



Helping your center become an Ohio Healthy Program

*Mark your
calendars!*

**Healthy Children,
Healthy
Weights
Training Sessions**

Location:
Lima Public Library

Teachers

Session 1

March 29

5:15 – 7:45 pm

Session 2

April 19

5:15 – 7:45 pm

Session 3

April 26

5:15 – 7:45 pm

Session 4

May 10

5:15 – 7:45 pm

Directors

Healthy Policy

TBD

Food Service

Healthy Menus

TBD

*Please call if you are interested
in the training but cannot
schedule your staff for these
times.*

Free Step Up to Quality Approved training

See sidebar for training dates

- Healthy Activity, Healthy Eating, Healthy Growing, Healthy Families, Healthy Menus, Healthy Policies

**ASSISTANCE AVAILABLE for ALLEN COUNTY
CENTERS**

**Up to 3 visits from trained staff from Allen Public
Health to help you:**

- Create healthy menus that meet licensing requirements
- Meet your center goals in achieving a healthier environment
- Engage parents to provide a healthier home environment
- Provide one-on-one assistance in applying for OHP designation

**\$250 in resources for the first two Allen County
centers meeting the OHP designation!***

Resources can include

- nutrition games
- balls, hula hoops, jump ropes
- parachutes and outdoor equipment

**Must meet OHP designation by the end of the 2016 calendar year*

For more information call Shelly Miller at Allen County Public Health at
419-228-4457.

