



Jan Barrett Adams MS, MBA, RD
USDA, Food and Nutrition Service

School Nutrition Association
July 20, 2008

Promoting a Healthy School Environment

- ◉ Recognize a school's commitment
 - > Taking a leadership role
 - > High nutrition quality of meals served
 - > Opportunities for nutrition education and physical activity

How Does It Work?

- Voluntary program
- Schools must meet or exceed criteria
- Apply for Bronze, Silver or Gold award
- Certified for 2 years following certification

Criteria

- Be an elementary school
- Be a Team Nutrition School
- Offer reimbursable lunches that demonstrate healthy menu planning practices and meet USDA nutrition standards
- Provide nutrition education

Criteria

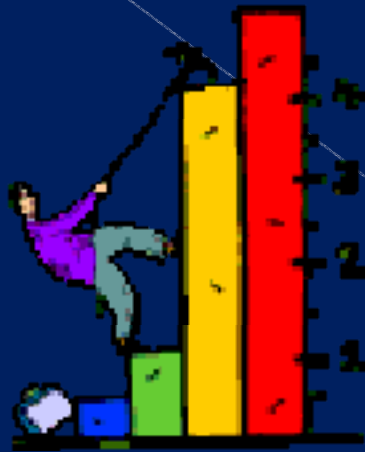
- Provide opportunity for physical activity
- Maintain an ADP of at least 70% for Silver/Gold or 62% for Bronze
- Adhere to USDA nutrition standards for competitive foods and beverages

What's New?

- Updated and revised to reflect the *2005 Dietary Guidelines for Americans*
- Goal: simplify criteria while making them consistent with current science
- Increased standards for competitive foods
- New higher award level
 - > Gold Award of Distinction

Taking the Challenge

New Menu Criteria



The Challenge Menu Criteria

- At least 5 different vegetables offered each week

Minimum: ¼ cup serving



The Challenge Menu Criteria

- Dark green or orange vegetables offered 3 or more days per week

At least 2 different vegetables offered



The Challenge Menu Criteria



- Cooked dry beans or peas offered each week

Minimum= ¼ cup serving

The Challenge Menu Criteria

- At least 5 different fruits offered each week

Minimum= ¼ cup serving



The Challenge Menu Criteria

- At least 1 serving of the fruit each week must be fresh for Silver/Bronze

or

- At least 2 servings of the fruit each week must be fresh for Gold



The Challenge Menu Criteria



*1 serving of G/B as defined
In the Food Buying Guide*

- At least 1 serving of a whole-grain food offered 3/week for Silver/Bronze

or

- At least 1 serving of a whole-grain food offered daily for Gold

The Challenge Menu Criteria

- Only low-fat (1%) or nonfat (skim) milk offered each day



Competitive Foods

Seconds, extra servings, a la carte, vending



- Bronze/Silver
 - > during meal periods in foodservice area
- Gold
 - > throughout the school day, throughout the school campus

Competitive Foods

Seconds, extra servings, a la carte, vending

- Total fat
 - > At or below 35% calories from total fat (excluding nuts, seeds, nut butters & reduced-fat cheese)
- Trans fat
 - > Less than .5 grams per serving
- Saturated fat
 - > Less than 10% calories (reduced-fat cheese is exempt)
- Sugar
 - > At or below 35% by weight (fruits and vegetables are exempt)

Competitive Foods

Seconds, extra servings, a la carte, vending

Sodium

- Bronze/Silver/Gold
 - > ≤ 480 mg per non-entrée, ≤ 600 per entrée
- Gold with Distinction
 - > ≤ 200 mg per non-entrée, ≤ 480 per entree

Competitive Beverages

Seconds, extra servings, a la carte, vending

- Milk

- > only low-fat & non-fat
- > Limit of 8 oz.

- Juice

- > 100% full strength with no sweeteners
- > Limit of 6 oz.

- Water

- > Non-flavored, non-carbonated, non-caffeinated, no sweeteners

Objective of the *HealthierUS* School Challenge Menu Criteria

- Every student should be able to select a *HealthierUS* School Challenge menu



Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna w/ Ground Beef Green Beans Carrot Sticks WW Bread Stick Orange Slices	Roast Turkey Candied Yams Black Eye Peas Steamed Broccoli WW Roll Fresh Apple Wedges	Grilled Chicken Nuggets Mashed Potatoes Green Peas WW Roll Canned Peaches	Beef Tacos w/ lettuce, tomato, & cheese Brown Rice Salsa Green Salad w/ Romaine Fresh Fruit Cup	Cheese Pizza WK Corn Tossed Salad w/ green leaf lettuce, spinach Fresh cantaloupe WW Bread Stick
Choice of Milk (low-fat or fat-free)	Choice of Milk (low-fat or fat-free)	Choice of Milk (low-fat or fat-free)	Choice of Milk (low-fat or fat-free)	Choice of Milk (low-fat or fat-free)

Vegetables

Gold: 5 different/week

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna w/ Ground Beef Green Beans Carrot Sticks WW Bread Stick Orange Slices Choice of Milk (low-fat or fat-free)	Roast Turkey Candied Yams Black Eye Peas Steamed Broccoli WW Roll Fresh Apple Wedges Choice of Milk (low-fat or fat-free)	Grilled Chicken Nuggets Mashed Potatoes Green Peas WW Roll Canned peaches Choice of Milk (low-fat or fat-free)	Beef Tacos w/ lettuce, tomato & cheese Brown Rice Salsa Green Salad w/ Romaine Fresh Fruit Cup Choice of Milk (low-fat or fat-free)	Cheese Pizza WK Corn Tossed Salad w/ green leaf lettuce, spinach Fresh cantaloupe WW Bread Stick Choice of Milk (low-fat or fat-free)

Dark Green/Orange Vegetables

Gold: 3 or more days/week

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna w/ Ground Beef Green Beans Carrot Sticks WW Bread Stick Orange Slices Choice of Milk (low-fat or fat-free)	Roast Turkey Candied Yams Black Eye Peas Steamed Broccoli WW Roll Fresh Apple Wedges Choice of Milk (low-fat or fat-free)	Grilled Chicken Nuggets Mashed Potatoes Green Peas WW Roll Canned Peaches Choice of Milk (low-fat or fat-free)	Beef Tacos w/ lettuce, tomato, & cheese Brown Rice Salsa Green Salad w/ Romaine Fresh Fruit Cup Choice of Milk (low-fat or fat-free)	Cheese Pizza WK Corn Tossed Salad w/ green leaf lettuce, spinach Fresh cantaloupe WW Bread Stick Choice of Milk (low-fat or fat-free)

Fruits

Gold: 5 different each week

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna w/ Ground Beef Green Beans Carrot Sticks WW Bread Stick Orange Slices	Roast Turkey Candied Yams Black Eye Peas Steamed Broccoli WW Roll Fresh Apple Wedges	Grilled Chicken Nuggets Mashed Potatoes Green Peas WW Roll Canned Peaches	Beef Tacos w/ lettuce, tomato, & cheese Brown Rice Salsa Green Salad w/ Romaine Fresh Fruit Cup	Cheese Pizza WK Corn Tossed Salad w/ green leaf lettuce, spinach Fresh cantaloupe WW Bread Stick
Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)

Fresh Fruits

Gold: 2 fresh each week

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna w/ Ground Beef Green Beans Carrot Sticks WW Bread Stick Orange Slices	Roast Turkey Candied Yams Black Eye Peas Steamed Broccoli WW Roll Fresh Apple Wedges	Grilled Chicken Nuggets Mashed Potatoes Green Peas WW Roll Canned Peaches	Beef Tacos w/ lettuce, tomato, & cheese Brown Rice Salsa Green Salad w/ Romaine Fresh Fruit Cup	Cheese Pizza WK Corn Tossed Salad w/ green leaf lettuce, spinach Fresh cantaloupe WW Bread Stick
Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)

Whole Grain Foods

Gold: one each day

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna w/ Ground Beef Green Beans Carrot Sticks WW Bread Stick Orange Slices Choice of Milk (low-fat or fat-free)	Roast Turkey Candied Yams Black Eye Peas Steamed Broccoli WW Roll Fresh Apple Wedges Choice of Milk (low-fat or fat-free)	Grilled Chicken Nuggets Mashed Potatoes Green Peas WW Roll Canned Peaches Choice of Milk (low-fat or fat-free)	Beef Tacos w/ lettuce, tomato, & cheese Brown Rice Salsa Green Salad w/ Romaine Fresh Fruit Cup Choice of Milk (low-fat or fat-free)	Cheese Pizza WK Corn Tossed Salad w/ green leaf lettuce, spinach Fresh cantaloupe WW Bread Stick Choice of Milk (low-fat or fat-free)

Low-fat and Fat-free Milk

Gold: offered each day

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna w/ Ground Beef Green Beans Carrot Sticks WW Bread Stick Orange Slices	Roast Turkey Candied Yams Black Eye Peas Steamed Broccoli WW Roll Fresh Apple Wedges	Grilled Chicken Nuggets Mashed Potatoes Green Peas WW Roll Canned Peaches	Beef Tacos w/ lettuce, tomato, & cheese Brown Rice Salsa Green Salad w/ Romaine Fresh Fruit Cup	Cheese Pizza WK Corn Tossed Salad w/ green leaf lettuce, spinach Fresh cantaloupe WW Bread Stick
Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)	Choice of Milk (low-fat or fat- free)

Additional Criteria

- Nutrition Education must be offered



New Physical Education Criteria

- Bronze/Silver
 - > 45 minutes/week
- Gold
 - > 90 minutes/week
- Gold with Distinction
 - > 150 minutes/week



Local Certification Review Panel

- ◉ Foodservice manager and district-level foodservice director
- ◉ Team Nutrition School Leader
- ◉ Parent organization representative
- ◉ A school nurse, CSH representative, PE or classroom teacher
- ◉ School Principal or Administrator

Application Packet

- Step 1
 - > Local Review Panel evaluation
- Step 2
 - > State Agency evaluation
- Step 3
 - > FNS evaluation

Contact Information:

Name _____ Position _____ Phone Number _____

Mailing Address _____ City _____ State _____ Zip Code _____

Email Address _____

Signatures of Review Panel:

We have reviewed this application and attest to the accuracy of the information provided. If selected, we agree to maintain the standards and procedures we indicated in this application for the duration of our sign request to publicize our efforts. Further, we agree to cooperate with USDA and other organizations

Foodservice Manager's Name _____ Signature _____ Date _____

Team Nutrition Leader's Name _____ Signature _____ Date _____

SFA Director's Name _____ Signature _____ Date _____

Representative of the School's Parent Organization _____ Signature _____ Date _____

Other School Representative _____ Signature _____ Date _____

Principal's Name _____ Signature _____ Date _____

Thank you for applying for the HealthierUS School Challenge.
For more information, visit the Team Nutrition Website: www.fns.usda.gov/tn

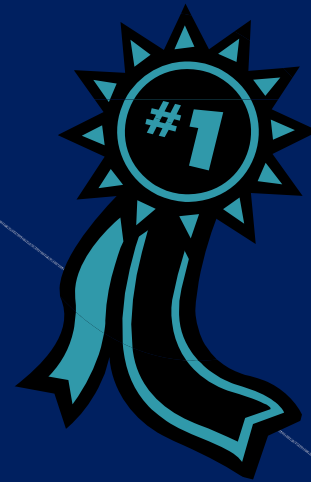
Application Approved _____ Application Denied _____ Reason _____

State Child Nutrition Director's Name _____ Signature _____ Date _____

The State Agency and FNS reserve the right to verify all information on the application and reject applications that are incomplete or otherwise fail to provide factual information.

Recognition

- School receives a plaque and banner
- School is recognized on the Team Nutrition website
- Award ceremony



Winners as of July 1, 2008

- 227 Gold Awards
- 35 Silver Awards
- 13 Bronze Awards

- 23 States have award winning schools

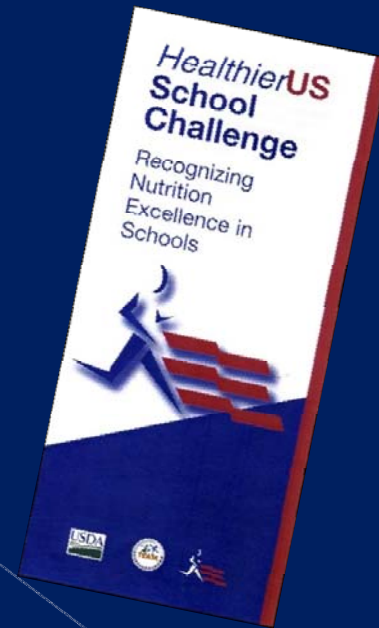


Implementation

- Sept 1-Dec 31, 2008 schools can apply using current or new criteria
- New 2008 criteria will be effective January 1, 2009
- Application forms and materials will be available on the Team Nutrition website in September 2008

HealthierUS School Challenge

Application Packet,
Criteria & Instructions,
Frequently Asked Questions,
and Resources



teamnutrition.usda.gov

Click on "Healthy Schools"