

# Ohio Healthy Programs Designation Requirements

For Ohio Healthy Programs (OHP) questions contact [healthyprograms@ocrra.org](mailto:healthyprograms@ocrra.org)

<p><b>Designation Requirements</b></p> <p><b>Attend Ohio Approved Ohio Healthy Programs Training.</b></p> <ul style="list-style-type: none"> <li>- Find trainings at <a href="https://registry.ocrra.org/">https://registry.ocrra.org/</a></li> <li>- Enter <i>Ohio Healthy Programs</i> as the Event Title.</li> <li>- Select training type (face-to-face, online, etc.) under <b>PD Event Format.</b></li> <li>- Required staff attend:             <ul style="list-style-type: none"> <li>- Session 1: Healthy Habits: Lead teacher from each age group must attend, or administrator if they are lead teacher.</li> <li>- Session 2: Healthy Menus: The staff cook is to attend or administrator if they plan menus.</li> <li>- Session 3: Healthy Policy: The administrator must attend.</li> </ul> </li> </ul> <p>NOTE: Family Child Care Providers must take all three sessions, Healthy Habits, Healthy Menus, and Healthy Policy, to meet the OHP training requirements</p>	<p><b><u>In-Person, Online Self-Paced Trainings, Online w/ Instructor:</u></b></p> <ul style="list-style-type: none"> <li>- Session 1: Healthy Habits, Parts 1-4</li> <li>- Session 2: Healthy Menus</li> <li>- Session 3: Healthy Policy</li> </ul> <p><b><u>Spanish modules available in online self-paced format.</u></b></p>
<p><b>Write and implement one new <u>policy</u> after attending OHP Session 3 Healthy Policies.</b> The policy must address one of the OHP Healthy Messages to ensure healthy practices are maintained in the program.</p>	<p><b><u>Program Policy</u></b></p> <ul style="list-style-type: none"> <li>- Policy doesn't relate to licensing.</li> <li>- Policy must relate to at least one of the Ohio Healthy Programs areas and be a new program policy.</li> <li>- Policy must be actionable/enforceable.</li> <li>- The policy must be dated after training Session 3 was completed.</li> <li>- Upload policy (not handbook) to the OHP Application.</li> </ul>

<p><b>Demonstrate adherence to OHP <u>menu requirements</u> in children’s menu.</b> Menu requirements are addressed in <u>Session 2 Healthy Menu Training</u>.</p> <p><b>Menu demonstrates improvement by offering:</b></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. 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, frankfurters, corn dogs, pepperoni, sausage (including all sausages), and bologna.</li> <li>- Milk must be unflavored.</li> </ul> <p><b>*See <i>Menus-Tips for Writing OHP Compliant Menu</i> for more information.</b> <a href="https://occrra.org/about/ohio-healthy-programs/">https://occrra.org/about/ohio-healthy-programs/</a></p>	<p><b>Menus</b></p> <ul style="list-style-type: none"> <li>- Upload a one-week menu that was used before implementing OHP requirements (<i>Prior Menu</i>)</li> <li>- Upload a one-week menu that meets the OHP requirements that is currently being implemented (<i>Current Menu</i>).</li> <li>- For Designation Renewals, only the current menu is to be uploaded.</li> </ul> <p><b>After School programs</b> may demonstrate adherence in snack menu by offering whole grains, fruits, and vegetables when possible, eliminating fried foods and beverages containing added sugar/sweeteners.</p> <p><b>Packed food:</b> If a program doesn’t serve food, and families pack, programs must upload their packing policy they provide families. The policy specifically states that packed meals/snacks/celebration foods must comply with the OHP Criteria and provide the criteria to the families.</p> <p><b>Food is catered:</b> Catered food must meet the OHP menu criteria and menus uploaded.</p> <p><b>School district provides food:</b> Food provided by a school district must meet the OHP criteria and menus uploaded.</p>
<p><b>Implement at least one healthy <u>family engagement activity</u> that addresses an OHP message or topic on nutrition, wellness, or physical activity since implementing OHP.</b></p>	<p><b>Programs may demonstrate a healthy family engagement activity in a variety of ways, but not limited to:</b></p> <ul style="list-style-type: none"> <li>- Providing articles in newsletters or displaying a bulletin board/virtual bulletin board on healthy habit topics (i.e. Nutrition, physical activity, obesity prevention)</li> <li>- Hosting a family meeting/virtual meeting on nutrition, menu planning, physical activity, etc.</li> <li>- Providing healthy cooking or physical activities ideas.</li> </ul>
<p><b>Write a <u>success story</u> that includes how a child/children, staff, or family health practices has changed since learning about OHP (Ex: picky eater trying new foods, children requesting water since implementing First for Thirst, families trying new foods, amount of physical activity has increased, etc.)</b></p>	<p><b>Upload a success story your program has experienced by participating in OHP.</b></p>



<p><b><u>Complete the online <i>Ohio Physical Activity and Nutrition Assessment (OH-PANA)</i> and upload the <i>Best Practices Summary</i> report to OHP application. <u>There are questions on your program’s practices before you took OHP training and questions relating to practices since implementing OHP.</u> For information and how to access the assessment, visit <a href="#">Ohio Department of Health, Ohio Healthy Programs</a></u></b></p>	<p><b><u>Program administrator completes the assessment:</u></b></p> <ul style="list-style-type: none"><li>– Complete and submit online assessment.</li><li>– <i>Best Practice Summary</i> report emailed to administrators within 24-48 hours of assessment submission. Check Spam folder if not in Inbox.</li><li>– <b>Rename report and SAVE AS “OH PANA Report”</b></li><li>– Upload report to OHP Application.</li></ul>
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