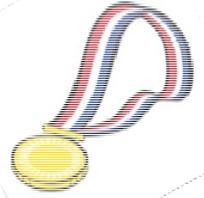




HealthierUS School Challenge: Smarter Lunchrooms

Recognizing Excellence in Smarter Lunchrooms, Nutrition and Physical Activity

Effective August 31, 2014



General Criteria

Team Nutrition School	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> • School is enrolled as a Team Nutrition School.
School Meals Programs	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> • School participates in the School Breakfast Program (SBP) and National School Lunch Program (NSLP). • Reimbursable meals meet USDA nutrition standards. • All corrective actions from school's most recent State review of school meals program must be completed. • School is implementing Smarter Lunchroom techniques in six areas (Fruits, Vegetables, Entrées, Milk, Sales of Reimbursable Meals, and School Synergies) as defined on the Smarter Lunchrooms Self-Assessment Scorecard (http://smarterlunchrooms.org/sites/default/files/lunchroom_self-assessmt_score_card.final_.4-3-14.pdf). The number of techniques from the scorecard that the school must implement is dependent upon the award level. Documentation that the school is meeting this criteria shall include a copy of the completed score card and a brief summary with 2-3 photos describing the school's overall Smarter Lunchroom effort. <ul style="list-style-type: none"> ○ Bronze applicants must select at least 30 action items. ○ Silver/Gold applicants must select 50 action items. ○ Gold Award of Distinction applicants must select 70 action items.
6 Cent Certification	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> • School Food Authority must be certified for 6 Cents.

General Criteria (Continued)

<p>Breakfast Average Daily Participation (ADP; calculated based on attendance)</p>	<ul style="list-style-type: none"> • Elementary/Middle School <ul style="list-style-type: none"> ○ Bronze: No ADP requirement ○ Silver: 20% ○ Gold: 35% ○ Gold Award of Distinction: 35% • High School <ul style="list-style-type: none"> ○ Bronze: No ADP requirement ○ Silver: 15% ○ Gold: 25% ○ Gold Award of Distinction: 25%
<p>Lunch Average Daily Participation (ADP; calculated based on attendance)</p>	<ul style="list-style-type: none"> • Elementary/Middle School <ul style="list-style-type: none"> ○ Bronze: No ADP requirement ○ Silver: 60% ○ Gold: 75% ○ Gold Award of Distinction: 75% • High School <ul style="list-style-type: none"> ○ Bronze: No ADP requirement ○ Silver: 45% ○ Gold: 65% ○ Gold Award of Distinction: 65%

Criteria for Smart Snacks

<p>General Criteria</p>	<p><i>All Award Levels (Bronze, Silver, Gold, Gold Award of Distinction)</i></p> <ul style="list-style-type: none"> • <i>Must meet Smart Snacks in School Nutrition Standards</i> (the summary of nutrition standards is attached). All foods and beverages sold to students during the school day* meet or exceed the USDA's nutrition standards for all foods and beverages sold to students (commonly called Smart Snacks in School). This includes a la carte, vending, school stores, snack or food carts and any food-based fundraising (school follows fundraising exemptions and guidance set by their State agency, which also must adhere to the federal Smart Snacks in School requirements).
<p>Smart Snacks Criteria</p>	<p><i>Silver and Bronze</i></p> <ul style="list-style-type: none"> • Meets Smart Snacks criteria as defined in 7 CFR Parts 210 and 220. • The school offers training on Smart Snacks criteria annually to all individuals who are involved in the sale of foods to students on the school campus during the school day. • The school does not advertise or market foods and beverages that do not meet Smart Snacks criteria to students (e.g., signs and marketing materials promoting these foods are not visible to students on the school campus during the school day). Documentation of meeting these criteria includes evidence of a written policy and/or written communication/training for school staff and parent organizations.

Criteria for Smart Snacks (Continued)

Smart Snacks Criteria	<p><i>Gold</i></p> <ul style="list-style-type: none"> • Meets criteria for Silver/Bronze and • The school only permits food-related fundraisers that meet USDA’s Smart Snacks standards, even if the State allows exemptions. • If foods and beverages are sold to students on the school campus at events outside of the school day (e.g. sporting events, after-school activities, awards ceremonies), then water, fruits, and/or vegetables are also offered and promoted as options. Documentation of meeting these criteria includes a written school policy and/or instructions for those that sell foods to students on the school campus. <p><i>Gold Award of Distinction</i></p> <ul style="list-style-type: none"> • Meets Gold Criteria and • The majority (greater than 50%) of school-sponsored fundraising events conducted outside of the school day includes only non-food items or only foods and beverages that meet or exceed the USDA’s Smart Snacks in School nutrition standards. Documentation includes list of school-sponsored fundraisers during the past year and written policy or guidance. <p>*School day: extends from midnight to 30 minutes past the end of the official school day. **Outside of the school day: the period of time after the school day (as defined above) to midnight.</p>
------------------------------	--

Additional Criteria

Nutrition Education	<p><i>Elementary School</i></p> <ul style="list-style-type: none"> • For all award levels, nutrition education is provided to all full-day students in all grades. It is part of a structured and systematic unit of instruction, incorporates Team Nutrition curricula and materials, and utilizes multiple channels of communication, including the classroom, cafeteria, and home/parents. <p><i>Middle School</i></p> <ul style="list-style-type: none"> • Bronze/Silver - Offered in at least one grade during the school year. • Gold/Gold Award of Distinction - Offered in at least two grades. • All Award Levels <ul style="list-style-type: none"> ○ Must incorporate the latest Dietary Guidelines and MyPlate and incorporate Team Nutrition materials. ○ Utilizes multiple channels of communication, including the classroom, cafeteria, and home/parents.
----------------------------	--

Additional Criteria (Continued)

Nutrition Education	<p><i>High School</i></p> <ul style="list-style-type: none"> • All award levels <ul style="list-style-type: none"> ○ Offered in two courses required for graduation and nutrition education is part of a structured and systematic unit of instruction within the two courses. ○ Must be consistent with the Dietary Guidelines for Americans and MyPlate. ○ Utilizes multiple channels of communication, including the classroom, cafeteria, and home/parents.
Physical Education (PE)	<p><i>Elementary School</i></p> <ul style="list-style-type: none"> • Structured PE must be provided. <ul style="list-style-type: none"> ○ Bronze/Silver: Minimum average of 45* minutes per week, throughout the school year. ○ Gold: Minimum average of 90* minutes per week, throughout the school year. ○ Gold Award of Distinction: Minimum average 150* minutes per week, throughout the school year. <p>*Up to 20 minutes (Bronze/Silver) and 45 minutes (Gold/Gold Award of Distinction) of the PE requirement may be met by providing <u>structured</u> physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities, which must be at least moderate-intensity and in increments of at least 10 minutes.</p> <p><i>Middle School</i></p> <ul style="list-style-type: none"> • For all award levels, structured physical education offered to at least two grades. <p><i>High School</i></p> <ul style="list-style-type: none"> • For all award levels, structured physical education offered in at least two courses.
Physical Activity (PA)	<p><i>Elementary School</i></p> <ul style="list-style-type: none"> • For all award levels, physical activity opportunities are provided each day for all full-day students (e.g., scheduled recess, walking clubs, bike clubs, intramural sports, a walk-to-school program). Such opportunities for physical activity are not the same as physical education (see the Physical Education section of this chart for a definition of physical education). • For all award levels, school reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment.

Additional Criteria (Continued)

Physical Activity (PA)	<p><i>Middle and High School</i></p> <ul style="list-style-type: none"> For all award levels, school provides students in all grades opportunities to participate in physical activity (e.g., intramural/interscholastic sports or activity clubs) throughout the school year. In addition, the school actively promotes participation in physical activity (in and out of school) to all students. For all award levels, school reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment.
Local School Wellness Policy	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> Submit a copy of the school's local wellness policy with the HUSSC Application, <u>and</u> provide documentation for the following local school wellness policy criteria: <ul style="list-style-type: none"> List three ways your school is working to meet local wellness policy goals (e.g., including local wellness policy goals in your school improvement plan, completing and reporting the results of the School Health Index self-assessment process, meetings of school wellness committee every other month). Describe how parents, students, school administration and staff, and the community are involved in the implementation of the local wellness policy at your school. For all award levels, school demonstrates a commitment to prohibit the use of food as a reward. For example, food is not used to reward students for good behavior or for the completion of an assignment.
Other Criteria for Excellence	<p><i>Bronze:</i> Must select at least two of the 14 options. <i>Silver:</i> Must select at least four of the 14 options. <i>Gold:</i> Must select at least six of the 14 options. <i>Gold Award of Distinction:</i> Must select at least eight of the 14 options (in more than one excellence area).</p> <p><u>Options:</u> <i>Program Outreach Excellence</i></p> <ul style="list-style-type: none"> School has implemented innovative practices to increase School Breakfast Program participation, such as Breakfast in the Classroom, Grab and Go options, or vended reimbursable breakfasts. School operates an afterschool program that offers an afterschool snack or an at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP). If percentage of free or reduced students is 50% or more, Summer Food Service Program is available. Implement the Community Eligibility Provision (CEP), if economically feasible. (For more information on CEP, click on this link http://www.fns.usda.gov/school-meals/community-eligibility-provision).

Additional Criteria (Continued)

Other Criteria for Excellence

Excellence in School and Community Involvement in Wellness Efforts

- Provides annual training to before and after school program staff on physical activity and nutrition.
- All school staff will receive annual training on wellness policies and ways to promote nutrition and physical activity.
- School partners with one or more community groups or SNAP Education providers to promote wellness.
- Students are engaged (via student advisory council, student wellness team, or similar student interest groups) in wellness efforts and have the opportunity to provide input on school food, marketing of school meals, and physical activity options. Input from students (when feasible) should be taken and put into action.
- School informs public on amount of time allotted for eating lunch. Solicits input from students and community members on the amount of time that is adequate for eating lunch.
- The school offers an afterschool class, workshop or club for students or families focused on healthy cooking techniques. These types of events could take place weekly, monthly, quarterly, or seasonally.

School Food Service Excellence

- School Food Service Manager is a certified food handler (local or national certification).
- School Nutrition Program Director meets or exceeds the minimum education standards required by the [Professional Standards final rule](#) requirements.
- All school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the [Professional Standards final rule](#) requirements.
- School is implementing at least one aspect of the Farm to School initiative (schools may choose one or more):
 - Local and/or regional products are incorporated into the school meal program
 - Messages about agriculture and nutrition are reinforced throughout the learning environment
 - School hosts a school garden
 - School hosts field trips to local farms
 - School utilizes promotions or special events, such as tastings, that highlight the local/regional products
- School has joined the [U.S. Food Waste Challenge](#) to recognize efforts to reduce food waste.