



Creating Healthier Out-of-School Time Environments



Time spent after school is an important opportunity to help kids move more and eat healthier snacks. By using evidence-based strategies, out-of-school time (OST) programs can identify and support sustainable and cost-effective policies and practices that promote increased access to healthy foods and beverages, physical activity opportunities, and reduced screen time.

Scan the QR codes to explore resources to promote healthier out-of-school time environments →



The OSNAP Guide:
A Step-by-Step Process
for Improving Nutrition &
Physical Activity in Out-of-
School Settings

hsph.me/hprc-osnap-guide



MyOSNAP:
Assess & Improve Your
OST Program's Policies &
Practices

Tool

hsph.me/hprc-my-osnap



OSNAP Tip Sheets:
Facts, Tips, & Resources
to Promote Healthier OST
Environments

Fact Sheets

hsph.me/hprc-osnap-tip



OSNAP Fast Maps:
Identify Action Steps to
Promote Healthier OST
Environments

Tools

hsph.me/hprc-osnap-maps



**OSNAP Resource
Library:**
Tools, Tips, Trainings, &
Guides to Help Achieve
Your OST Program's Goals

hsph.me/hprc-osnap-library



Food & Fun After School
A Nutrition and Physical
Activity Curriculum for
Developing Healthy Habits
During Out-of-School Time

hsph.me/hprc-food-fun



SCHOOL OF PUBLIC HEALTH
Prevention Research Center
on Nutrition and Physical Activity

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