



Helping your center become an Ohio Healthy Program

Mark your
calendars!

Healthy Children, Healthy Weights

Training Sessions

Directors

Healthy Policy

February 3

9:00 – 11:30 am

Food Service

Healthy Menus

February 3

12:30 – 3:00 pm

Teachers

Healthy Habits

Session 1

February 9

9:00 – 11:30 am

Session 2

February 11

9:00 – 11:30 am

Session 3

February 22

9:00 – 11:30 am

Session 4

February 23

9:00 – 11:30 am

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.

