



ohio
HEALTHY
PROGRAMS



EARN YOUR OHIO HEALTHY PROGRAM DESIGNATION. START TODAY!

Learn about how balanced meals and physical activity will improve learning and prevent childhood obesity.

Ohio Healthy Programs provide practical ways to make wellness a natural part of playtime, mealtime . . . anytime.

Benefits include:

- Fresh, tasty, kid-friendly menu options.
- Toolkit of activities and easy-to-use resources.
- Tips to help families create healthy habits at home.
- Up to 15 hours of Ohio-Approved training for administrators, teachers, cooks, Family Child Care Providers. Each training session can be up to 2-1/2 hours in length.
- Certificate of Ohio Healthy Program designation.

LEARN MORE TO GET GOING.

Ohio child care and afterschool programs serving young children, including center-based, family child care and public preschools, are eligible.



READY-TO-USE. EASY-TO-DO.

To become an Ohio Healthy Program, you'll attend trainings on:

- Creatively including periods of structured and unstructured physical activity.
- Identifying healthier snack and drink choices.
- Building self-esteem and a healthy body image.
- Engaging families in promoting healthy habits.
- Food ordering and menu planning.
- Crafting healthy atmospheres where kids can grow, learn, and play.

Other Ohio Healthy Programs Designation Requirements:

- Meet Ohio Healthy Programs menu parameters.
- Describe one healthy family activity.
- Adopt minimum of one healthy policy for your program.
- Renew every two years.
- Complete the OH-PANA self-assessment.

Cuyahoga County programs, please contact Theresa Henderson at **216.201.2001** or thenderson@ccbh.net.

For all other counties, please contact OCCRRA at healthyprograms@occrra.org.