

Michigan Nutrition Standards

BE FIT. LOOK GOOD. FEEL STRONG.



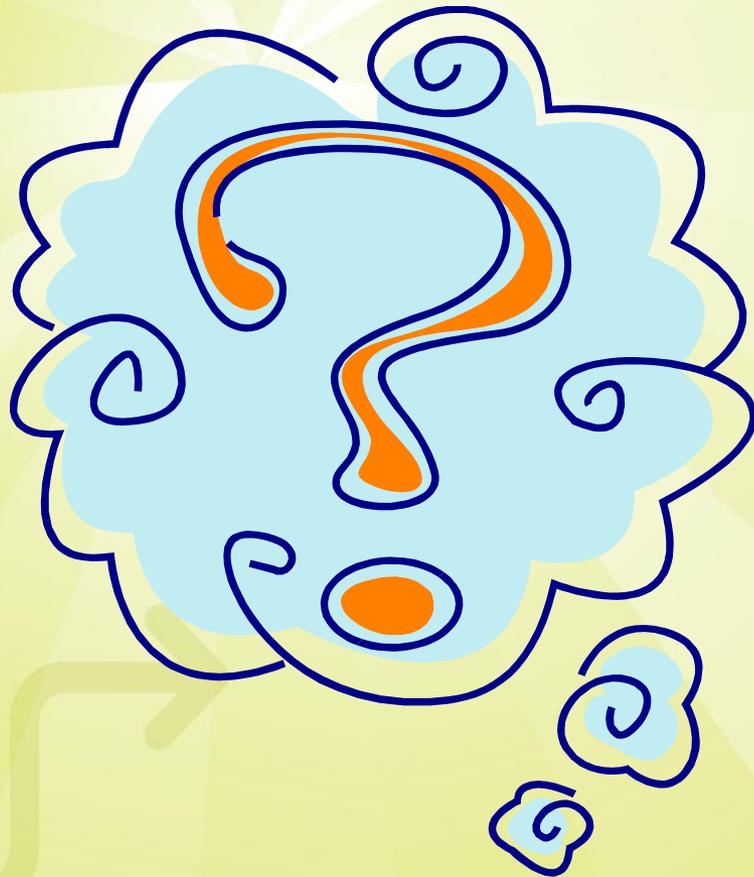
Why are Nutrition Standards Important for Schools?



Why have Nutrition Standards in Schools

- Children are undernourished
- Well-nourished students perform better
- Childhood overweight and obesity is a serious issue

True or False?



- A group of retired U.S. military leaders recently said that, "the escalating rates of child and teen obesity endangers national security."

Childhood obesity can happen gradually and innocently



+

100
calories

X

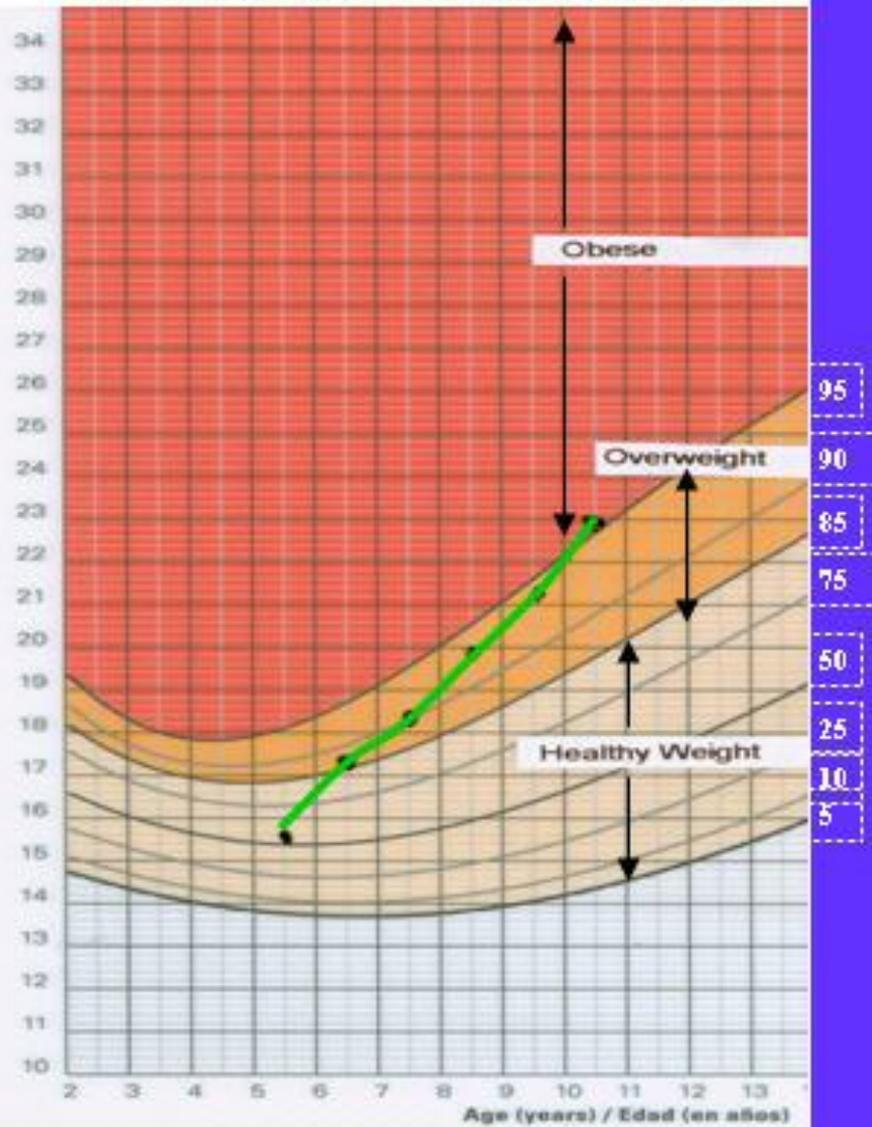
180 days

X

6 years

=

Body Mass Index (BMI) Boys: 2-20 Years Growth Chart



Boys 2-20 Years Body Mass Index Growth Chart

Complications of Childhood Obesity

- Children are being diagnosed with adult health conditions such as:
 - Abnormal Glucose Tolerance/Type 2 Diabetes
 - High Blood Pressure
 - High Cholesterol (blood fats)



Schools: An important piece of the puzzle

- Academic success and nutrition are closely linked.
- In Michigan, nearly 1.6 million students are enrolled in schools.
- 196 million meals were served in Michigan last year

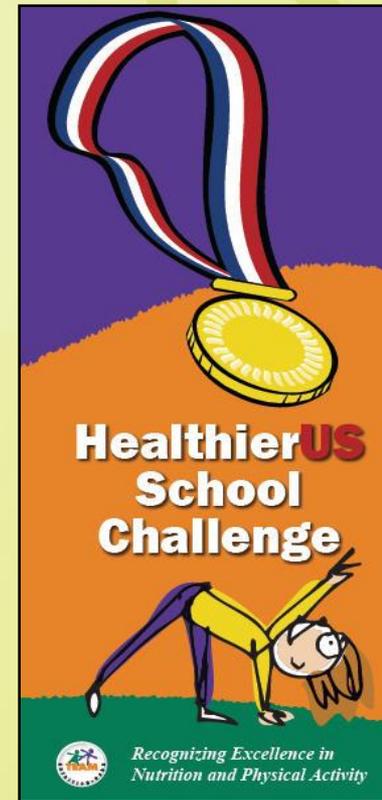
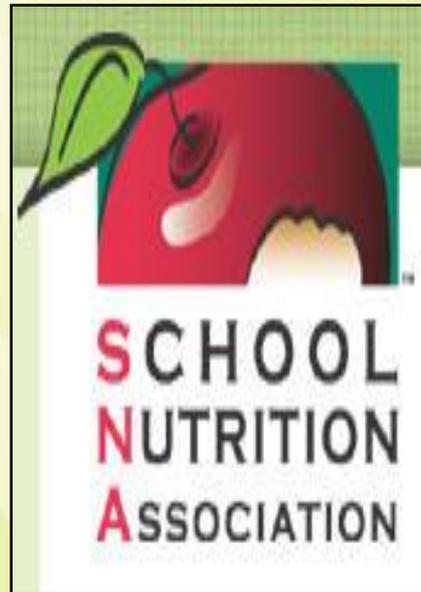
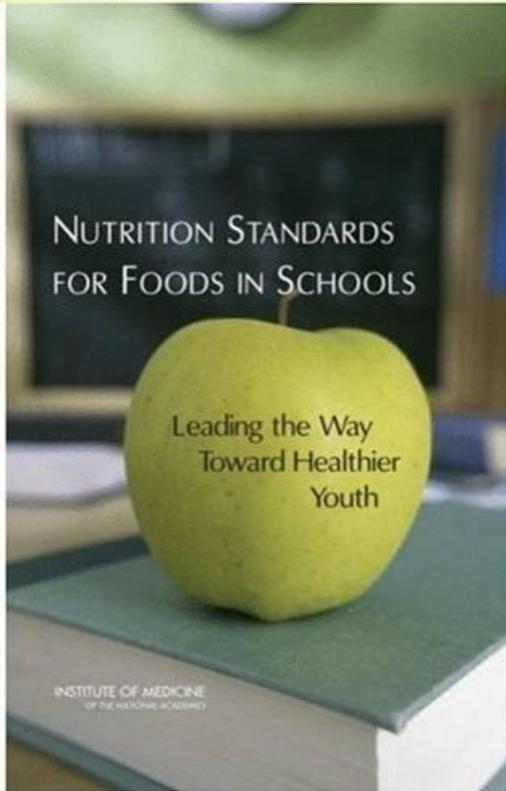
http://www.youtube.com/watch?v=fPOgrrTF3Jk&feature=player_detailpage



What are Nutrition Standards?

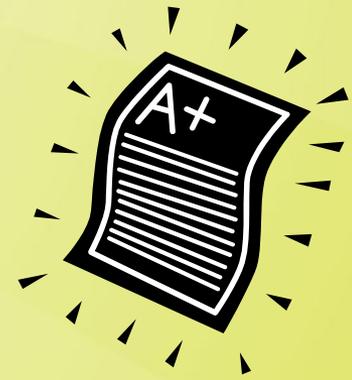


Modeled After National Standards



What is happening in Michigan?

- **State Board of Education unanimously passed the Michigan Nutrition Standards in October 2010**
- **Goal is for legislation**



Healthy, Hunger-Free Kids Act

- Childhood hunger
- Childhood obesity
- Program management & integrity



Healthy, Hunger-Free Kids Act vs Michigan Nutrition Standards

- National legislation is being slowly implemented and addresses only food and beverages sold on school campuses
- Michigan Nutrition Standards address food and beverages sold and offered on school campuses

Do parents support nutrition standards?



Michigan Parents Support Healthy Choices

- 88% feel schools have a responsibility to provide healthy choices in school meals
- 80% feel schools have a responsibility to provide healthy choices in snack lines, vending machines and school stores.



Michigan Parents Support Nutrition Standards

- 2 out of 3 parents surveyed support a state law for school nutrition guidelines for food and beverages offered and sold during the school day



How do the Michigan Nutrition Standards impact me?

**HEALTHY
FOOD
ZONE**



Ala Carte Sales
School Parties
Fundraisers
School Stores
Vending
Rewards
Concessions
Open Houses
School Board

Federally
Regulated
School Meal
Program

Michigan Nutrition Standards

Section #1: - Standards for school meals.

Section #2: - Standards for all other food and beverages offered and sold on campus

http://www.michigan.gov/documents/mde/Michigan_Nutrition_Standards_Approved_10.12.10_338356_7.pdf

Go! School Meals



BE FIT. LOOK GOOD. FEEL STRONG.



Implications for Districts and Schools

More

- Dark green vegetables
- Orange vegetables
- Legumes
- Fruits
- Whole grains
- Low-fat milk products



Less

- Refined grains
- Total fats
- Cholesterol
- Saturated fats
- *Trans* fats
- Added sugars
- Sodium



Meals with Nutrition Standards



Meals with Nutrition Standards



BE FIT. LOOK GOOD. FEEL STRONG.



A la carte & Vending

- **Lower fat, sugar and sodium**
- **Emphasis on whole not processed foods**
- **Water, low fat milk, 100% juice**
 - **High School beverage exception: Low calorie beverages (up to 5 calories/8 oz)**



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Fundraising (during school day)

- **Will not compete with school meal times.**
- **Same food and beverage standards as a la carte and vending.**

Fundraising with Nutrition Standards

- **Before: Popcorn sales to students during the school day all year**
 - Net profit of \$504
- **After: Read-A-Thon once a year**
 - Net profit of \$2,834



Classroom Parties/Celebrations

- **Emphasis on minimizing food as method of celebration.**
- **If food included, at least half of offerings will be healthy.**



Birthdays with Nutrition Standards

- Pilot school is celebrating birthdays with a monthly extra recess instead of bringing in birthday treats.
- The child is recognized on their special day by the teacher and the principal.

“Parents are happy not to have the expense as well as the concern of food allergies. What's in those cupcakes?”

**- Food Service Director,
Pilot School District**

Parties with Nutrition Standards

- **Halloween Party**

- Rooms were themed areas to celebrate the holiday

- (slime making, scary stories, games, crafts)

- Students picked their choices and rotated between their favorite three rooms



Rewards

- **Eliminate food and beverages given as rewards.**
- **Food and beverages will not be withheld as a disciplinary measure.**

Little treats add up fast

- 25 calories

- 50++ calories



Rewards with Nutrition Standards

- Pencils, Stickers
- Extra Recess
- Show and Tell
- Earn “school bucks” for privileges
- Books
- Late homework pass
- Choose your own seat
- Front of the lunch line pass
- First to leave class pass



Food and Beverages from Home

- Parents/caregivers encouraged to choose school meals.
- Parents/caregivers encouraged to pack healthy food and beverages



Outside of the school day

- Recommend to follow the nutrition standards



Schools Board meetings with Nutrition Standards

- **Before: Candy bowl and cookies**
- **After: Bowl of fresh fruit, almonds, yogurts, and wheat crackers**



Open House with Nutrition Standards

- **Before:** hot dogs, chips, cookies and soda.
- **After:** turkey hot dogs in a whole wheat bun, pasta salad, fruit tray and water.



Concessions with Nutrition Standards

- **Before:** Many types of regular soda, pizza, popcorn, many types of candy
- **After:** Diet beverages, water, juice, pizza with whole grain crust and low fat cheese, popcorn, fresh fruits, granola bars.

The right thing to do for students!

What can you do?

