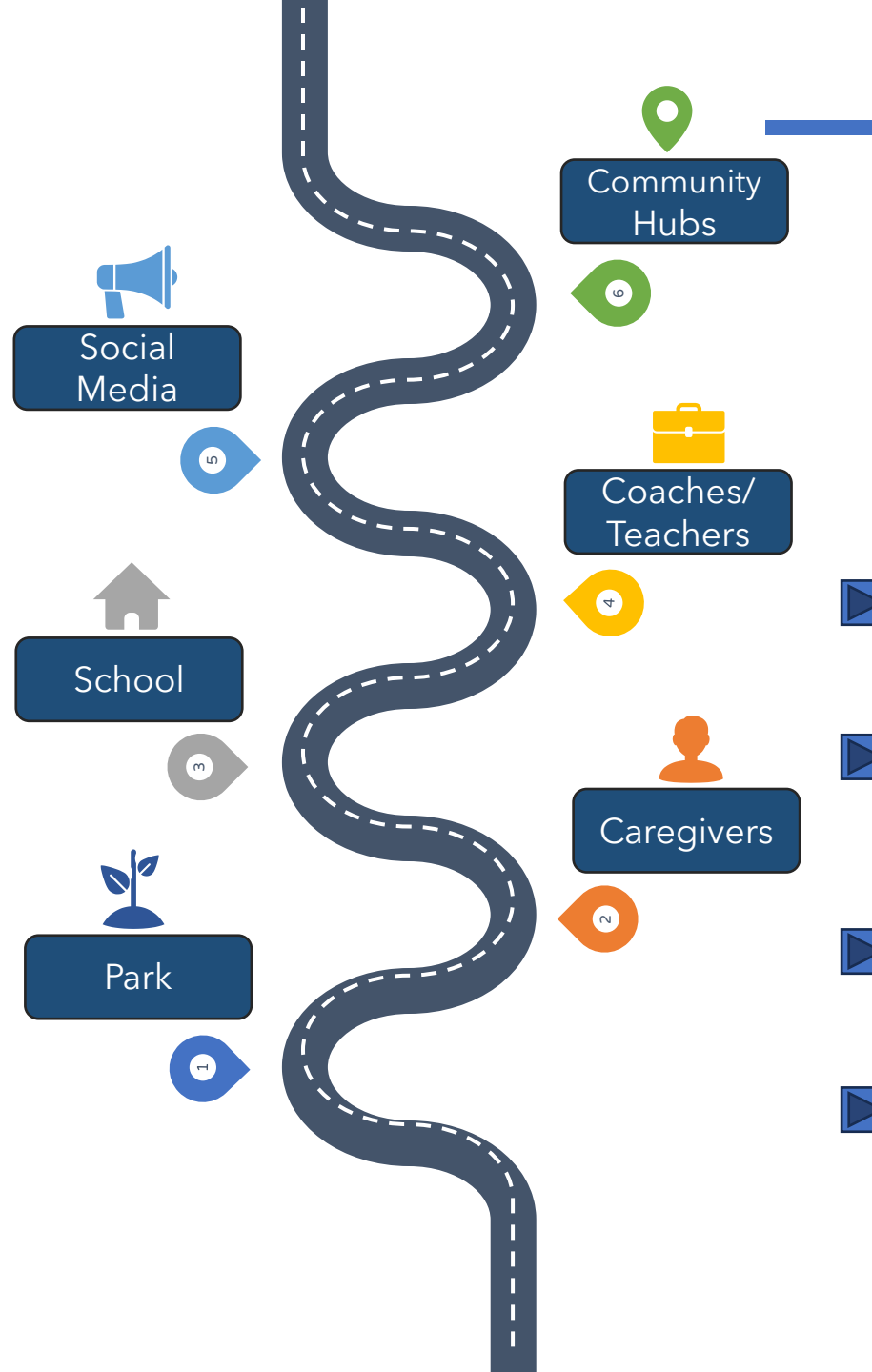


Age Distribution Histogram



Key Performance Indicators (September - October)

- Registration
- Daily Attendance
- Snack Program Daily Attendance
- Youth@ Work Placed
- Participation in Homework
- Participation in Service Learning
- Participation in STEM Activities
- Field Trips are an Incentive Awarded by Participation in Activities

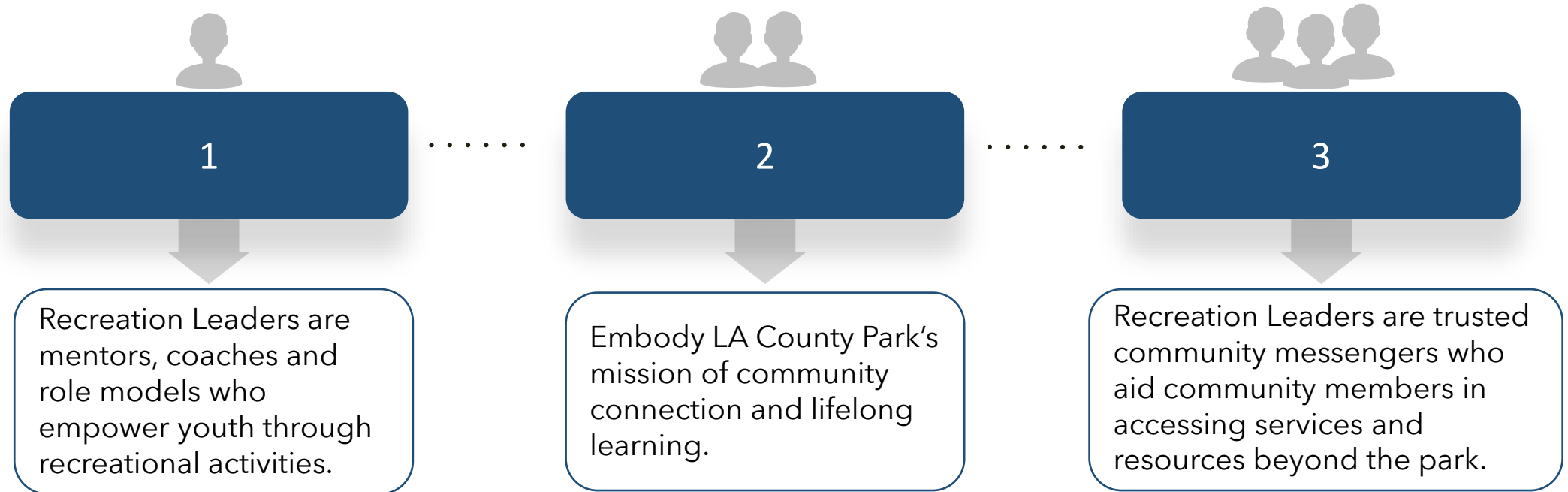


Caregiver, School, & Community Engagement

- ▶ Establish communications between parks, schools, churches, caregiver groups, coaches, interventionists and teacher groups.
- ▶ Use social media and registration tools for outreach (i.e., park remind app, next door, ActiveNet registration, and school's social media for direct communication with target markets in multiple languages).
- ▶ Engage community hubs for shared resources and visibility, along with other County Departments and County-Wide Youth Networking Group listserv.
- ▶ Regular check-ins and ongoing feedback review is used to inform program adjustments.

DPR - Recreation Leaders

The Heartbeat of Our Communities



Questions and Comments ?



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Thank you for supporting Every Body Plays and Partnering with Us!