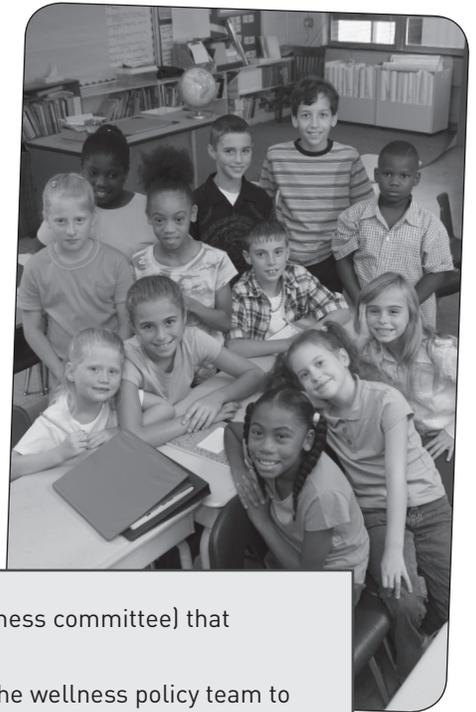




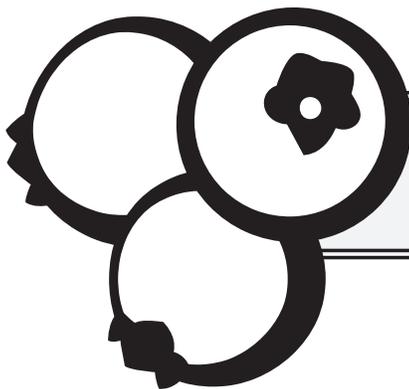
## READY, SET, GO: A 5 STEP PLAN TO IMPLEMENT THE *MICHIGAN NUTRITION STANDARDS*

Advice from pilot districts recommends time to plan and educate staff and families prior to implementing the *Michigan Nutrition Standards*. It is important to realize that each school/district starts from a unique position. Has the school implemented other health related initiatives? Have there been other changes made to promote a healthy lifestyle? **The *Michigan Nutrition Standards* can build upon initiatives that are in place and be a stepping stone for creating a healthy school environment for staff, students, and families.**



### FOLLOW THESE 5 EASY STEPS TO PREPARE YOUR SCHOOL TO IMPLEMENT THE *MICHIGAN NUTRITION STANDARDS*

1. **FORM** or re-energize a Coordinated School Health Team (CSHT) (aka wellness committee) that meets regularly.
2. **REVIEW** the local wellness policy and update it as necessary. Reconvene the wellness policy team to review your policy. You may want to combine your wellness policy team with your CSHT if you have not done that already.
3. **COMPLETE** the Healthy School Action Tools to assess the current nutrition environment at your school. Complete or update your action plan and include steps to implement the *Michigan Nutrition Standards*.
4. **GAIN SUPPORT:** Send the CSHT out to build momentum and educate key stakeholders who are affected by the nutrition standards such as the Parent Teacher Association or Parent Teacher Organization, teachers, food service staff, administrators, athletic, art or music boosters, and others. For training ideas look in Team Up Around the School and Team Up with Families and Communities.
5. **COMMUNICATE FREQUENTLY:** Make the education and the communications frequent during the planning and implementation phases. See the Team Up Around the School for Nutrition News You Can Use to add to newsletters, emails, social media or websites.



FOR LINKS TO THE UNDERLINED  
RESOURCES, GO TO THE ONLINE TOOLKIT AT  
[WWW.MICHIGAN.GOV/NUTRITIONSTANDARDS](http://WWW.MICHIGAN.GOV/NUTRITIONSTANDARDS)

