

# Creating Healthier Spaces for Kids: A Walkthrough of OSNAP Resources for Out-of-School Time

CHOICES Community of Practice  
Coffee Chat



January 23, 2025

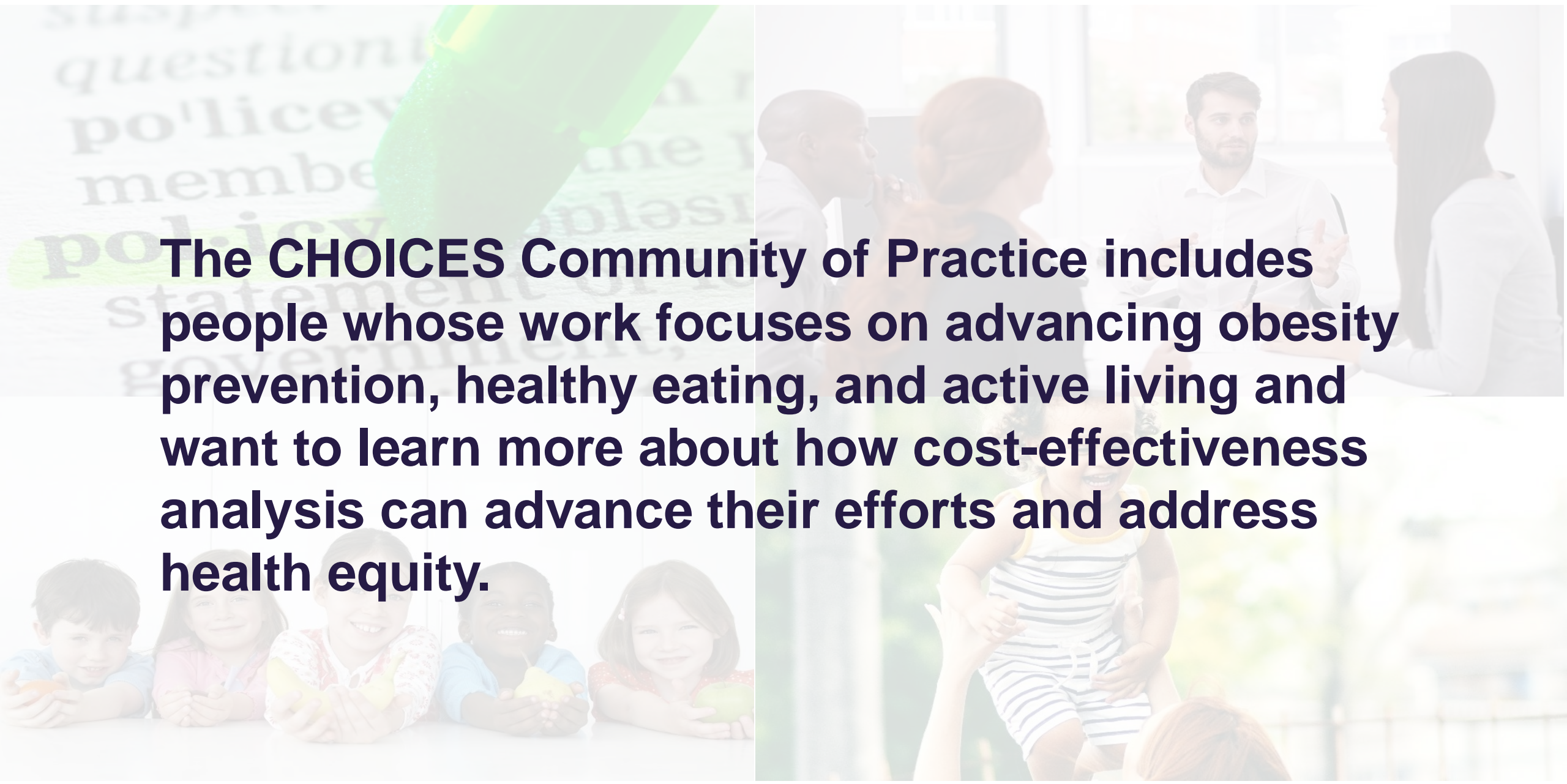
*Welcome!*

*Please share your name, title, & organization in the chat.*

# Disclaimer & Funding

- The CHOICES Project engages in research and education. The information presented in this discussion today is for educational purposes only and does not necessarily represent the position of any CHOICES Project funders.
- This event is intended to provide information, tools, and resources to inform and educate the audience, and is not an attempt to influence any specific legislation.
- Our guest speakers have been invited to share their personal perspectives and do not speak for Harvard.

*This work is supported by The JPB Foundation and the Centers for Disease Control and Prevention (U48DP006376). The findings and conclusions are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention or other funders.*



**The CHOICES Community of Practice includes people whose work focuses on advancing obesity prevention, healthy eating, and active living and want to learn more about how cost-effectiveness analysis can advance their efforts and address health equity.**

# Creating Healthier Spaces for Kids: A Walkthrough of OSNAP Resources for Out-of-School Time



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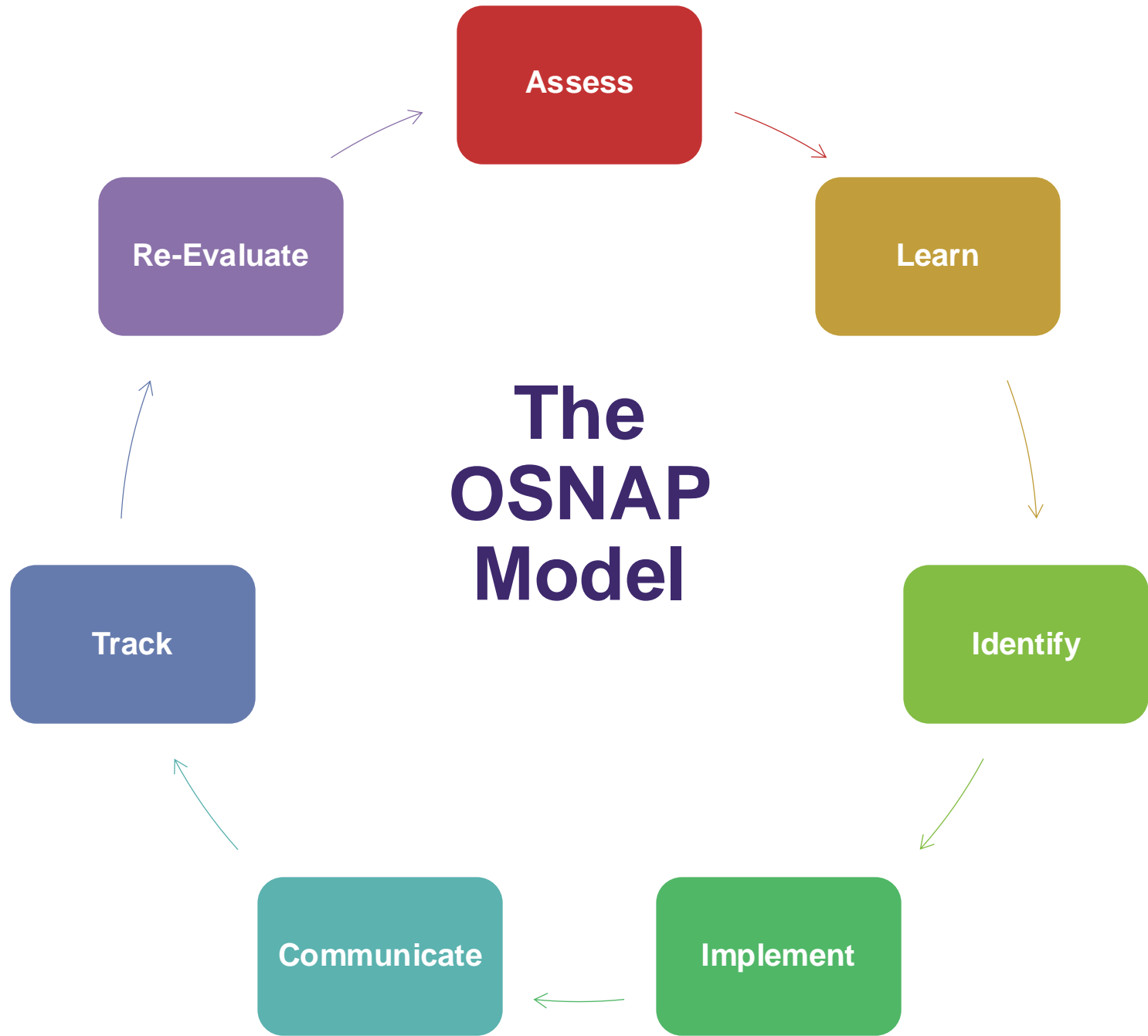
*Director, Community Engagement Program  
Harvard Catalyst | The Harvard Clinical and Translational Science Center*

# OSNAP Initiative Aims

- Identity and support lasting and cost-effective policy and practice strategies that promote:
  - Increased access to healthy foods and beverages
  - Increased physical activity opportunities
  - Reduced screen time in out-of-school-time (OST) settings.
- Brings together OST program providers to learn from one another and set goals to meet the OSNAP Goals

# Why Implement the OSNAP Model?

- Evidence-based
  - Water served and consumed
  - Policy change
  - Healthier foods consumed
  - Vigorous activity
- Goals align with Healthy Eating and Physical Activity (HEPA) standards
- Helps programs meet federal, state, and local policies



# Types of healthy changes programs can make

- **Child behaviors:** Encouraging kids to eat more fruits and vegetables or participate in physical activity
- **Program practices:** Changing the day-to-day operations, like serving water during snack time or offering more options for physical activity.
- **Informal policies:** Changing the informal written plan of action for the program on schedules or menus.
- **Formal policies:** Changing the formal written plan of action for the program. For instance, the rules in documents like parent handbooks & staff manuals.
- **Health Communication:** Sharing health information, practices, or policies with children, parents, staff, and partners.



# Ways to bring OSNAP to your programs!

- Build the capacity of staff to lead a local learning community through our train-the-trainer model
- Create an OSNAP account to track your progress and developed a tailored action plan
- Explore our Resource Library for practice and policy strategies
- Participate in the On Demand self-paced online course offered via Better Kid Care

- Houses OSNAP tools, materials and resources, including Learning Community materials
- My OSNAP Portal
  - Includes interactive assessments, reports and action plan builder
  - Allows programs to store information to return to to make changes, update information, re-assess



*Scan to visit OSNAP.org*

# OSNAP Materials

- Implementation Guide
- Learning Community Facilitator Handbook
- Practice assessment
- Policy assessment
- Action planning tools
- Tip Sheets
- Fast Maps
- Policy Writing Guide

# The OSNAP Implementation Guide

Learning Communities

- A step-by-step guide for improving nutrition and physical activity in out of school settings
- Designed with both afterschool program site directors and OSNAP Coordinators in mind
- Provides materials for programs to use directly with children and families, such as the Food & Fun Afterschool curriculum
- Directs users to training templates and action planning guides to get OST program staff on board, organized, and excited to promote healthy practices and policies

# Learning Community Facilitator Handbook

Learning Communities

- The OSNAP Implementation Guide walks through the entire OSNAP approach and change process
- The facilitator's handbook specifically provides information on leading the Learning Community portion of the OSNAP program



*Scan to visit the Learning Communities page to learn more!*

# MyOSNAP Walkthrough

The screenshot shows the OSNAP website homepage. At the top, there is a browser window with the URL 'osnap.org' and a 'Guest' user profile. The navigation bar includes 'About' and 'Contact' links. The main header features the OSNAP logo (with the tagline 'creating healthy spaces for kids') and a menu with 'What We Do', 'Goals', 'Resource Library', and 'Learning Communities'. A 'Log in to My OSNAP' button is also present. The main content area has a light green and blue background with the text 'AN EVIDENCE-BASED INITIATIVE' and 'Creating healthy spaces for kids'. Below this is a paragraph describing the initiative and a 'Learn more about what we do' button. The bottom section is titled '6 Simple Goals' and lists four goals with icons: 'Increase Physical Activity', 'Reduce Sugary Drinks', 'Promote Water', and 'Promote Fruits & Vegetables'. Each goal has a brief description of the objective.

Out-of-School Nutrition and Physical Activity Initiative

osnap.org

Guest

About Contact

OSNAP creating healthy spaces for kids

What We Do Goals Resource Library Learning Communities

Log in to My OSNAP

AN EVIDENCE-BASED INITIATIVE





## Creating healthy spaces for kids

The Out-of-School Nutrition and Physical Activity Initiative (OSNAP) is an evidence-based initiative that helps out-of-school time programs improve practices and policies to help kids move more and eat healthier snacks.

[Learn more about what we do](#)

### 6 Simple Goals

Use our resources to achieve these six goals for healthy afterschool programs.

-  **Increase Physical Activity**  
Provide all children with at least 30 minutes of moderate physical activity
-  **Reduce Sugary Drinks**  
Do not serve sugary drinks. Do not allow sugary drinks to be brought in during
-  **Promote Water**  
Serve water at every snack, and make sure it is available throughout the program day.
-  **Promote Fruits & Vegetables**  
Offer a fruit and/or vegetable option at every meal and snack.

# Resource Library Walkthrough

The screenshot shows the OSNAP website in a browser window. The browser's address bar shows 'osnap.org'. The website has a dark blue header with 'About' and 'Contact' links. Below the header is a navigation bar with the OSNAP logo (a colorful 'OSNAP' acronym with a carrot in the 'N') and the tagline 'creating healthy spaces for kids'. The main navigation menu includes 'What We Do', 'Goals', 'Resource Library', and 'Learning Communities'. A 'Log in to My OSNAP' button is visible on the right. The main content area features a large heading 'Creating healthy spaces for kids' with the subtext 'AN EVIDENCE-BASED INITIATIVE'. Below this is a paragraph describing OSNAP as an evidence-based initiative that helps out-of-school time programs improve practices and policies to help kids move more and eat healthier snacks. A dark blue button labeled 'Learn more about what we do' is centered below the text. At the bottom, there are four goal cards: '6 Simple Goals' (with a subtext about using resources for healthy afterschool programs and a 'View all goals' link), 'Increase Physical Activity' (with a basketball icon and text about providing 30 minutes of moderate physical activity), 'Reduce Sugary Drinks' (with a crossed-out drink icon and text about not serving or allowing sugary drinks), 'Promote Water' (with a water drop icon and text about serving water at every snack), and 'Promote Fruits & Vegetables' (with a fruit icon and text about offering a fruit and/or vegetable option at every meal and snack).

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osnap.org

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OSNAP creating healthy spaces for kids

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# THANK

# YOU



## CONTACT US

For more information contact  
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Register to join at  
[choicesproject.org/comm-of-practice](https://choicesproject.org/comm-of-practice)