

Ohio Healthy Programs Designation Renewal Requirements

For Ohio Healthy Programs (OHP) questions contact healthyprograms@ocrra.org

<p>Renewal Designation Requirements</p> <p>Attend Ohio Approved Ohio Healthy Programs Training.</p> <p>Current lead teacher(s) required to attend Session 1 Healthy Habits, if they have not taken it previously.</p> <p>Current cook or administrator required to attend Session 2 Healthy Menus, if they have not taken it previously.</p> <p>Current administrator required to take Session 3 Healthy Policies, if they have not taken it previously.</p> <ul style="list-style-type: none"> - Find trainings at https://registry.ocrra.org/ - Enter <i>Ohio Healthy Programs</i> as the Event Title. - Select training type (face-to-face, online, etc.) under PD Event Format. 	<p><u>In-Person, Online Self-Paced Trainings, Online w/ Instructor:</u></p> <ul style="list-style-type: none"> - Session 1: Healthy Habits, Parts 1-4 - Session 2: Healthy Menus - Session 3: Healthy Policy <p><u>Spanish modules available in online self-paced format.</u></p>
<p>Write and implement one <u>new policy</u> after attending OHP Session 3 Healthy Policies. The policy must address one of the OHP Healthy Messages to ensure healthy practices are maintained in the program. <u>This policy must be different than the previous policy(s) used for designation.</u></p>	<p><u>Program Policy</u></p> <ul style="list-style-type: none"> - Policy doesn't relate to licensing. - Policy must relate to at least one of the Ohio Healthy Programs areas and be a new program policy. - Policy must be actionable/enforceable. - The policy <u>must be dated</u> after training Session 3 was completed. - Upload policy (not handbook) to the OHP Application.



<p>Demonstrate adherence to OHP <u>menu requirements</u> in children’s menu. Menu requirements are addressed in <u>Session 2 Healthy Menu Training</u>.</p> <p>Menu demonstrates improvement by offering:</p> <ul style="list-style-type: none"> - A different non-fried vegetable each day of the week. - A different fruit each day of the week (not counting juice). - A whole grain food per day. - Fried foods no more than once a week. - Only beverages with no added sugar/sweeteners. - No more than 4-6 fl. oz. of 100% juice per day. Only cereals with 6g or less of sugar per dry ounce. - 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. - Milk must be unflavored. <p>*See <i>Menus-Tips for Writing OHP Compliant Menu</i> for more information. https://occrra.org/about/ohio-healthy-programs/</p>	<p>Menus</p> <ul style="list-style-type: none"> - Upload a one-week menu that meets the OHP requirements that is currently being implemented (<i>Current Menu</i>). <p>After School programs 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>Packed food: 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>Food is catered: Catered food must meet the OHP menu criteria and menus uploaded.</p> <p>School district provides food: Food provided by a school district must meet the OHP criteria and menus uploaded.</p>
<p>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. <u>The family engagement activity must be different than the previous activity(s) used for designation.</u></p>	<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"> - Providing articles in newsletters or displaying a bulletin board/virtual bulletin board on healthy habit topics (i.e. Nutrition, physical activity, obesity prevention) - Hosting a family meeting/virtual meeting on nutrition, menu planning, physical activity, etc. - Providing healthy cooking or physical activities ideas.
<p>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.) <u>The success story must be different than the previous activity(s) used for designation.</u></p>	<p>Upload a success story your program has experienced by participating in OHP.</p>



Complete the online *Ohio Physical Activity and Nutrition Assessment (OH-PANA)* and upload the *Best Practices Summary* report to OHP application. There are questions on your program’s practices before you took OHP training and questions relating to practices since implementing OHP. For information and how to access the assessment, visit [Ohio Department of Health, Ohio Healthy Programs](#).

A new assessment must be completed since your program’s last designation.

Program administrator completes the assessment:

- Complete and submit online assessment.
- *Best Practice Summary* report emailed to administrators within 24-48 hours of assessment submission. Check Spam folder if not in Inbox.
- **Rename report and SAVE AS “OH PANA Report”**
- Upload report to OHP Application.