



## Become an Ohio Healthy Program. Follow these application steps.

Application Steps	Application Requirements
<p>1. Attend the SUTQ-approved training, <i>Healthy Children, Healthy Weights</i>. Training is offered statewide by the Health Promotion Consultant Network, Child Care Resource and Referral system as well as community partners. Find trainings via the Registry.</p>	<p>Session 1: Healthy Habits, Parts 1-4. (10 hrs)            — One staff person from each age level represented in the program must attend</p> <p>Session 2: Healthy Menus (2.5 hrs)            — The staff cook should attend</p> <p>Session 3: Healthy Policy (2.5 hrs)            — The administrator must attend</p>
<p>2. Implement at least one policy to ensure healthy practices are maintained in the program.</p> <p>Upload policy via the Registry’s Director Information Portal.</p>	<p>Program policy is submitted with The program’s application via the Registry Director’s Portal. Attendance at the Healthy Policies session will assist administrators with creation of a program policy.</p>
<p>3. Demonstrate improvement in children’s menu. After School programs may demonstrate improvement in snack menu. Programs that require children to bring their meals may show improvement in alternate offerings.</p> <p>Upload materials via the Registry’s Director Information Portal.</p>	<p>Menus demonstrate improvement by:</p> <ul style="list-style-type: none"> <li>— Offering a different non-fried vegetable per day in a 5-day period</li> <li>— Offering a different fruit per day in a 5-day period (not counting juice)</li> <li>— Offering a whole grain food per day</li> <li>— Offering fried foods no more than twice a week</li> <li>— Offering 100% juice no more than once a day and limiting portion to 4-6 oz</li> <li>— Providing lower fat milk (1% or skim) for classrooms with children 2 years of age and older</li> </ul>
<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> <p>Upload pictures of materials or activities via the Registry’s Director Information Portal.</p>	<p>Programs may demonstrate healthy family engagement activity in a variety of ways, not limited to:</p> <ul style="list-style-type: none"> <li>— Providing bulletin boards or articles in newsletters on healthy habit topics</li> <li>— Providing healthy cooking activities</li> <li>— Hosting family events for physical activity</li> </ul>

### How Can My Program Apply?

An application process is available to Directors. Directors may use the Registry’s Director Information Portal, via the Ohio Professional Registry at <https://login.occrra.org/>. Completing the “Application Steps” and the “Application Requirements” essentially completes the application process.

(Continued on back)

## **Training Opportunities**

Trainings are posted to the Ohio Professional Registry at <https://login.occrra.org/>. To find trainings, please contact your Health Promotion Consultant or Child Care Resource and Referral Agency. 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](mailto:healthyprograms@occrra.org).

## **OHP Status Award**

OCCRRA reviews submitted applications for OHP status. 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 Status**

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

- Ensure staff are trained in the curriculum
- 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

***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.***