

## Criteria for the HealthierUS School Challenge

Revised 03/11/2009

HealthierUS School Challenge Criteria	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
<b>1. School enrolled as a Team Nutrition (TN) school.</b>	√	√	√	√
<b>2. Reimbursable lunches meet the USDA nutrition standards</b> <i>School district had an SMI review within 5 years and all corrective actions have been completed.</i>	√	√	√	√
<b>3. Average Daily Participation for lunch meets or exceeds a minimum.</b>	62%	70%	70%	70%
<b>4. School lunch menu is planned to allow students the opportunity to select each of the food items listed below.</b>	√	√	√	√
<ul style="list-style-type: none"> <li>• Offering a <b>different vegetable</b> every day of the week. All servings must be at least ¼ cup. Of these five:               <ul style="list-style-type: none"> <li>a. <b>Dark green or orange</b> vegetables offered 3 or more days per week (of the 3, at least 2 must be different)</li> <li>b. <b>Cooked dry beans or peas</b> (legumes) must be offered each week (includes canned dry beans and peas).</li> </ul> </li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>• Offering a <b>different fruit</b> every day of the week (fresh, frozen, canned, dried or 100% juice). All servings must be at least ¼ cup. <i>Dried fruit must have no added sweetener (nutritive or non-nutritive); canned fruit must be packed in juice or light syrup.</i></li> </ul>	√ plus 1 day/week fruit must be served fresh	√ plus 1 day/week fruit must be served fresh	√ plus 2 days/week fruit must be served fresh	√ plus 2 days/week fruit must be served fresh
<ul style="list-style-type: none"> <li>• 100% juice can only be counted as a fruit once per week.</li> </ul>	√	√	√	√

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<ul style="list-style-type: none"> <li>Offering of <b>whole-grain foods</b> serving. <i>A serving size of whole-grain food is equal to a serving of Grains/Bread as defined in the Food Buying Guide, pages 3.15-3.16. The majority of whole grain food products served must have the whole grain(s) listed first in the ingredient statement. Other whole grain servings must have whole grain as the primary grain ingredient.</i></li> </ul>	At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)
<ul style="list-style-type: none"> <li>Only <b>low-fat (1% or less)</b> and <b>fat-free (skim) fluid milk</b>, flavored or unflavored, offered each day.</li> </ul>	√	√	√	√
<p><b>5. If the school sells any other food &amp; beverages on campus (competitive foods), sales must meet the criteria below, as well as the restricted times and locations stated at the right.</b></p> <p><i>Competitive foods are defined as any foods or beverages sold in competition with reimbursable meals. This includes a la carte, vending, snack bar, school store, and/or any other food &amp; beverage sales on campus.</i></p> <p><b>Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.</b></p>	<p>The criteria apply during meal periods within the foodservice area(s)*</p> <p><i>*Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i></p>	<p>The criteria apply during meal periods within the foodservice area(s)*</p> <p><i>*Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i></p>	<p>The criteria apply throughout the school day (including meal periods), throughout the school campus</p>	<p>The criteria apply throughout the school day (including meal periods), throughout the school campus</p>
<p><b>6. Competitive food &amp; beverages must meet the following criteria:</b></p> <p><b>Competitive Foods:</b></p> <p>a. <b>Total fat:</b> Calories from total fat must be at or below 35% per serving. <i>Excludes nuts, seeds, nut butters, and reduced fat cheese.</i></p> <p>b. <b>Trans fat:</b> Less than 0.5 grams (<i>trans</i> fat free) per serving</p> <p>c. <b>Saturated fat:</b> Calories from saturated fat must be below 10% per serving. <i>Excludes reduced-fat cheese.</i></p>	<p>√</p> <p>√</p> <p>√</p>	<p>√</p> <p>√</p> <p>√</p>	<p>√</p> <p>√</p> <p>√</p>	<p>√</p> <p>√</p> <p>√</p>

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<p>d. <b>Sugar:</b> Total sugar must be at or below 35% by weight (includes naturally occurring and added sugars). <i>Excludes fruits, vegetables, and milk.</i></p>	√	√	√	√
<p>e. <b>Sodium:</b> See information at right for sodium limits</p>	≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée	≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée	≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée	≤ 200 mg sodium per non-entrée; ≤ 480 mg per entrée OR Physical Education is 150 minutes/week
<p>f. <b>Portion size/Calories:</b> Not to exceed the serving size of the food served in the NSLP; for other items, the package or container is not to exceed 200 calories.</p>	√	√	√	√
<p><b>Competitive Beverages: Only the following beverages are allowed.</b></p> <ul style="list-style-type: none"> <li>• <b>Milk:</b> Only low-fat (1% or less) and fat-free (skim), flavored or unflavored fluid milk, and/or USDA approved alternative dairy beverages; <i>limit serving size to maximum of 8 fluid ounces.</i></li> <li>• 100% full strength <b>fruit &amp; vegetable juices</b> with no sweeteners (nutritive or non-nutritive); <i>limit serving size to maximum of 6 fluid ounces.</i></li> <li>• <b>Water;</b> no-flavored, no sweeteners (nutritive or non-nutritive), non-carbonated, non-caffeinated.</li> </ul>	√	√	√	√
<p><b>7. Nutrition education:</b></p> <p>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.</p> <p>b) Is part of a structured and systematic unit of instruction, such as MyPyramid lessons from Team</p>	√	√	√	√

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Nutrition.	√	√	√	√
c) Involves multiple channels of communication, including the classroom, cafeteria, and home/parents.	√	√	√	√
d) Messages are reinforced by prohibiting the use of food as a reward (school holiday parties are not included).				
<b>8. Physical education/activity is promoted by:</b>	A minimum average of 45 minutes per week throughout the school year	A minimum average of 45 minutes per week throughout the school year	A minimum average of 90 minutes per week throughout the school year	A minimum average of 150 minutes per week throughout the school year OR meet stricter sodium requirements plus a minimum average of 90 minutes per week throughout the school year
a) Providing structured physical education classes for all full-day students throughout the school year.				
b) Providing unstructured daily opportunities for physical activity for all full-day students, such as recess.	√	√	√	√
c) Reinforcing physical activity education messages by neither denying nor requiring physical activity as a means of punishment.	√	√	√	√
9. School policies support a wellness environment by permitting primarily non-food items being sold through school <b>fundraising activities</b> . However, if food items are sold during the school day, they must meet the guidelines for competitive foods, as outlined on pages 2 and 3 of this document.	√	√	√	√
10. The school district has developed a <b>Wellness Policy</b> . A copy of the Wellness Policy is submitted with the application.	√	√	√	√