

Handout 6.1: Fact Sheet for School Administrators

Is Our School Ready to Take the HealthierUS School Challenge?

The HealthierUS School Challenge is a voluntary school nutrition and wellness initiative established by USDA's Food and Nutrition Service for schools that participate in the National School Lunch Program. The USDA believes that schools can take a leadership role in helping students learn, at an early age, to make healthier eating and lifestyle choices.

USDA encourages all schools to make positive changes to their school environments, and has, through the HealthierUS School Challenge (HUSC), established four levels of recognition—depending on the degree to which the school commits to meeting the criteria—Bronze, Silver, Gold, and the highest of honors, a Gold Award of Distinction.

Why Should Our School Apply?

As a HealthierUS School Challenge Award Winning School, your school will:

- Support the local wellness policy efforts of our school district.
- Support our school's academic plan. Research indicates a positive relationship between student achievement and nutrition and physical activity.
- Receive a recognition plaque, monetary award and award banner from USDA to display in our school to showcase your school's achievement. Schools that receive a Gold Award of Distinction will receive \$2000, Gold will receive \$1,500, Silver will receive \$1,000 and Bronze \$500.
- Receive positive community and media attention and possibly the appearance of a USDA official at a local event. To read testimony from award winning schools, visit www.teamnutrition.usda.gov.
- Communicate to parents, students, teachers, and the community a commitment to children's health and well-being.

What Does Our School Need to Do?

- Enroll as a Team Nutrition School.
- Contact the local school foodservice director and/or visit the Team Nutrition website at: www.teamnutrition.usda.gov to download the application and criteria. Click on "Healthy Schools."
- Convene a local review team, including yourself, and representatives from school foodservice, classroom teachers, school nurse and/or Physical Education teacher, and parent organization.
- Demonstrate healthy menu planning practices; provide nutrition education; and offer physical education and opportunities for physical activity.
- Demonstrate a successful school meal program with a minimum student participation level of 62% for elementary and middle schools and 55% for high schools.
- Complete application with documentation and required signatures.

Submit the completed application to your State Child Nutrition agency.

Handout 6.2: Sample Letter for the Family

Dear Family,

Beginning next (week, month, school year) our school will be making changes to our entire school environment as we work toward becoming certified as an award winning school by the U.S. Department of Agriculture's voluntary HealthierUS School Challenge. The HealthierUS School Challenge nationally recognizes schools at the Bronze, Silver, Gold, or Gold Award of Distinction levels of award for: 1) serving school lunches that reflect the Dietary Guidelines for Americans; 2) restricting the availability of foods and beverages at school to those that meet healthier guidelines of lower fat, added sugars, and sodium; 3) offering nutrition education for students to learn to make healthy choices; and 4) providing physical education and opportunities for students to be physically active during the school day.

We believe that children who learn to make healthy food choices and be physically active at a young age will continue these habits into adulthood. Look for these changes on our school lunch menu:

- A wider variety of fruits and vegetables, including dark green and orange vegetables, dry beans and peas, and fresh fruits.
- Frequent use of whole-grain products
- Low-fat or fat-free milk

We invite you to have lunch with your child often and to encourage your child to try new foods. Involving your child in selecting healthy choices at the grocery store and preparing healthy choices at home will help reinforce the messages we'll be teaching at school.

If you are interested in serving on our HealthierUS School Challenge Advisory Team, please contact our office.

We hope that you will encourage your children to choose a tasty, nutritious lunch at school. Please call us if you have any questions.

Sincerely,

Principal

Telephone:

Handout 6.3: Are You Ready to Take the Challenge? *Tips for Submitting a Challenge Application*

Checklist of Criteria	Tips for Applicant/Reviewer
<p>1. Is your school a Team Nutrition School?</p>	<p>Visit http://teammnutrition.usda.gov/team.html to download the Team Nutrition enrollment form and/or print the Team Nutrition verification form from the website and include in the application packet.</p>
<p>2. Has your school district completed the requirements from the most recent SMI review?</p>	<p>The school district had an SMI Review within last 5 years and was in compliance or corrective action was accepted. No documentation required; the State agency will verify.</p>
<p>3. Do reimbursable school lunches meet the menu criteria?</p> <ul style="list-style-type: none"> • Different vegetable is offered each day of the week. • Dark green or deep orange vegetables are offered 3 times per week; 2 are different. • Dry beans and peas are offered each week. • Different fruit is offered each day of the week; 2 are fresh for Gold, 1 is fresh for Silver/Bronze. • Whole-grain foods are offered at least 3 times a week for Bronze/Silver with 2 different kinds per week; everyday for Gold. At least one whole-grain food should be different; each whole grain food meets one grains/bread serving. • A majority of the whole-grain products have a whole grain as the primary ingredient by weight (first ingredient on the label) • Only low-fat or fat-free milk is offered each day. 	<ul style="list-style-type: none"> a. The menu has been served to students and the dates of the menu reflect this. If substitutions were made, they were noted on the menu and substitutions still met the criteria. b. The <i>Lunch Menu Worksheets</i>, pp. 4-7, have been completed, are descriptive of portion sizes, types of milk, use of whole grains, and the menus meet the lunch menu criteria. c. Food production records of the month's menus are included; indicate the number of menu items planned and served, and the portion sizes of menu items. d. Copies of whole-grain food labels are included and/or copies of whole-grain food recipes that have been served with the month's menus are also included. All of these meet the whole-grain criteria.
<p>4. Nutrition Education: Elementary Schools</p> <ul style="list-style-type: none"> a. Is provided for at least half, but no fewer than two, of the grade levels in the school. If the school consists of a single grade, nutrition education is provided to all students in the school. b. Is part of a structured and systematic unit of instruction, such as <i>MyPyramid</i> lessons from Team Nutrition. c. Involves multiple channels of communication, including the classroom, cafeteria, and home/parents. 	<ul style="list-style-type: none"> a. A description of the nutrition education efforts at the school are documented on the <i>Nutrition Education Worksheet</i>. Applicants are invited to send pictures, etc. to help describe efforts.

Checklist of Criteria	Tips for Applicant/Reviewer
<p>d. Messages are reinforced by prohibiting the use of food as a reward (school holiday parties are excluded).</p> <p>Secondary Schools</p> <p>a. Offered to middle school students in at least one grade level as part of required year round instruction.</p> <p>b. Offered to high school students in 2 courses required for graduation.</p> <p>c. Involves multiple channels of communication.</p> <p>d. Messages are reinforced by prohibiting the use of food as a reward (school holiday parties are excluded).</p>	
<p>5. Is physical education/physical activity promoted at the school?</p> <p>Elementary Schools</p> <p>a. Provide structured physical education classes for all full-day students throughout the school year.</p> <p>b. Provide unstructured daily opportunities for physical activity for all full-day students, such as recess.</p> <p>c. Reinforce physical activity education messages by neither denying nor requiring physical activity as a means of punishment.</p> <p>Secondary Schools</p> <p>a. Offer structured physical education classes to at least two grades and provide students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) throughout the school year.</p> <p>b. In addition, actively promote participation in physical activities (in and out of school) to all students.</p> <p>c. Reinforce physical activity education messages by neither denying nor requiring physical activity as a means of punishment.</p>	<p>A description of structured physical education and unstructured physical activity opportunities is recorded on the <i>Physical Activity Worksheet</i>.</p>
<p>Note: No ADP requirement for Bronze level awards.</p> <p>6. Elementary/Middle School: Does your school have a minimum average daily student lunch participation (ADP) of 60% for Silver and 70% for Gold/Gold Award of Distinction?</p>	<p>a. Divide total student school lunch participation for a typical operating month by the number of operating days in the month.</p> <p>b. Divide answer by school enrollment.</p> <p>c. Multiply by 100 for average daily participation (ADP) percentage.</p> <p>d. Complete calculations.</p>

Checklist of Criteria	Tips for Applicant/Reviewer
<p>High School: Does your school have a minimum average daily student lunch participation (ADP) of 45% for Silver and 65% for Gold/Gold Award of Distinction?</p>	<p>e. State agency staff should verify.</p>
<p>7. If competitive foods are sold, do they meet the Challenge criteria in the school cafeteria during meal periods for Bronze and Silver awards, or anytime during the school day and throughout the school campus for Gold/Gold Award of Distinction?</p> <ol style="list-style-type: none"> 1. $\leq 35\%$ of calories from total fat 2. “<i>Trans</i> fat free” or less than 0.5 g <i>trans</i> fat per serving 3. $< 10\%$ of calories from saturated fat 4. $\leq 35\%$ sugar by weight of product 5. ≤ 600 mg sodium for main dish/entrée, ≤ 480 mg sodium for side dish for Silver/Bronze/Gold; ≤ 480 mg sodium for main dish/entrée, and ≤ 200 mg sodium for side dish for Gold Award of Distinction or Physical Education is 150 minutes per week for elementary schools. 6. Portion sizes must not exceed the serving size of the food served in the school lunch program. 7. The package or container must not exceed 200 calories. 8. Only low-fat (1% or less) and/or fat-free (skim), flavored or unflavored, milk meeting State or local standards for pasteurized milk and/or USDA approved alternative dairy beverages. 9. Milk serving size must be limited to a maximum of 8 fluid ounces. Juice serving size must be limited to a maximum of 6 fluid ounces in elementary and middle schools and 8 fluid ounces in high schools. 10. Only 100% full strength fruit and vegetable juices with no sweeteners. Water must be unflavored, no sweeteners, non-carbonated, caffeinated-free. 	<p>a. The <i>Competitive Foods Worksheet</i> is completed. A list of all competitive foods sold/served in the following areas is submitted with the application.</p> <ul style="list-style-type: none"> • In any food service area during meal periods for Bronze/Silver • All locations throughout the school campus that competitive foods are available, at any time during the school day, for the Gold and Gold Award of Distinction. <p>b. Copies of food product labels and/or school made a la carte recipes are included.</p>
<p>8. Do your school policies and procedures support nutrition</p>	<p>A completed copy of the School Policies Practice Checklist is included in the packet.</p>

Checklist of Criteria	Tips for Applicant/Reviewer
<p>messages?</p> <ul style="list-style-type: none"> • Are primarily non-food items sold through school fundraising activities or do food items that are sold meet the competitive foods criteria? • Does your school demonstrate a commitment to neither deny nor require physical activity as a means of punishment? • Does your school demonstrate a commitment to prohibit the use of food as a reward? 	
<p>9. Does your school/school district have a local school wellness policy?</p>	<p>A copy of the school district's local wellness policy is included with the application.</p>
<p>10. Has your local review committee signed the verification form (p.12)?</p>	<p>The verification form contains signatures of local review committee. The signatures are dated after the menu has been served.</p>

Handout 6.4

OMB Control No.: 0584-0524
Expiration Date: 03/31/2010



Food and Nutrition Service (FNS) HealthierUS School Challenge Recognizing Excellence in Nutrition and Physical Activity

Application Cover Sheet

Application for: Gold Award Gold Award of Distinction*

* To receive the Gold Award of Distinction a school must meet a stricter sodium requirement for competitive foods or meet a stricter physical education/activity requirement.

School Name

School District

School Address City

State Zip

Grades in School K 1 2 3 4 5 6 7 8 9 10 11 12

Contact Person's Name and Title

Contact Person's Phone Number & Email

Date Submitted to State Agency

You must have Acrobat Reader 8.0 or above to save forms

**Reminder
Save
Your
Work!**

State

Approved by State Child Nutrition Director: _____
Signature Date

Reviewed by: _____ Phone: _____

Regional Office

FNS Region: _____ Reviewed by: _____

Approved by Child Nutrition Director: _____
Signature Date

FNS Headquarters

Application received HQ: _____ Reviewed by: _____

Decision/Date: _____ Award period: _____

School

Gold Award / Gold Award of Distinction Application 1

Please check when page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Table of Contents

Form	Page Number
Cover Sheet	1
Table of Contents	2
Application for Gold/Gold Distinction Awards	3
Week 1 Lunch Menu Worksheet	4
Week 2 Lunch Menu Worksheet	5
Week 3 Lunch Menu Worksheet	6
Week 4 Lunch Menu Worksheet	7
Nutrition Education Worksheet	8
Physical Education/Activity Worksheet-Elementary Schools	9
Physical Education/Activity Worksheet-Middle and High School	9a
Competitive Foods Worksheet	10
School Policies and Practices Checklist	11
Review Committee Verification Form	12
Application Check-off Sheet	13

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Application for Gold or Gold Award of Distinction



Gold Award Criteria	YES	NO
1. Are you a Team Nutrition School? (Include print out of Team Nutrition verification from Team Nutrition website: http://teammnutrition.usda.gov/schoolsdb/srhpge.asp)	<input type="checkbox"/>	<input type="checkbox"/>
2. If applicable, have all corrective actions from your school's most recent School Meals Initiative (SMI) been completed?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are all lunches submitted in this application reimbursable?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do your reimbursable lunches meet or exceed the criteria in the worksheets? (Include forms on pages 4-7 and documentation for menus served.)	<input type="checkbox"/>	<input type="checkbox"/>
5. Is nutrition education provided to students that meets or exceeds the criteria in the worksheet? (Include worksheet on page 8.)	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the opportunity for physical education/activity provided to students, that meets or exceeds the criteria in the worksheet? (Include worksheet on page 9/9a.)	<input type="checkbox"/>	<input type="checkbox"/>
7. Does your school meet the criteria for the award it is seeking? <i>Elementary and Middle School ADP Criteria: 70% Gold and Gold Award of Distinction</i> <i>High School ADP Criteria: 65% Gold and Gold Award of Distinction</i>	<input type="checkbox"/>	<input type="checkbox"/>
List ADP: <input type="text"/> month/year: <input type="text"/>		
8. Does your school serve/sell a la carte foods or have foods or beverages available in vending machines or a school store any time throughout the school day (including meal periods) and any place throughout the school campus? If yes, do these foods and beverages meet the competitive foods criteria listed in the worksheet? (Include printouts from the HUSSC Competitive Foods Online Calculator and product ingredient labels, Nutrition Facts Labels and/or recipes for each item.)	<input type="checkbox"/>	<input type="checkbox"/>
9. Does your school meet the School Policies and Practices criteria listed on page 11 of this application? (Include worksheet on page 11.)	<input type="checkbox"/>	<input type="checkbox"/>

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.

School

Gold Award / Gold Award of Distinction Application 3

**Reminder
Save
Your
Work!**

Please check when page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Gold Award Gold Award of Distinction

Dates Week 1 Menu served:

Week 1

Menu Planning Approach **Enhanced-Mod.** for the majority of children ▼

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
Vegetables: Offer a different vegetable every day of the week (at least 1/4 cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> more info.?	M <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> W <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> F <input style="width: 100%; height: 15px;" type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least 1/4 cup servings are required). more info.?	M <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> W <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> F <input style="width: 100%; height: 15px;" type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Cooked dry beans or peas (legumes): Offer at least 1 serving per week. At least 1/4 cup serving required. more info.?	M <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> W <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> F <input style="width: 100%; height: 15px;" type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Fruits: Offer a different fruit every day of the week (at least 1/4 cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> more info.?	M <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> W <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> F <input style="width: 100%; height: 15px;" type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Fresh fruit: Offer fresh fruit at least 2 days a week (at least 1/4 cup serving size). more info.?	M <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> W <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> F <input style="width: 100%; height: 15px;" type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day. more info.?	M <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> W <input style="width: 100%; height: 15px;" type="text"/> T <input style="width: 100%; height: 15px;" type="text"/> F <input style="width: 100%; height: 15px;" type="text"/>	M <input style="width: 100%; height: 15px;" type="text"/> g ▼ T <input style="width: 100%; height: 15px;" type="text"/> g ▼ W <input style="width: 100%; height: 15px;" type="text"/> g ▼ T <input style="width: 100%; height: 15px;" type="text"/> g ▼ F <input style="width: 100%; height: 15px;" type="text"/> g ▼	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO
2. Does this week's menu meet the HUSSC menu criteria? YES NO



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Gold Award Gold Award of Distinction

Dates Week 2 Menu served:

Week 2

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)																				
<p>Vegetables: Offer a different vegetable every day of the week (at least 1/4 cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> more info.?</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20px;">M</td><td style="width: 100px; height: 20px;"></td></tr> <tr><td>T</td><td style="height: 20px;"></td></tr> <tr><td>W</td><td style="height: 20px;"></td></tr> <tr><td>T</td><td style="height: 20px;"></td></tr> <tr><td>F</td><td style="height: 20px;"></td></tr> </table>	M		T		W		T		F		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20px;">M</td><td style="width: 100px;">1/4 cup ▼</td></tr> <tr><td>T</td><td>1/4 cup ▼</td></tr> <tr><td>W</td><td>1/4 cup ▼</td></tr> <tr><td>T</td><td>1/4 cup ▼</td></tr> <tr><td>F</td><td>1/4 cup ▼</td></tr> </table>	M	1/4 cup ▼	T	1/4 cup ▼	W	1/4 cup ▼	T	1/4 cup ▼	F	1/4 cup ▼	
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1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO
2. Does this week's menu meet the HUSSC menu criteria? YES NO



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Gold Award Gold Award of Distinction

Dates Week 3 Menu served:

Week 3

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)																				
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1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO
2. Does this week's menu meet the HUSSC menu criteria? YES NO

School _____

Gold Award / Gold Award of Distinction Application 6

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Work!

Please check when this page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Gold Award Gold Award of Distinction

Dates Week 4 Menu served:

Week 4

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
Vegetables: Offer a different vegetable every day of the week (at least 1/4 cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> more info.?	M <input style="width: 100%; height: 20px;" type="text"/> T <input style="width: 100%; height: 20px;" type="text"/> W <input style="width: 100%; height: 20px;" type="text"/> T <input style="width: 100%; height: 20px;" type="text"/> F <input style="width: 100%; height: 20px;" type="text"/>	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
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1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO
2. Does this week's menu meet the HUSSC menu criteria? YES NO

School _____

Gold Award / Gold Award of Distinction Application 7

**Reminder
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Your
Work!**

Please check when this page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

**Reminder
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Work!**

Nutrition Education Worksheet

Grades in which nutrition education is provided:

- K 1 2 3 4 5 6 7 8 9 10 11 12

Elementary Schools:

Is Nutrition Education provided to at least half the grades? Yes No

Briefly describe below how nutrition education is provided to multiple grades and:

- Is part of structured and systematic unit of instruction such as MyPyramid lessons from Team Nutrition
- Involves multiple channels of communication, including the classroom, cafeteria, and home/parents.

Middle and High Schools:

Briefly describe below how nutrition education is offered to:

- Middle school students in at least one grade level as part of year round instruction
- High school students in at least two courses required for graduation

Involves multiple channels of communication.

Grades	Description of Nutrition Education Efforts
	Limit 180 Characters

School

Gold Award / Gold Award of Distinction Application 8

Please check when completed.

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Physical Education/Activity Worksheet - Elementary Schools

Grades in which physical education classes are provided: K 1 2 3 4 5 6 7 8

Physical Education

Does your school offer physical education classes to *all full-day* students throughout the school year? Yes No

- Both Gold Awards: A minimum average of 90 minutes physical education per week.
- Gold Award of Distinction: A minimum average of 150 minutes physical education per week.

Physical Activity

Grades	List the average number of minutes/week that physical education is provided throughout the school year for each grade checked above.	Describe any additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities.
		Limit 150 Characters

School

Gold Award / Gold Award of Distinction Application 9

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Work!**

Please check when page is completed.

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Physical Education/Activity Worksheet - Middle and High Schools

Grades in which physical education classes are provided: 5 6 7 8 9 10 11 12

Briefly describe below how your school offers structured physical education classes to at least two grades and provides students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) and actively promotes participation in physical activities to all students throughout the school year. If possible, list the number of minutes per week that physical education is provided throughout the school year for each grade checked above.

Grades	Physical Education Activity

School

Gold Award / Gold Award of Distinction Application 9a

Please check when page is completed.

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Competitive Foods Worksheet

Are any foods or beverages outside the NSLP sold at your school anytime during the school day? This includes in the cafeteria (a la carte or extra sales) or any other place (vending machines or school stores, etc.).

Yes No

If YES, go to the online HUSSC Competitive Foods Calculator to determine if the food and beverages sold as competitive foods meet the HUSSC criteria. Print out results from the Calculator and include with product ingredient labels, Nutrition Facts Labels and/or recipes for each item in the application.

If this is a school made product please submit the recipe with the application.

Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.

Competitive Foods Calculator

1. Fill in the name of your competitive food product and press "Add to List."

Add to List

2. Using information from the Nutrition Facts label, fill in all fields (only one sodium.) Press calculate to see results.

Nutrition Facts	
Serving Size (in grams)	g
Calories	
Total Fat	g
Sat Fat	g
Trans Fat	g
Sugars	g
Sodium	
side dish/snack or entree	mg

Calculate

3. Fill in your school's name. Below is your Competitive Foods List. Print and send in with your HUSSC application.

School Name:

Does your food meet the HUSSC Competitive Foods Criteria?

<input type="checkbox"/>	<input type="checkbox"/>

Print List **Clear List**

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Work!**

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

The calculator formulas are at http://teamnutrition.usda.gov/HealthierUS/formulas_foodcalc.pdf



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



School Policies and Practices Checklist

School Policies and Practices		YES	NO
Fundraising	1. Are primarily non-food items sold through school fundraising activities?	<input type="checkbox"/>	<input type="checkbox"/>
	2. Do food items that are sold during the school day meet the guidelines for competitive foods?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	Does your school demonstrate a commitment to neither deny nor require physical activity as a means of punishment? (For example, students who misbehave are not denied recess.)	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	Does your school demonstrate a commitment to prohibit the use of food as a reward? (For example, teachers do not offer candy as a reward to students for good behavior, or for the completion of an assignment.)	<input type="checkbox"/>	<input type="checkbox"/>
Wellness Policy	Does your school have an approved Wellness Policy included in this application?	<input type="checkbox"/>	<input type="checkbox"/>
Meal Service	Do students have the opportunity to select a reimbursable meal that meets all of the HUSSC menu criteria? If so, please describe in detail. For example, include: your menu structure [number of entrees and sides, how students have the opportunity to select HUSSC items on serving line(s), etc.] and how Offer vs Serve is implemented, if applicable.	<input type="checkbox"/>	<input type="checkbox"/>

School

Gold Award / Gold Award of Distinction Application 11

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 Work!**

Please check when page is completed.

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Review Committee Verification Form

Please read the following statement and sign below if you agree:

We have reviewed this application, and we agree that our school meals are healthy and appealing to our students. We attest to the accuracy of the information provided, including the criteria for school policies and practices specified on page 11 of this application. We agree to maintain the nutrition excellence and physical education/activity standards and procedures indicated in this application for the duration of our certification as Gold or Gold Award of Distinction awardees. Furthermore, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

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

Physical Education/Health Teacher's Name

Signature

Date

Principal's Name

Signature

Date

Please submit your completed application and documentation to your State Child Nutrition Agency.

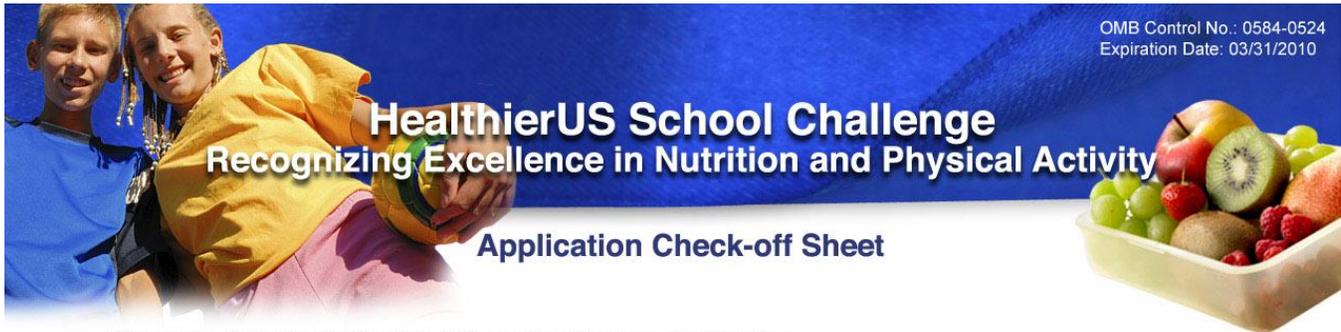
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Public reporting burden for this collection of information is estimated to average 3 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.

School

Gold Award / Gold Award of Distinction Application 12

Please check when page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Application Check-off Sheet

Please include the following information in your Application:

Page	Form	Completed
1	Cover Sheet	<input type="checkbox"/>
2	Table of Contents	n/a
3	Application for Gold Awards	<input type="checkbox"/>
4	Week 1 Lunch Menu Worksheet	<input type="checkbox"/>
5	Week 2 Lunch Menu Worksheet	<input type="checkbox"/>
6	Week 3 Lunch Menu Worksheet	<input type="checkbox"/>
7	Week 4 Lunch Menu Worksheet	<input type="checkbox"/>
8	Nutrition Education Worksheet	<input type="checkbox"/>
9/9a	Physical Education/Activity Worksheet	<input type="checkbox"/> 9 <input type="checkbox"/> 9a
10	Competitive Foods Worksheet	<input type="checkbox"/>
11	School Policies and Practices Checklist	<input type="checkbox"/>
12	Review Committee Verification Form	<input type="checkbox"/>
13	Application Check-off Sheet	n/a

Please submit the following additional documentation:

- Copy of the School Wellness Policy and Team Nutrition Verification
- Monthly menus for reimbursable school lunches served in your school (Menus must reflect four consecutive weeks where each week has at least three days and the total number of days over the 4-week menu is 16 days or more. For example: 3 days week 1; 3 days week 2; 5 days week 3; 5 days week 4 = 16 days)
- Production records for the 4 weeks
- Documentation including recipes, food product ingredient statements, and/or Nutrition Facts labels to verify that the criteria have been met for the following: Whole-grain products; A la carte, snack bar, and vended items sold anytime, anywhere on the school campus.

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

Handout 6.5

OMB Control No.: 0584-0524
Expiration Date: 03/31/2010



**Food and Nutrition Service (FNS)
HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity**

Application Cover Sheet

Application for: Bronze Award Silver Award

School Name

School District

School Address City

State Zip

Grades in School K 1 2 3 4 5 6 7 8 9 10 11 12

Contact Person's Name and Title

Contact Person's Phone Number & Email

Date Submitted to State Agency

You must have Acrobat Reader 8.0 or above to save forms

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State

Approved by State Child Nutrition Director: _____
Signature Date

Reviewed by: _____ Phone: _____

Regional Office

FNS Region: _____ Reviewed by: _____

Approved by Child Nutrition Director: _____
Signature Date

FNS Headquarters

Application received HQ: _____ Reviewed by: _____

Decision/Date: _____ Award period: _____

School

Bronze Award / Silver Award Application 1

Please check when page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Table of Contents



Form	Page Number
Cover Sheet	1
Table of Contents	2
Application for Bronze/Silver Awards	3
Week 1 Lunch Menu Worksheet	4
Week 2 Lunch Menu Worksheet	5
Week 3 Lunch Menu Worksheet	6
Week 4 Lunch Menu Worksheet	7
Nutrition Education Worksheet	8
Physical Education/Activity Worksheet-Elementary Schools	9
Physical Education/Activity Worksheet-Middle and High School	9a
Competitive Foods Worksheet	10
School Policies and Practices Checklist	11
Review Committee Verification Form	12
Application Check-off Sheet	13

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Application for Bronze or Silver Award



Bronze / Silver Award Criteria	YES	NO
1. Are you a Team Nutrition School? (Include print out of Team Nutrition verification from Team Nutrition website: http://teamnutrition.usda.gov/schoolsdb/srchpage.asp)	<input type="checkbox"/>	<input type="checkbox"/>
2. If applicable, have all corrective actions from your school's most recent School Meals Initiative (SMI) been completed?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are all lunches submitted in this application reimbursable?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do your reimbursable lunches meet or exceed the criteria in the worksheets? (Include forms on pages 4-7 and documentation for menus served.)	<input type="checkbox"/>	<input type="checkbox"/>
5. Is nutrition education provided to students that meets or exceeds the criteria in the worksheet? (Include worksheet on page 8.)	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the opportunity for physical education/activity provided to students, that meets or exceeds the criteria in the worksheet? (Include worksheet on page 9/9a.)	<input type="checkbox"/>	<input type="checkbox"/>
7. Does your school meet the criteria for the award it is seeking? <i>No ADP requirement for Bronze.</i> <i>Elementary and Middle School ADP criteria: 60% Silver</i> <i>High School ADP Criteria: 45% Silver</i> List ADP: <input type="text"/> month/year: <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your school serve/sell a la carte foods or have foods or beverages available in vending machines in the school cafeteria and/or other designated school meal area during meal periods? If yes, do these foods and beverages meet the competitive foods criteria listed in the worksheet? (Include printouts from online calculator, food product ingredient labels, Nutrition Facts Labels and/or recipes.)	<input type="checkbox"/>	<input type="checkbox"/>
9. Does your school meet the School Policies and Practices criteria listed on page 11 of this application? (Include worksheet on page 11.)	<input type="checkbox"/>	<input type="checkbox"/>

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.

School

Reminder *Bronze Award / Silver Award Application 3*
Save Your Work!

Please check when page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Bronze Award Silver Award

Dates Week 1 Menu served:

Week 1

Menu Planning Approach Enhanced-Mod. for the majority of children ▼

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)																				
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<p>Whole grain foods: Offer whole grain food at least 3 days/week, and may not be the same one each day. more info.?</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">M</td><td><input style="width: 100%; height: 20px;" type="text"/></td></tr> <tr><td style="text-align: center;">T</td><td><input style="width: 100%; height: 20px;" type="text"/></td></tr> <tr><td style="text-align: center;">W</td><td><input style="width: 100%; height: 20px;" type="text"/></td></tr> <tr><td style="text-align: center;">T</td><td><input style="width: 100%; height: 20px;" type="text"/></td></tr> <tr><td style="text-align: center;">F</td><td><input style="width: 100%; height: 20px;" type="text"/></td></tr> </table>	M	<input style="width: 100%; height: 20px;" type="text"/>	T	<input style="width: 100%; height: 20px;" type="text"/>	W	<input style="width: 100%; height: 20px;" type="text"/>	T	<input style="width: 100%; height: 20px;" type="text"/>	F	<input style="width: 100%; height: 20px;" type="text"/>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">M</td><td><input style="width: 50%; height: 20px;" type="text"/> g ▼</td></tr> <tr><td style="text-align: center;">T</td><td><input style="width: 50%; height: 20px;" type="text"/> g ▼</td></tr> <tr><td style="text-align: center;">W</td><td><input style="width: 50%; height: 20px;" type="text"/> g ▼</td></tr> <tr><td style="text-align: center;">T</td><td><input style="width: 50%; height: 20px;" type="text"/> g ▼</td></tr> <tr><td style="text-align: center;">F</td><td><input style="width: 50%; height: 20px;" type="text"/> g ▼</td></tr> </table>	M	<input style="width: 50%; height: 20px;" type="text"/> g ▼	T	<input style="width: 50%; height: 20px;" type="text"/> g ▼	W	<input style="width: 50%; height: 20px;" type="text"/> g ▼	T	<input style="width: 50%; height: 20px;" type="text"/> g ▼	F	<input style="width: 50%; height: 20px;" type="text"/> g ▼	
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1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO
2. Does this week's menu meet the HUSSC menu criteria? YES NO

School

Reminder
Save
Your
Work!

Bronze Award / Silver Award Application 4

Please check when this page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Bronze Award Silver Award

Dates Week 2 Menu served:

Week 2

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)																														
<p>Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> more info.?</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">M</td><td style="width: 150px; height: 20px;"></td></tr> <tr><td style="text-align: center;">T</td><td style="width: 150px; height: 20px;"></td></tr> <tr><td style="text-align: center;">W</td><td style="width: 150px; height: 20px;"></td></tr> <tr><td style="text-align: center;">T</td><td style="width: 150px; height: 20px;"></td></tr> <tr><td style="text-align: center;">F</td><td style="width: 150px; height: 20px;"></td></tr> </table>	M		T		W		T		F		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">M</td><td style="width: 100px;">1/4 cup</td><td style="text-align: right;">▼</td></tr> <tr><td style="text-align: center;">T</td><td>1/4 cup</td><td style="text-align: right;">▼</td></tr> <tr><td style="text-align: center;">W</td><td>1/4 cup</td><td style="text-align: right;">▼</td></tr> <tr><td style="text-align: center;">T</td><td>1/4 cup</td><td style="text-align: right;">▼</td></tr> <tr><td style="text-align: center;">F</td><td>1/4 cup</td><td style="text-align: right;">▼</td></tr> </table>	M	1/4 cup	▼	T	1/4 cup	▼	W	1/4 cup	▼	T	1/4 cup	▼	F	1/4 cup	▼						
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1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO

2. Does this week's menu meet the HUSSC menu criteria? YES NO

School

Reminder
Save
Your
Work!

Bronze Award / Silver Award Application 5

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HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Bronze Award Silver Award

Dates Week 3 Menu served:

Week 3

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)																														
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1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO
2. Does this week's menu meet the HUSSC menu criteria? YES NO

School _____

Reminder
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Your
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Bronze Award / Silver Award Application 6

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HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet Bronze Award Silver Award

Dates Week 4 Menu served:

Week 4

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)																														
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<p>Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> more info.?</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20px;">M</td><td style="width: 100px; height: 20px;"></td></tr> <tr><td>T</td><td style="height: 20px;"></td></tr> <tr><td>W</td><td style="height: 20px;"></td></tr> <tr><td>T</td><td style="height: 20px;"></td></tr> <tr><td>F</td><td style="height: 20px;"></td></tr> </table>	M		T		W		T		F		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20px;">M</td><td style="width: 50px;">1/4 cup</td><td style="width: 30px;">▼</td></tr> <tr><td>T</td><td>1/4 cup</td><td>▼</td></tr> <tr><td>W</td><td>1/4 cup</td><td>▼</td></tr> <tr><td>T</td><td>1/4 cup</td><td>▼</td></tr> <tr><td>F</td><td>1/4 cup</td><td>▼</td></tr> </table>	M	1/4 cup	▼	T	1/4 cup	▼	W	1/4 cup	▼	T	1/4 cup	▼	F	1/4 cup	▼						
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<p>Fresh fruit: Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). more info.?</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20px;">M</td><td style="width: 100px; height: 20px;"></td></tr> <tr><td>T</td><td style="height: 20px;"></td></tr> <tr><td>W</td><td style="height: 20px;"></td></tr> <tr><td>T</td><td style="height: 20px;"></td></tr> <tr><td>F</td><td style="height: 20px;"></td></tr> </table>	M		T		W		T		F		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20px;">M</td><td style="width: 50px;">1/4 cup</td><td style="width: 30px;">▼</td></tr> <tr><td>T</td><td>1/4 cup</td><td>▼</td></tr> <tr><td>W</td><td>1/4 cup</td><td>▼</td></tr> <tr><td>T</td><td>1/4 cup</td><td>▼</td></tr> <tr><td>F</td><td>1/4 cup</td><td>▼</td></tr> </table>	M	1/4 cup	▼	T	1/4 cup	▼	W	1/4 cup	▼	T	1/4 cup	▼	F	1/4 cup	▼						
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<p>Whole grain foods: Offer whole grain food at least 3 days/week, and may not be the same one each day. more info.?</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20px;">M</td><td style="width: 100px; height: 20px;"></td></tr> <tr><td>T</td><td style="height: 20px;"></td></tr> <tr><td>W</td><td style="height: 20px;"></td></tr> <tr><td>T</td><td style="height: 20px;"></td></tr> <tr><td>F</td><td style="height: 20px;"></td></tr> </table>	M		T		W		T		F		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20px;">M</td><td style="width: 50px;"></td><td style="width: 30px;">g</td><td style="width: 20px;">▼</td></tr> <tr><td>T</td><td></td><td>g</td><td>▼</td></tr> <tr><td>W</td><td></td><td>g</td><td>▼</td></tr> <tr><td>T</td><td></td><td>g</td><td>▼</td></tr> <tr><td>F</td><td></td><td>g</td><td>▼</td></tr> </table>	M		g	▼	T		g	▼	W		g	▼	T		g	▼	F		g	▼	
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1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO
2. Does this week's menu meet the HUSSC menu criteria? YES NO

School _____

Reminder
Save
Your
Work!

Bronze Award / Silver Award Application 7

Please check when this page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

**Reminder
Save
Your
Work!**

Nutrition Education Worksheet

Grades in which nutrition education is provided:

- K 1 2 3 4 5 6 7 8 9 10 11 12

Elementary Schools:

Is Nutrition Education provided to at least half the grades? Yes No

Briefly describe below how nutrition education is provided to multiple grades and:

- Is part of structured and systematic unit of instruction such as MyPyramid lessons from Team Nutrition
- Involves multiple channels of communication, including the classroom, cafeteria, and home/parents.

Middle and High Schools:

Briefly describe below how nutrition education is offered to:

- Middle school students in at least one grade level as part of year round instruction
- High school students in at least two courses required for graduation

Involves multiple channels of communication.

Grades	Description of Nutrition Education Efforts
	Limit 180 Characters

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Physical Education/Activity Worksheet - Elementary Schools

Grades in which physical education classes are provided: K 1 2 3 4 5 6 7 8

Physical Education

Does your school offer physical education classes to *all full-day* students throughout the school year? Yes No

Do the physical education classes cover a minimum average of 45 minutes per week?
Yes No

Physical Activity

Grades

List the average number of minutes/week that physical education is provided throughout the school year for each grade checked above.

Describe any additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities.

Grades	List the average number of minutes/week that physical education is provided throughout the school year for each grade checked above.	Describe any additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities.
		Limit 150 Characters

School

**Reminder
Save
Your
Work!**

Bronze Award / Silver Award Application 9

Please check when page is completed.

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Physical Education/Activity Worksheet - Middle and High Schools

Grades in which physical education classes are provided: 5 6 7 8 9 10 11 12

Briefly describe below how your school offers structured physical education classes to at least two grades and provides students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) and actively promotes participation in physical activities to all students throughout the school year. If possible, list the number of minutes per week that physical education is provided throughout the school year for each grade checked above.

Grades	Physical Education Activity

School

Bronze Award / Silver Award Application 9a

Please check when page is completed.

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Competitive Foods Worksheet

Does your school sell/serve a la carte or extra foods or beverages during meal periods in the food service area(s), including vending machines or a school store, in competition with school meals?

Yes No

If YES, go to the online HUSSC Competitive Foods Calculator to determine if the food and beverages sold as competitive foods meet the HUSSC criteria. Print out results from the Calculator and include with product ingredient labels, Nutrition Facts Labels and/or recipes for each item in the application.

If this is a school made product please submit the recipe with the application.

Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.

The screenshot shows a web form titled "Competitive Foods Calculator" with three main sections:

- Section 1:** "Fill in the name of your competitive food product and press 'Add to List.'" It includes a text input field and an "Add to List" button.
- Section 2:** "Using information from the Nutrition Facts label, fill in all fields (only one sodium.) Press calculate to see results." It features a "Nutrition Facts" table with fields for:
 - Serving Size (in grams) g
 - Calories
 - Total Fat g
 - Sat Fat g
 - Trans Fat g
 - Sugars g
 - Sodium (side dish/snack or entree) mgBelow the table is a "Calculate" button.
- Section 3:** "Fill in your school's name. Below is your Competitive Foods List. Print and send in with your HUSSC application." It includes a "School Name:" input field, a question "Does your food meet the HUSSC Competitive Foods Criteria?" with a Yes/No grid, and "Print List" and "Clear List" buttons.

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

The calculator formulas are at <http://teamn nutrition.usda.gov/HealthierUS/index.html>

School

**Reminder
Save
Your
Work!**

Bronze Award / Silver Award Application 10

Please check when page is completed.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



School Policies and Practices Checklist

School Policies and Practices		YES	NO
Fundraising	1. Are primarily non-food items sold through school fundraising activities?	<input type="checkbox"/>	<input type="checkbox"/>
	2. Do food items that are sold during the school day meet the guidelines for competitive foods?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	Does your school demonstrate a commitment to neither deny nor require physical activity as a means of punishment? (For example, students who misbehave are not denied recess.)	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	Does your school demonstrate a commitment to prohibit the use of food as a reward? (For example, teachers do not offer candy as a reward to students for good behavior, or for the completion of an assignment.)	<input type="checkbox"/>	<input type="checkbox"/>
Wellness Policy	Does your school have an approved Wellness Policy included in this application?	<input type="checkbox"/>	<input type="checkbox"/>
Meal Service	Do students have the opportunity to select a reimbursable meal that meets all of the HUSSC menu criteria? If so, please describe in detail. For example, include: your menu structure [number of entrees and sides, how students have the opportunity to select HUSSC items on serving line(s), etc.] and how Offer vs Serve is implemented, if applicable.	<input type="checkbox"/>	<input type="checkbox"/>

School

Bronze Award / Silver Award Application 11

**Reminder
 Save
 Your
 Work!**

Please check when page is completed.

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Review Committee Verification Form

Please read the following statement and sign below if you agree:

We have reviewed this application, and we agree that our school meals are healthy and appealing to our students. We attest to the accuracy of the information provided, including the criteria for school policies and practices specified on page 11 of this application. We agree to maintain the nutrition excellence and physical education/activity standards and procedures indicated in this application for the duration of our certification as Bronze or Silver awardees. Furthermore, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

<input type="text"/>	_____	_____
Foodservice Manager's Name	Signature	Date
<input type="text"/>	_____	_____
Team Nutrition Leader's Name	Signature	Date
<input type="text"/>	_____	_____
SFA Director's Name	Signature	Date
<input type="text"/>	_____	_____
Representative of the School's Parent Organization	Signature	Date
<input type="text"/>	_____	_____
Physical Education/Health Teacher's Name	Signature	Date
<input type="text"/>	_____	_____
Principal's Name	Signature	Date

Please submit your completed application and documentation to your State Child Nutrition Agency.

**Reminder
Save
Your
Work!**

Public reporting burden for this collection of information is estimated to average 3 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.

School

Bronze Award / Silver Award Application 12

Please check when page is completed.

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Application Check-off Sheet



Please include the following information in your Application:

Page	Form	Completed
1	Cover Sheet	<input type="checkbox"/>
2	Table of Contents	n/a
3	Application for Bronze/Silver Awards	<input type="checkbox"/>
4	Week 1 Lunch Menu Worksheet	<input type="checkbox"/>
5	Week 2 Lunch Menu Worksheet	<input type="checkbox"/>
6	Week 3 Lunch Menu Worksheet	<input type="checkbox"/>
7	Week 4 Lunch Menu Worksheet	<input type="checkbox"/>
8	Nutrition Education Worksheet	<input type="checkbox"/>
9/9a	Physical Education/Activity Worksheet	<input type="checkbox"/> 9 <input type="checkbox"/> 9a
10	Competitive Foods Worksheet	<input type="checkbox"/>
11	School Policies and Practices Checklist	<input type="checkbox"/>
12	Review Committee Verification Form	<input type="checkbox"/>
13	Application Check-off Sheet	n/a

Please submit the following additional documentation:

- Copy of the School Wellness Policy and Team Nutrition Verification
- Monthly menus for reimbursable school lunches served in your school (Menus must reflect four consecutive weeks where each week has at least three days and the total number of days over the 4-week menu is 16 days or more. For example: 3 days week 1; 3 days week 2; 5 days week 3; 5 days week 4 = 16 days)
- Production records for the 4 weeks (not required for bronze level)
- Documentation including recipes, food product ingredient statements, and/or Nutrition Facts labels to verify that the criteria have been met for the following: Whole-grain products; A la carte, snack bar, and vended items sold anytime, anywhere on the school campus.

Thank you for applying for the HealthierUS School Challenge.

For more information, visit the Team Nutrition Website: www.teamnutrition.usda.gov

Handout 6.6: Challenge Resources

HealthierUS School Challenge Applications, Guidance, and Resources

Go directly to the Team Nutrition HealthierUS School Challenge webpage for the applications and the guidance and resources to complete them.

<http://teamnutrition.usda.gov/HealthierUS/index.html>

Nutrition Education and Physical Activity Resources

Periodically check the Team Nutrition resources library (<http://www.fns.usda.gov/TN/library.html>) for new and updated resources in addition to those listed below.

Available Resources for Elementary Schools:

- *Enjoy Moving* Flyer and Poster
The poster and flyer show the “backside” of MyPyramid for Kids indicating the different levels of physical activity. Students are encouraged to do: *Plenty of Moving Whenever You Can, More Making Your Heart Work Harder, Enough Stretching and Building Muscles, and Less Sitting Around*. This new message is used as a **poster** and as an 11x8-1/2 flyer. The flyer has the activity pyramid image on one side and more extensive information about which activities fit into each category of activity.
<http://teamnutrition.usda.gov/Resources/enjoymovingflyer.html> and
<http://teamnutrition.usda.gov/Resources/enjoymovingposter.html>
- *MyPyramid for Kids: A Close Look*
This is a step-by-step explanation of the key concepts of the *MyPyramid for Kids* symbol.
<http://teamnutrition.usda.gov/Resources/mypyramidcloselook.html>
- *MyPyramid for Kids Blast Off*
This interactive computer game reinforces the key concepts of *MyPyramid for Kids*. Students can reach Planet Power by fueling their rocket with food and physical activity. “Fuel” tanks for each food group help students keep track of how their choices fit into *MyPyramid*.
<http://teamnutrition.usda.gov/Resources/mypyramidcloselook.html>
- *MyPyramid for Kids Classroom Materials*
Educational materials developed at the elementary school level to help children learn the *MyPyramid* food guidance system. Lesson plans for teachers are available in three levels: Level 1 (grades 1-2); Level 2 (grades 3-4); and Level 3 (grades 5-6).
<http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html>
- *MyPyramid for Kids Coloring Page*
This is the black and white line art of the *MyPyramid for Kids* symbol for kids to color.
<http://teamnutrition.usda.gov/Resources/mypyramidcoloringpage.html>
- *MyPyramid for Kids Poster*
A 2-sided poster of *MyPyramid for Kids*. Choose the side that is most appropriate for your students. One side of the poster, suitable for young children, highlights a simplified *MyPyramid for Kids* graphic. The other side, appropriate for more advanced students, features both the *MyPyramid for Kids* graphic and healthy eating and physical activity messages. This poster is available to schools and child care providers.
<http://teamnutrition.usda.gov/Resources/mypyramidforkidsposter.html>

- *MyPyramid for Kids Tips for Families*
MyPyramid for Kids graphic and messages on one side and eating and physical activity tips on the other. This flyer is packaged in sets of 25 and is available to schools, child care providers, and parent organizations.
<http://teamnutrition.usda.gov/Resources/mypyramidtips.html>
- *MyPyramid for Kids Worksheet*
This worksheet helps kids track how their food choices match up to the recommendations of *MyPyramid*. Print out this helpful meal tracking worksheet and set a food and activity goal for tomorrow.
<http://teamnutrition.usda.gov/Resources/mypyramidworksheet.html>
- *Team Up at Home: Team Nutrition Activity Booklet*
This is a collection of hands-on nutrition education activities for parents to use with their school-age children. This 36-page activity booklet is in a reproducible format for classroom and community use. <http://teamnutrition.usda.gov/Resources/teamupbooklet.html>

Available Resources for Middle and High Schools:

- *Empowering Youth Modules and Manual*
The modules and supportive manual modules are for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity related community project; tips, worksheets, handouts, discussion prompters and more!
<http://www.fns.usda.gov/TN/Resources/empoweringyouth.html>
- *Food for a Day Poster*
A visual representation of a day's worth of food to equal 2000 calories, it is included in the Nutrition Essentials classroom materials.
<http://www.fns.usda.gov/TN/Resources/foodforday.html>
- *How Much Do You Eat Poster*
This is a revision of the poster: *What Size is Your Serving?* and it focuses on amounts of food instead of servings in accordance with the 2005 Dietary Guidelines for Americans.
<http://www.fns.usda.gov/TN/Resources/Howmuch.html>
- *Move It! Poster*
A poster designed to deliver the healthy eating and physical activity messages to middle and high school students. It is included in both *Nutrition Essentials* classroom materials and the *Power of Choice*.
<http://www.fns.usda.gov/TN/Resources/moveitposter.html>
- *Nutrition Essentials*
A series of classroom lessons directed at making healthful eating and physical activity choices. It provides several tools (posters, interactive CD with games) which provide information needed to make educated choices.
<http://www.fns.usda.gov/TN/Resources/nutritionessentials.html>

- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*
It is intended for after-school program leaders working with young adolescents. Everything you need to know is in the Leaders' Guide (recipe booklet, parent letter, and Nutrition Facts cards), including most activity materials. It's full of quick, simple things to do with kids; many activities take little or no pre-planning. It has a CD containing 10 interactive sessions based on six posters.
http://www.fns.usda.gov/TN/Resources/power_of_choice.html
- *Read It Before You Eat It Poster*
This poster provides a quick lesson on how to read a nutrition facts label.
http://www.fns.usda.gov/TN/Resources/readit_eatit.html
- *yourSELF Middle School Nutrition Education Kit*
This material speaks directly to adolescents on nutrition and physical activity issues. It contains materials for health education, home economics or family living classes that will help 7th and 8th grade students learn to make smart choices about eating and physical activity. The materials convey respect for adolescents' power of choice and their increasing control over their own health. Multimedia kit includes 30 copies of yourSELF Magazine, 30 student workbooks, a teacher's guide, duplication masters, 25-minute video, a poster and ideas for linking the school dining room and the classroom.
<http://www.fns.usda.gov/TN/Resources/yourself.html>

Other Food and Nutrition Service Resources:

- *Eat Smart. Play Hard™* offers teachers practical, fun, and interactive tools such as activity sheets, games, and puzzles to use in motivating children to make healthy food choices and be physically active. This link also provides additional take-home material for parents and caregivers with messages that will help reinforce the messages at school.
<http://www.fns.usda.gov/eatsmartplayhardeducators/>
- *Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices*
This is a set of 16 audience-tested nutrition education messages, supporting content and implementation guidance describing how to use the messages in Federal nutrition assistance programs. Nutrition educators can employ these tools to support and enhance nutrition education targeting low-income mothers and children. Behaviors related to child feeding practices and fruit, vegetable and low-fat/fat-free milk consumption are addressed. The guide provides background information, a brief summary of the developmental process and research findings, as well as suggestions and tips for putting the core messages into practice. It also discusses potential communication channels and evaluation.
<http://www.fns.usda.gov/TN/Resources/maximizingmessage.html>

Centers for Disease Control, Division of Adolescent and School Health Resources:

- *Physical Education Curriculum Analysis Tool*
The Physical Education Curriculum Analysis Tool (PECAT) will help school districts conduct a clear, complete, and consistent analysis of written physical education curricula, based upon national physical education standards. The PECAT is customizable to include local standards. The results from the analysis can help school districts enhance existing curricula, develop their own curricula, or select a published curriculum, for the delivery of quality physical education in schools. <http://www.cdc.gov/HealthyYouth/PECAT/index.htm>

Handout 6.7: *Are You Ready for The Challenge?* An Action Plan for Meeting the Challenge

Name of School/School District: _____

Person(s) Preparing: _____

Challenge Criteria	Action Steps to Meet Criteria	Target Date for Completion	Person(s) Responsible
School has a Challenge team in place			
School enrolled as a Team Nutrition School			
Lunch menu meets the criteria: <ul style="list-style-type: none"> • Vegetable • Fruits • Dry beans and peas • Whole-grain foods • Low-fat or fat-free milk 			
If seeking a silver or higher award, Average Daily Participation (ADP) is at a minimum 60% for elementary and middle schools and 45% for high schools. There is no ADP requirement for Bronze awards.			
Competitive foods meet the criteria <ul style="list-style-type: none"> • During meal times in all food service area for Bronze/Silver • During entire school day, anywhere on campus for the Gold awards 			
Nutrition education is provided to students and food is not used as a reward			
Physical education is provided/offered to students as described in Handout 1.2 Criteria for the HealthierUS School Challenge.			
The school district has a wellness policy			



Fact Sheet

Meeting the Challenge of Rising Food Costs for Healthier School Meals

KEY ISSUES:

- Providing healthy and appealing school meals when food prices are increasing can be a major challenge.
- Savvy school foodservice directors can manage tight food budgets and provide nutritious meals to their students, while working to implement the *2005 Dietary Guidelines for Americans*.
- USDA commodities are available to help schools meet their nutrition and financial goals.

Many school districts are feeling the squeeze of increasing food costs. It can also be challenging to provide school meals that meet the *2005 Dietary Guidelines for Americans*.

What can school food service managers do to meet these challenges? Some strategies include: maximizing use of available commodities, purchasing foods in season, focusing on lower-cost foods, increasing participation in school meals programs, tightening procurement practices, and sharing cost-savings strategies with others.

Recipe for Success

The following strategies may be helpful in controlling costs:

- **Revamp cycle menus to serve less expensive, popular student choices more often.** For example, serve spaghetti instead of lasagna, using whole-grain commodity pasta to reduce food costs.
- **Serve low-cost beans or other legumes more often as a meat alternate or vegetable choice.** For example, serve a bean and cheese burrito, substitute kidney beans for some of the meat in chili, or offer garbanzo beans on a salad bar.
- **Train staff to follow standardized recipes precisely.** Every extra scoop costs money! For example, don't add extra ground beef to the spaghetti sauce recipe.
- **Serve portion sizes according to the recipe.** For example, serve a level ½-cup scoop of mashed potatoes, instead of a heaping scoop.
- **Plan age-appropriate portion sizes.** Serve the food-based optional portion size for grades K-3 to better target their calorie and nutrient needs and reduce waste.
- **Join a purchasing co-op to help maximize your purchasing power!** Combine bids with neighboring school districts to purchase larger quantities at lower prices.
- **Compare produce prices among various vendors.** Contact local farmers about products they can supply at a reasonable price. If available, use the Department of Defense Fresh Fruit and Vegetable Program. Buy fresh fruits and vegetables in season to get the best price and peak flavor.
- **Use canned or frozen fruits and vegetables more often.**



USDA Commodity Food Program

USDA continually explores better ways to offer healthier food choices that help schools offer meals consistent with the *2005 Dietary Guidelines for Americans*. Whole grains, reduced fat meats and cheeses, lower sodium canned vegetables, and canned fruits with less sugar are some examples of these healthier offerings. Information about commodity foods is available at www.commodityfoods.usda.gov. Check the list of available foods at www.fns.usda.gov/fdd/programs/schcnp/.

- **Market your program as a good value to students, teachers, staff, and parents to boost participation.** Compare the cost of a typical lunch brought from home to school lunch.
- **Create new customers through catering!** Showcase healthy menus at board meetings and other school events. Cater classroom parties or activities.
- **Complete an annual procurement plan** based on your menu to maximize the use of commodities, especially for the more expensive items.
- **Order some bulk commodities** to stretch your commodity entitlement.
- **Become a partner with your State Distributing Agency** to ensure the most cost effective ordering,



For more information:

National Food Service Management Institute (NFSMI)
at www.nfsmi.org

Provides:

- Training materials on Financial Management, First Choice: A Purchasing Systems Manual for School Food Service, Food Buying Guide for Child Nutrition Programs Instructor Manual and Participant Workbook, Measuring Success with Standardized Recipes.
- Telecasts on effective financial management, cooperative purchasing, procurement and inventory control.
- Fact sheets on research related to cost control, purchasing, and financial decision making.

Food and Nutrition Information Center Healthy Meals Resource System at <http://healthymeals.nal.usda.gov>

Provides:

- Purchasing and Procurement resource list and Menu Planning and Preparation resource list.
- Web site links to materials developed by State agencies, other government agencies, and food product associations.

Food and Nutrition Service (FNS) at www.fns.usda.gov/cnd/Governance/policy.htm

Provides:

- Policy Memorandum, 04-2008, Incorporating the 2005 Dietary Guidelines for Americans into School Meals, 12-17-07.



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Food and Nutrition
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