

### OSNAP Action Planning Document—

This planning tool is designed to help your team set goals for healthier nutrition, physical activity and screen time at your programs.

- Begin by taking some time to discuss with your team what areas you’d like to work on at your program. Use the **OSNAP Practice Assessment Areas for Improvement, tip sheets, and quick guides** to identify the goals where you can make the most progress and find ideas for ways to take action.
- Next, choose at least 3 OSNAP goals that you’d like to work towards in the next couple of months on this front sheet. For instance, select the first goal you’d like to set by marking a “1” in the box to the left. There is one empty row in case you would like to address another nutrition or physical activity area at your program.

### Choose Goals/Areas for Improvement

	<b>Provide all children with at least 30 minutes of moderate to vigorous physical activity every day</b>
	<b>Offer water as a beverage at snack every day.</b>
	<b>Do not allow sugar-sweetened drinks to be brought in during program time</b>
	<b>Limit computer and digital device time to homework or instructional only.</b>
	<b>Offer 20 minutes of vigorous physical activity 3 times per week.</b>
	<b>Do not serve sugar-sweetened drinks.</b>
	<b>Eliminate use of commercial broadcast TV/movies.</b>
	<b>Offer a fruit or vegetable option every day at snack.</b>
	<b>When serving grains (like bread, crackers, and cereals, serve whole grains.</b>
	<b>Do not serve foods with trans fats.</b>





Actions to reach Goal #3	People involved	Target date for completion	LC 2 Status	LC3 Status	End year Status
<b>Goal #3 is:</b>					
<b>Practice Action Steps</b> <ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>					
<b>Policy Action Steps</b> <ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>					
<b>Communication Action Steps</b> <ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>					
<b>Goal #3 barriers and strategies:</b>					

Actions to reach Goal #4	People involved	Target date for completion	LC 2 Status	LC3 Status	End year Status
<b>Goal #4 is:</b>					
<b>Practice Action Steps</b> <ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>					
<b>Policy Action Steps</b> <ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>					
<b>Communication Action Steps</b> <ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>					
<b>Goal #4 barriers and strategies:</b>					