

**S****A**

creating
healthy
spaces
for kids

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



Healthy Places, Healthy Kids

6 simple goals for healthy programs:

Increase physical activity

- Provide all children with at least 30 minutes of moderate to vigorous physical activity every day (include outdoor activity if possible).
- Offer 20 minutes of vigorous physical activity 3 times per week.

Reduce sugary drinks

- Do not serve sugary drinks at the program.
- Do not allow sugary drinks to be brought in during program time.

Promote water

- Serve water every day.

Promote fruits & vegetables

- Offer a fruit and/or vegetable option every meal and snack.

Promote whole grains

- When serving grains (like bread, crackers, and cereal), serve whole grains.

Reduce screen time

- Eliminate commercial broadcast TV and movies.
- Limit computer and digital device use to homework or instructional (i.e., teacher-led) time.