



OSNAP GOALS ▾

MY OSNAP ▾

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7 SIMPLE GOALS

Increase physical activity

Children need at least 60 minutes or more of physical activity every day.

[LEARN MORE ▶](#)



OSNAP Online Learning Community

Learn how to promote healthy practices in your program! [SIGN UP ▶](#)

Assess your program

How close is your program to meeting our goals for healthy environments? [FIND OUT NOW ▶](#)

Creating healthy spaces for kids

OSNAP is a proven initiative that helps out-of-school-time programs (such as before- and afterschool programs and summer camps) improve practices and policies that promote increased physical activity and access to healthy snacks.

Get started:

- [See OSNAP's goals for creating healthier out-of-school environments for children](#)
- [Create an account to assess your program and create a customized action plan](#)