



Ohio Healthy Programs Designation Requirements



Application Steps	Designation Requirements
<p>1. Attend Ohio Approved Ohio Healthy Programs Training</p> <ul style="list-style-type: none"> • Find trainings at www.occrra.org or contact healthyprograms@occrra.org 	<p>Session 1: Healthy Habits, Parts 1-4. (10 hrs)</p> <ul style="list-style-type: none"> — One staff person from each age level represented in the program must attend <p>Session 2: Healthy Menus (2.5 hrs)</p> <ul style="list-style-type: none"> — The staff cook should attend <p>Session 3: Healthy Policy (2.5 hrs)</p> <ul style="list-style-type: none"> — The administrator must attend
<p>2. Implement at least one policy to ensure healthy practices are maintained in the program.</p> <ul style="list-style-type: none"> • Upload the dated policy as a PNG, FPG, JPEG, GIF, PDF 	<p>Program policy is enacted and dated. Policy relates to at least one Ohio Healthy Programs area. Attendance at the Healthy Policies session will assist administrators with creation of a healthy program policy.</p>
<p>3. Demonstrate improvement in children’s menu. After School programs may demonstrate improvement in snack menu by offering whole grains, fruits and vegetables when possible, eliminating fried foods and beverages containing added sugar/sweeteners. Programs that require children to bring their meals may show improvement in alternate offerings.</p> <ul style="list-style-type: none"> • Assure that the menu includes all of the meal patterns provided by the program. • Upload the pre OHP and post OHP menus to your application as a .pdf • Complete questions in Step 3 Menu Improvement of the OHP Application 	<p>Menus demonstrate improvement by:</p> <ul style="list-style-type: none"> — Offering a different non-fried vegetable per day in a 5-day period — Offering a different fruit per day in a 5-day period (not counting juice) — Offering a whole grain food per day — Offering fried foods, no more than once per week — Only offer beverages without any added sugar or sweeteners. If juice is offered, it is 100% juice no more than once a day and limit portion to 4-6 oz. — Only cereals with 6g or less of sugar per dry ounce — No highly processed meat, regardless of animal type (beef, turkey, etc.). This includes but is not limited to: hot dogs or frankfurters, pepperoni, sausage (including breakfast, salami, Polish, summer, and Italian sausages), bologna, and/or liverwurst
<p>4. Achieve at least one healthy family engagement activity providing bulletin boards, healthy articles in newsletters, cooking activities, meetings on the topic, etc.</p> <ul style="list-style-type: none"> — Complete Step 4 Healthy Families of the OHP application. 	<p>Programs may demonstrate healthy family engagement activity in a variety of ways, not limited to:</p> <ul style="list-style-type: none"> — Providing bulletin boards or articles in newsletters on healthy habit topics — Providing healthy cooking activities — Hosting family events for physical activity



How Can My Program Apply?

An application process is available to Directors and Family Child Care Providers through www.occrra.org. Access to the OHP Application is found through the Organization Dashboard → Application → OHP Application. Complete the following:

- Application Steps 1-6
- Classroom Information: Enter Lead Teachers, Age Groups and Classroom Names
- Overall Questions

Training Opportunities

Currently scheduled trainings are posted at www.occrra.org "Find Training". To inquire about training, please contact healthyprograms@occrra.org or contact your local Child Care Resource and Referral Agency (www.occrra.org). For more information about Ohio Healthy Programs, contact the Ohio Child Care Resource and Referral Association at 877-547-6978 or e-mail healthyprograms@occrra.org.

OHP Designation Award

OCCRRA reviews submitted applications for OHP designation. OCCRRA recognizes programs that meet the OHP requirements. Each program receives an award letter and certificate. As funding allows, programs may receive additional recognition items.

Maintain OHP Designation

Programs remain designated as OHP for one calendar year. To maintain OHP status, simply ensure that all four steps are met:

- Ensure required staff are trained in Ohio Healthy Programs, Session 1, Session 2 and Session 3
- Submit current menu that demonstrates adherence to OHP standards
- Submit at least one new healthy policy
- Submit at least one new healthy family engagement activity
- Submit a new success story

Ohio Healthy Programs is managed by OCCRRA through funding provided by the Ohio Department of Health. *The Healthy Children, Healthy Weights curriculum is provided through a cooperative agreement with Columbus Public Health.