



For all OHP questions contact [healthyprograms@ocrra.org](mailto:healthyprograms@ocrra.org)

### How Can My Program Apply?

An application is available to Directors and Family Child Care Providers on the Ohio Professional Registry. [www.ocrra.org](http://www.ocrra.org).

Access to the OHP Application is found through the Professional's Profile → Organization Dashboard → Application → OHP Application.

Complete the following:

- Step 1: Training – Professional's training information is auto-populated from the Registry. Contact [registry@ocrra.org](mailto:registry@ocrra.org) with training verification questions.
- Classroom Information
- Steps 2-6
- Overall Questions

### Training Opportunities

Currently scheduled trainings are posted at [www.ocrra.org](http://www.ocrra.org) "Find Training". Enter *Ohio Healthy Programs* as the Title/Training ID. If looking for online trainings, check "online" in the Filter.

### OHP Designation Award

OCCRRA reviews submitted applications for OHP designation and designates 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 for one calendar year. Your application can be renewed 60 days prior of expiration by completing a new OHP application.

To maintain OHP status, simply ensure that all four steps are met for renewal:

- Ensure required staff are trained in Ohio Healthy Programs, Session 1, Session 2 and Session 3
- Submit pre and 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*

Designation Requirements	Designation Requirements
<p>1. Attend Ohio Approved <b>Ohio Healthy Programs Training</b></p> <ul style="list-style-type: none"> <li>• Find trainings at <a href="http://www.occrra.org">www.occrra.org</a></li> <li>• Enter <i>Ohio Healthy Programs</i> as the Title/Training ID. If looking for online trainings, check “online” in the Filter.</li> </ul>	<p><b>In Person Trainings:</b></p> <ul style="list-style-type: none"> <li>- Session 1: Healthy Habits, Parts 1-4. (10 hrs) <ul style="list-style-type: none"> <li>○ One staff person from each age level represented in the program must attend</li> </ul> </li> <li>- Session 2: Healthy Menus (2.5 hrs) <ul style="list-style-type: none"> <li>○ The staff cook should attend</li> </ul> </li> <li>- Session 3: Healthy Policy (2.5 hrs) <ul style="list-style-type: none"> <li>○ The administrator must attend</li> </ul> </li> </ul> <p><b>Online Trainings:</b></p> <ul style="list-style-type: none"> <li>- Session 1: Healthy Habits, Parts 1-4. (5 hours) <ul style="list-style-type: none"> <li>○ One staff person from each age level represented in the program must attend</li> </ul> </li> <li>- Session 2: Healthy Menus (1.5 hrs) <ul style="list-style-type: none"> <li>○ The staff cook should attend</li> </ul> </li> <li>- Session 3: Healthy Policy (1.5 hrs) <ul style="list-style-type: none"> <li>○ The administrator must attend</li> </ul> </li> </ul>
<p>2. Implement at least one <b>policy</b> to ensure healthy practices are maintained in the program.</p> <ul style="list-style-type: none"> <li>• Dated policy is uploaded to the application.</li> </ul>	<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 <b>children’s menu</b>. <i>After School programs</i> may demonstrate improvement in snack menu by offering whole grains, fruits and vegetables when possible, eliminating fried foods and beverages containing added sugar/sweeteners. <i>Programs that require children to bring their meals</i> may show improvement in alternate offerings.</p> <ul style="list-style-type: none"> <li>• Pre-menu (current menu) and post-menu (reflect changes made to meet the OHP menu requirements) are to be uploaded to the application</li> <li>• Complete questions in Step 3 Menu Improvement of the OHP Application</li> </ul>	<p>Menu demonstrates improvement by offering:</p> <ul style="list-style-type: none"> <li>— A different non-fried vegetable each day of the week</li> <li>— A different fruit each day of the week (not counting juice)</li> <li>— A whole grain food per day</li> <li>— Fried foods no more than once a week</li> <li>— Only beverages with no added sugar/sweeteners.</li> <li>— No more than 4-6 fl. oz. of 100% juice per day.</li> <li>— Only cereals with 6g or less of sugar per dry ounce</li> <li>— No highly processed meat, regardless of animal type (beef, turkey, etc.). This includes but is not limited to: hot dogs or frankfurters, corn dogs, pepperoni, sausage (including breakfast, salami, Polish, summer, and Italian sausages), bologna, and/or liverwurst</li> </ul>
<p>4. Implement at least one <b>healthy family engagement activity</b>.</p> <ul style="list-style-type: none"> <li>— Complete Step 4 Healthy Families of the OHP application.</li> </ul>	<p>Programs may demonstrate a healthy family engagement activity in a variety of ways, but not limited to:</p> <ul style="list-style-type: none"> <li>— Providing articles in newsletters or displaying a bulletin board on healthy habit topics (i.e. Nutrition, physical activity, obesity prevention)</li> <li>— Hosting a family meeting on nutrition, menu planning, physical activity, etc.</li> <li>— Providing healthy cooking activities</li> <li>— Hosting family events for physical activity</li> </ul>