



## ***How to become an Ohio Healthy Program***

There are four steps in becoming an OHP. They include:

***STEP 1.*** Attend the Step Up to Quality (SUTQ)-approved Healthy Children, Healthy Weights (HCHW) trainings\*.

### ***Session 1: Healthy Habits, Parts 1-4***

Attended by home child care providers or one staff person from each age level represented at their child care center (note: all four parts must be completed). Session 1 includes:

#### *1. Healthy Activity*

Participants will discuss current childhood obesity rates and health risks and learn the importance of providing physical activity opportunities in child care settings. This session provides participants with ideas and the opportunity to share practices on both structured and unstructured play. They will walk away with knowledge on how to link Early Learning Content Standards to classroom activities while providing opportunities for physical activity.

#### *2. Healthy Eating*

The role of how adults support children in feeding and eating will be discussed. Participants will learn basic nutrition and tips on how to encourage new foods in a healthy manner. This session provides participants with ideas on healthy snacks and positive drink choices, and how to support water first for thirst. Participants will walk away with ideas on how to link the Early Learning Content Standards to classroom activities while providing nutrition education to children.

#### *3. Healthy Growing*

Adults are powerful role models. They can promote positive body image and encourage the creation of self-esteem in children. Participants will discuss what constitutes a healthy body weight for children. Ideas for healthy growing will be further explored through discussion of how healthy food can be grown in child care settings. Participants will learn how to link Early Learning Content Standards to classroom gardening activities. Recognize how language (words) affects children's self-esteem

#### *4. Healthy Families*

This last part of the *Healthy Habits* series focuses on strategies to encourage parent outreach. Participants will learn and understand the importance of the Healthy Children, Healthy Weights 12 key messages that promote healthy habits for the children. Participants will develop skills for talking to families about nutrition, physical activity, and healthy habits at home. Ideas for each key message will be discussed with the emphasis of engaging parents.



### ***Session 2: Healthy Menus***

Attended by the home provider, administrator or director

Participants will discuss healthy eating behaviors and what to consider when feeding young children. They will gain knowledge and know-how on planning a healthy menu, walk away with new ideas and shared experiences of recipes and how to make menus healthier on a budget. Tips will be given to ensure variety and balance.

### ***Session 3: Healthy Policies***

Attended by the cook and/or person planning the menus

This session focuses on creating a healthier child care environment through policy. Participants will discuss ways to craft an atmosphere where kids can grow, learn, and play at their best. They will gain an understanding of the importance of healthy policies in sustaining a healthy environment and ideas on how to adopt and implement a new healthy policy successfully.

**STEP 2.** Implement a policy to ensure healthy practices are maintained in the program.

**STEP 3.** Demonstrate an improvement in menus for the children you serve. Menus must reflect the following OHP criteria:

1. Offering a different non-fried vegetable everyday in a 5-day period
2. Offering a different fruit everyday in a 5-day period (not counting juice)
3. Offering a whole grain food everyday
4. Offering fried foods no more than twice a week
5. Offering 100% Juice no more than once a day and limiting the portion to 4-6 oz
6. Providing lower fat milk (1% or skim) for children 2 years of age and older

**STEP 4.** Include a parent engagement piece in the program, such as providing bulletin boards, healthy articles, newsletters, cooking activities, hosting a healthy lunch in, coordinate a healthy parent night, etc.

\* Training opportunities for the OHP will be posted on the OPDN Registry or contact a Healthy Child Care Consultant for training at 877-547-6978. You can also contact your local child care resource and referral agency. For more information, contact the Ohio Child Care Resource and Referral (OCCRRA) program at 877-547-6978 or e-mail Donna Ruhland at [druhland@occrra.org](mailto:druhland@occrra.org).