



IS YOUR CHILDCARE PROGRAM AN OHIO HEALTHY PROGRAM?

Early learning and afterschool programs that participate in Ohio Healthy Programs take special training to focus on making healthy habits part of playtime, mealtime.... anytime!

OHIO HEALTHY PROGRAMS ARE GOOD FOR KIDS

- Active, fun and safe learning
- Tasty, healthy, kid-friendly meals, snacks and drinks
- Children learn about smarter choices
- Focus on healthy behaviors
- Activities and resources for families, too!

CHILDREN WHO MOVE MORE & EAT SMART ARE BETTER LEARNERS

That's why it's important for childcare programs to earn their Ohio Healthy Programs designation. Ask your child's teacher or center director to apply today.

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.



ohio HEALTHY PROGRAMS



SNACK IDEAS FOR HOME

Children need to eat between meals to get enough energy, vitamins and minerals. Vary their choices and don't force them to clean their plates. Keep snack portions small – they aren't meant to replace meals!

Fruits



Kiwi, watermelon, peaches, mandarin oranges, cantaloupe, strawberries.

Protein



Peanut butter or hummus on crackers or tortilla and a scrambled or hard-boiled egg.

Grains



Non-sugary cereal – with or without milk, whole grain pasta, rice, tortillas or rice cakes.

Dairy



Cheese, yogurt and cottage cheese.

Beverages



Milk & water. Juice and soda are not recommended.

Veggies



Tomatoes, snap peas, broccoli, carrots, cauliflower, or green beans.

For children under 3: Dice food in small, easy-to-chew bites. Avoid foods that are round, hard, small, thick, sticky, smooth or slippery: whole grapes, raw carrots, whole and round cut hotdogs, peanuts, nuts and seeds, popcorn, chips and pretzels, marshmallows, suckers and hard candy.



MAKE TIME TO MOVE

Go on bike rides, walk, dance, workout, and clean house together. Throw and kick a ball and play. Experts recommend limiting screen time (TVs, video games, computers, tablets and smart phones)

- 2 years and under no screen time
- 2 years+ two hours or less a day