



EARN YOUR OHIO HEALTHY PROGRAM DESIGNATION. START TODAY!

Help kids eat well and move more to 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
- 15 hours of Ohio Approved training for administrators, teachers, cooks
- Certificate of Ohio Healthy Program designation

LEARN MORE TO GET GOING

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



<http://bit.ly/occrroHP>



ohio HEALTHY PROGRAMS



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

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

- Creatively including periods of structured and unstructured exercise
- Identifying healthier snack and drink choices
- Growing food in class like tomatoes and lettuce
- 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
- Create minimum of one healthy family activity
- Adopt minimum of one healthy policy for your program
- Renew each year

For general information about Ohio Healthy Programs, please call the Ohio Child Care Resource and Referral Association at 1-877-547-6978 or email healthyprograms@occrra.org.

Ohio Healthy Programs is an OCCRRA program, funded by the Ohio Department of Health. The training curriculum is provided through a cooperative agreement with Columbus Public Health.