



SNAP-Ed

CELEBRATE
YOUR
PLATE

Fruit salsa & cinnamon sugar tortilla chips

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June 2019



Produce Spotlight: Oranges

Peak Season: Fall-late spring

Ripeness: oranges should be bright orange: they won't continue to ripen off the stem so what you see is what you get!

Store: Oranges can be stored on the counter or in the fridge for up to two weeks. Don't store them in plastic bags or they could get moldy.

SNACshot: ECOPP

The Ohio Department of Health's Early Childhood Obesity Prevention Program (ECOPP) utilizes a coordinated and comprehensive approach involving families, early childhood education professionals, health professionals, and community organizations working together with consistent messaging and strategies to ensure a sound foundation for health in the future. ECOPP's initiatives are the Ohio Healthy Programs (OHP), OHP for Family Child Care, and Parenting at Mealtime and Playtime (PMP). **OHP** is a healthy eating, physical activity, and development training for early childhood health professionals that promotes policy, systems, and environmental changes in the early care and education setting. **PMP** program provides physicians with strategies to enhance counseling during well child visits for children birth to 5 years old.

