

OHIO HEALTHY PROGRAMS

Ohio Healthy Program (OHP) is a voluntary designation from the Ohio Child Care Resource and Referral Association (OCCRRA). It is earned by early care and education (ECE) providers who are committed to providing a healthier environment for the young children that they serve.

How to become an Ohio Healthy Program:

Training: STEP 1. Attend the Step Up to Quality (SUTQ)-approved Ohio Healthy Program trainings. ***After completing the training, you will receive up to 15 SUTQ approved hours!***

Session 1:

One staff person from each age level (infant, toddler, pre-school, school age) at your center or home must attend all four parts of Session 1 HCHW training. Session 1 includes:

1. Healthy Activity
2. Healthy Eating
3. Healthy Growing
4. Healthy Families

Session 2: Healthy Menus

Attended by the cook and/or person planning the menus for your program.

Session 3: Healthy Policies

Attended by the administrator, director, and/or person who creates policies for your program.

Technical Assistance: All early care and education providers can choose to participate in free Technical Assistance (TA). During TA, an OHP staff member will visit your program to support you in your policy changes, menu changes, and plans for family engagement. Your TA provider is also there to help you with the online application process. ***During the TA process, your program will receive up to \$500 in incentives to help get your Ohio Healthy Program up and running!***

STEP 2. Create a policy to make sure that healthy practices are maintained in the program.

STEP 3. Work with your TA provider to improve the health of the food that you serve through menu planning. Menus must meet the following OHP guidelines:

1. Offer a different non-fried vegetable and a different fruit every day in a 5-day period
2. Offer a whole grain food everyday
3. Serve beverages with no added sugar or sweeteners
4. Serve cereals with 6 grams of sugar or less per serving
5. Offer fried foods no more than once a week
6. Offer 100% Juice no more than once a day and limiting the portion to 4-6 oz.
7. Do not serve highly processed meats such as hot dogs, bologna, pepperoni, sausages, bacon or salami

STEP 4. Include a parent engagement activity such as providing bulletin boards, healthy articles, newsletters, cooking activities, hosting a healthy lunch, coordinating a healthy parent night, etc.

**For more information and to schedule trainings,
please contact Liz Manley at emanley@ccbh.net or (216) 201-2001 ext. 1329.**

Materials developed by Columbus Public Health and provided in collaborative partnership for use with OCCRRA's Ohio Healthy Programs

