

**Out-of-School Nutrition and Physical Activity Initiative (OSNAP)**

*Creating healthy spaces for kids*

{Insert relevant information about your program/organization}

**What is OSNAP?**

The Out-of-School Nutrition and Physical Activity Initiative (OSNAP) is an evidence-based initiative that helps out-of-school time programs improve policies and practices to help kids move more and eat healthier snacks. OSNAP focuses on six simple nutrition and physical activity goals and includes training, tools, and resources to help programs make sustainable changes.

**Benefits to Afterschool Programs & Staff**

* Staff participate in skills-based training to assess their programs’ nutrition and physical activity environments, practices, and policies and connect & learn with other afterschool programs
* *Access to evidence-based curricula and resources from OSNAP and Food & Fun:*

***OSNAP****:* Sites will receive free online resources such as the OSNAP policy writing guide, tip sheets & fast maps, small space and physical activity break ideas, and tips for healthy celebrations. Training materials include Learning Community PowerPoints, Implementation and Facilitation Handbooks, and assessment and action planning tools.

***Food & Fun***: Sites receive a free, evidence-based online curriculum and training videos. Eleven teaching units help programs infuse healthy snacks and recipes, physically active games, and creative learning activities into regular program schedules. The curriculum also includes parent communication materials and other program resources.

* Certificate of completion is available for download. Staff completing the entire training series may be eligible for continuing education credits.

**Responsibilities for Afterschool Programs:**

* Participate in three Learning Communities—opportunities for afterschool sites to learn new skills and address barriers and solutions to providing physical activity and healthy eating opportunities. Each Learning Community is three hours long. We will meet at {Insert Location}. We plan to meet from {Insert Times and Dates}.
* Complete practice and policy self-assessments before participating in the first Learning Community (instructions provided upon enrollment) and after the third Learning Community.

**To lean more OSNAP, visit:** [**www.osnap.org**](http://www.osnap.org)

*Participants can also create a personal My OSNAP account to digitally complete practice and policy assessments and create a personalized action plan.*

If you have any questions or would like to sign up for the sessions, please contact {Insert Contact Person}: {Insert Email} or {Insert Phone Number}.