



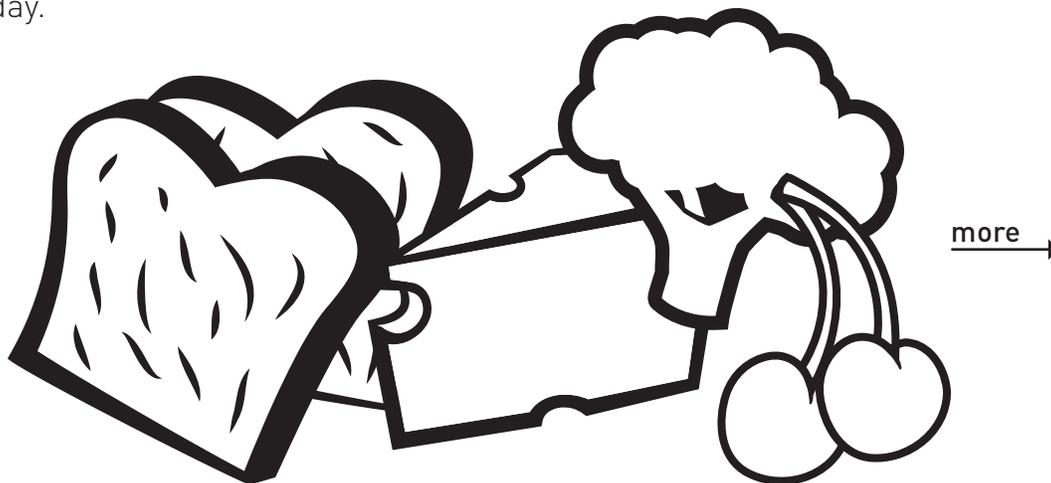
A DAY IN THE LIFE OF A STUDENT— HOW EXTRA CALORIES ADD UP

Support and Promote the *Michigan Nutrition Standards*

The *Michigan Nutrition Standards* recommend that schools serve healthy food for meals and snacks. It is also recommended that schools work to reduce using food as a reward, selling food with limited nutritional value such as donuts or cookies as fundraisers, and minimize using food as a method of celebration. **Why?** Because food is everywhere and although all foods, including sweets and chips, have a place in a healthy diet, extra calories can contribute to unhealthy weight gain, which increases risk for heart disease, diabetes, cancer, arthritis and more.

The average teenager, depending on their age, sex, and activity level, should consume between 1600 and 2400 calories per day. If teens eat a healthy breakfast, lunch and dinner, along with a few healthy snacks, they will usually get the right amount of calories and other nutrients their growing bodies need.

Extra calories can spell big trouble and can add up to unnecessary weight gain for young children, teens, and adults. Here's how these extra calories, above and beyond eating regular healthy meals and snacks, might add up on a typical school day.





6:30 am: Just finished a healthy breakfast at home: cereal, milk, banana, and toast with peanut butter. I'm stoked and ready for school!

7:15 am: On the way mom pulls into the nearest fast food joint—she needs her latte! “Would you like to split a cinnamon roll?” she asks, I do love cinnamon rolls. —————→

210 extra calories, for half

7:50 am: Arrive at school just in time to make it to my first class. It's test day. The teacher passes out two packs of “Smarties” to each student, to “help” us with our test. —————→

+

50 extra calories

10:00 am: Back to my locker to get the book I forgot. The pep band is selling donuts in the hall to help finance their trip to New York. They're only \$1 each. I grab one. —————→

+

200 extra calories

12:20: It's lunch time and I'm starving! I had to stay a little late in art to clean up. The hot lunch line is moving slowly so I switch to the a la carte line and grab a slice of pizza, an order of fries, an apple, a chocolate chip cookie and a milk. It all smelled so good! —————→

+

**170 extra calories for the cookie
230 extra for the fries**

2:05 pm: My last hour is math and in that class we're learning about Pi. My favorite teacher passes out—you guessed it—pie! I take one small slice. It's not often you get pie in school. —————→

+

260 extra calories

3:30 pm: Volleyball practice. For our last drill we run suicides and every time we run one in under 10 seconds, we're allowed to grab a mini Snickers bar, which is placed on the line on the gym floor. I'm pretty fast so I get four. —————→

+

170 extra calories

5:00 pm: On my way home and wondering “what's for dinner?” I hope it's something good. I'm starving!

It takes an extra 3500 calories to gain a pound.

If a student eats 500 extra calories every day it will add up to a 1 pound weight gain—each week!

500 calories x 5 days = 2,500 extra calories in a week

This student ate almost triple that so it would only take 3-4 days to gain a pound.

1290 Total Extra
Calories Consumed

The little “extras” matter.

The *Michigan Nutrition Standards* have guidelines and recommendations about what kinds of food and how much should be offered at school.



BEANS, GREENS, & GRAINS: ENCOURAGING KIDS TO EAT MORE

Support and Promote the *Michigan Nutrition Standards*

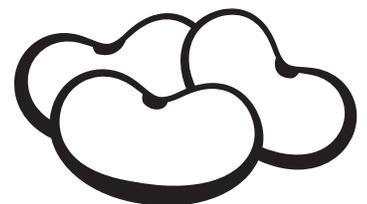
Have you noticed more beans, greens, and whole grains on the school menu?

Many schools are now making an effort to serve more of these healthy foods as part of school meals and snacks. ***Why?***

Because they're nutritious, great-tasting, and they help schools meet the new *Michigan Nutrition Standards*. The *Michigan Nutrition Standards* recommendations that address beans, greens, and grains are below.

FOOD GROUP	RECOMMENDATION	EXAMPLES
Protein Foods (Beans, Lean Meat, Fish, Low-fat Dairy)	Serve low-fat meat or meat alternates 40% of the time for school lunch.	Beans that are legumes such as kidney beans, garbanzo beans, and black beans provide protein and fiber and meet this requirement.
Fruits and Vegetables	Serve a variety of fruits and vegetables; offer at least two servings of dark green vegetables per week as part of the National School Lunch Program.	Dark leafy greens such as spinach, kale, and romaine lettuce and green vegetables such as broccoli.
Grains	Serve whole grains at least three times per week as part of school meals and snacks, and encourage serving whole grains at classroom celebrations and anywhere else food is offered at school.	Whole grain bread, tortillas, crackers, cereal, bagels, etc.

Parents can help their children learn to choose and eat healthy foods by offering them at home and more than one time. Children need to try a new food many times before they will eat it. Keep offering healthy foods including beans, greens, and grains, and your children will learn to eat and enjoy them.





WAYS TO ENCOURAGE KIDS TO EAT MORE BEANS, GREENS, GRAINS

BEANS

- Make a breakfast burrito: scrambled eggs, cheese, refried beans or mashed beans, and salsa.
- Stir canned rinsed beans into pasta or rice dishes.
- Add extra beans to canned soups such as minestrone or vegetable soup.
- Add dry washed lentils to brown rice and cook together according to rice directions.
- Make vegetarian chili using a variety of canned or dry beans e.g. pinto beans, black beans, garbanzo beans, white beans or red beans.
- Add different kinds and colors of beans to salads.
- Add chopped beans to meatloaf, spaghetti sauce or taco meat.
- Buy or make hummus to spread on crackers or use as a vegetable dip.

Does your child's school serve salads or have a salad bar?

Find out if different kinds of beans (garbanzo, kidney, pinto) or greens are offered to students in salads and on the salad bar.

GREENS

- Introduce kids to milder tasting greens first, such as spinach or kale. Save the endive and arugula for later.
- Mix chopped greens into salad. Many picky eaters will eat some dark leafy greens when mixed into a salad made with regular iceberg lettuce.
- Stir chopped, fresh or frozen greens into stir-frys, homemade soup or stews.
- Add fresh or frozen spinach or chopped kale to the cheese mixture when making lasagna or other pasta-type casseroles.
- Add fresh spinach leaves to omelets, sandwiches and wraps.
- Stir a handful of fresh spinach into homemade or canned soups right before you take it off the heat.

Kinds of Leafy Greens:

spinach, lettuce (any kind), Chinese cabbage (bok choy) kale, swiss chard, collards.

WHOLE GRAINS

- Read cereal labels and buy cereals that have a whole grain, such as whole oats, or whole wheat, listed first on the ingredient list. Oatmeal, old-fashioned rolled oats, quick oats, and instant oatmeal are whole grain.
- Buy bread, bagels, wraps, waffles, and tortillas that are **100% whole grain**.
- Use half whole grain or whole wheat flour when you make muffins, cookies, or pancakes.

Rate Your Plate.

MyPlate.gov recommends that half of all of the grains children and adults eat in a day be whole grains.

Be a role model for your children.

Try new and different kinds of beans, greens and grains and your children will most likely be more willing to try them with you.

- Try whole wheat noodles when you make spaghetti. If you don't like 100% whole wheat pasta try some that is half whole grain.
- Use brown rice instead of white rice. If you don't want to wait 40 minutes until it's cooked, buy parboiled, quick-cooking brown rice.
- Try cooking other whole grains you might not have tried before such as barley, brown rice, quinoa, or bulgur wheat.



HEALTHY SCHOOL FUNDRAISING IDEAS

Support and Promote the *Michigan Nutrition Standards*

Many Michigan schools participate in some type of school fundraising. When it comes to fundraising, schools often raise money selling treats like candy, cupcakes, or donuts because the demand is high for these items, the cost of the items is fairly cheap, and money can be made easily. The problem is, when schools allow students or other school-based groups or organizations to do this they are sacrificing student health for quick cash. Schools can benefit just as well (and even more, health-wise) with a fundraiser that takes the focus off of unhealthy food and focuses on something else such as exercise, entertainment, healthy eating, or the environment. The *Michigan Nutrition Standards* recommend that schools focus on fundraising that is good for students and that does NOT focus on selling unhealthy foods. These types of fundraisers may be a little more work but they can also be a lot of fun and are definitely better for students' health.

CREATIVE AND DIFFERENT IDEAS

1. Singing Telegrams. This is organized by the high school choir, chorale group or any other group that is willing to sing (even a sports team could do it!). Telegrams are sent to students and staff at school during a designated hour or time slot during homecoming week, finals week, the week before the winter holiday or just before graduation. A fee is charged for the telegram to be delivered.



2. Get Stuck for a Buck. Sell pieces of colorful duct tape for \$1.00 each. During the lunch hour or a designated time, e.g. a pep rally, students can use the pieces to stick the principal or a favorite teacher to the wall. Caution: Kids need adult help to do this and should not be unsupervised during this activity.

3. Teacher Idol. Have students (middle school and high school) nominate a teacher to sing the school song during half-time at one or more home sporting events. Students bring in change and the person with the most money in his/her jar, collected during lunchtime hours by the sponsoring group or club, is the winner and has to sing the school song during half-time.



- 4. Everybody's Got Talent.** Organize a school-wide talent show. Encourage more than the traditional singing and dancing e.g. poetry reading, yo-yos, juggling, joke-telling, and any other skills students might have. The more unusual the better! Encourage as many students as possible to participate. Attendees pay to watch the show and vote for the winners. Hold the talent show during school hours for students and once in the evening for community members to attend. Charge students \$.50-\$1 to attend and in the evening pass a hat for donations.
- 5. School Wide Used Book Sale.** Families and community members donate unwanted books. Put all the books together on cafeteria tables, in the library, or in a designated room and let students, staff members, and parents come and buy books for \$.50 each.
- 6. Go Green Recycling.** Recycle used items instead of throwing them away. Used cell phones, empty printer cartridges, cans, bags and reusable clothing can all be collected by schools in exchange for cash.
- 7. Best Bud or Milk Mustache Photos.** Buy inexpensive frames/mats or ask the Art Club to make them in school colors or with the school logo or mascot on them. At lunch, or during a designated time, take photos of groups of friends. Let the group choose, from 3-5 different poses, which photo they want printed. Each day upload the photos to an inexpensive one-hour photo store and pick up the prints. Students pay in advance, \$2-3 a photo and pick them up at the end of the week, after the sponsoring group has had time to frame them. For milk mustache photos, take pictures of students, teachers and families (after school or in the evening) with milk mustaches and sell them for \$2 each. Work with the foodservice director to provide milk and healthy cookies to participants between photo shoots.
- 8. Send Your Teacher Packing!** Ask a family to donate the use of their vacation home for the grand prize. Sell student-made raffle tickets that say "Send Mr./Mrs. _____ packing!" Send home an order form for tickets to parents. All tickets are put in a box, and at the end of the sale one teacher's name is drawn. 100% profit and a great morale booster!
- 9. Coffee, Tea and Student Art.** In the art room, a gymnasium, the school library or another designated room, children's art designed for an art show, is sold via a week-long silent auction held at the school. The sponsoring group provides coffee and tea and monitors the room during the times the auction is open. Smaller art, e.g. prints of student art made into holiday cards or thank you notes, can be sold and purchased anytime during the auction.
- 10. Student Car Wash.** Conduct a car wash in the school parking lot after school. All you need is a few hoses, sponges, soap and buckets. Make sure to have lots of volunteers on hand and don't forget your sunscreen! Include a school pride bumper sticker with a deluxe (add a dollar to the cost) car wash.
- 11. Flowers.** Sell carnations, roses or any other flower the week of Valentine's Day, or during school spirit week or right before graduation. Have ready-made or make-your-own inspirational notes available for students or school staff to tie on the stems such as "I'm proud of you," "Hang in there," "Glad you're my friend," or "You're the best."
- 12. Student vs. Staff Basketball or Volleyball Game.** Teachers or other school staff members take on students in a friendly competition. Students pay \$1-2 and are excused from their last hour of classes to attend.
- 13. Guess The Weight.** Weigh collectively the band with their instruments, the football team with their equipment or another school group. For \$.50 a guess, students or community members can enter a guess. Make this a 50/50 raffle where whomever guesses correctly gets free season tickets, concert passes, or another related prize.





HEALTHY MEETINGS CHECKLIST

Support and Promote the *Michigan Nutrition Standards*

It's important for messages about health, healthy eating, and physical activity to be consistent throughout the school. *Do you offer and serve healthy food at meetings, parent nights, and open houses? Do you provide time at meetings for attendees to get up and move?*

Healthy habits don't just belong in the classroom. Having healthy food at meetings or events and taking movement breaks makes sense and supports good health for everyone.

The *Michigan Nutrition Standards* recommend that at least half of foods offered at meetings, parties, and celebrations be healthy. Providing healthy food at meetings will allow staff to role model and practice eating more fruits and vegetables, low fat or fat-free dairy, choosing whole grains, and finding time to be active—the very same health habits we want our students to adopt! Follow the steps below to plan a healthy meeting, open house, or parent night at your school.

Step 1: Think: Is it necessary to have food at this meeting? If so, check with school administrators to find out if there is a school policy that defines how meetings (e.g. PTA/PTO meetings, teacher meetings, in-services, trainings, parent nights, etc.) should be planned and advertised.

Step 2: If you are going to have food at your meeting or event follow the *Michigan Nutrition Standards* recommendation that at least half of the food and beverages offered and served be healthy and meet the *Michigan Nutrition Standards*.

Step 3: Send out invitations to your healthy meeting. Explain that, in keeping with the *Michigan Nutrition Standards*, and your schools' efforts to put student and staff health first, you will be serving healthy food and drinks and taking a movement break, if applicable. Create excitement about your healthy meeting!

Step 4: Plan your meeting and complete the Healthy Meeting Checklist (following). Suggestions that support the *Michigan Nutrition Standards* include:

- **DRINKS:** ice water, bottled water (regular or flavored with no added sugar), 100% juice in small servings, fat free, low fat, skim or 1% milk, coffee (regular and decaffeinated), tea (regular and caffeine-free).
- **SNACKS:** fresh fruit with low-fat dip, raw vegetables cut up with low-fat dressing or salsa, pretzels with mustard dip, baked tortilla chips with salsa or low-fat bean dip, popcorn (5 grams of fat or less per serving), whole grain crackers or mini-bagels, angel food cake with fruit topping, or fat-free or low-fat yogurt in small servings.
- **MEALS:** If you are going to serve a meal at your meeting work with your school foodservice director who can help you create a healthy menu. She/he may also be able to cater your event and provide a meal for you that meets the *Michigan Nutrition Standards*.



HEALTHY MEETINGS CHECKLIST

Complete the Healthy Meetings Checklist below. Before the meeting, all answers should be "Yes" or "NA" (not applicable).

TASK	YES	NO	NA
Checked with school administration to find out if we have any written policies related to planning and conducting meetings.			
Reviewed the <i>Michigan Nutrition Standards</i> to see what kinds of healthy food are recommended.			
Checked to see what I have on hand, or that the school will supply e.g. plates, cups, napkins, water, coffee, etc.			
Sent out a meeting invitation explaining that this will be a healthy meeting/ event and explaining that food will or will not be offered, and whether or not participants are asked to bring something (e.g. potluck). If serving food, ask that participants notify you of any dietary restrictions or special needs. If potluck, include a list of healthy food options.			
Checked to see that I have or have planned for: <input type="checkbox"/> healthy foods (see suggestions on previous page) <input type="checkbox"/> allergies or special dietary needs; <input type="checkbox"/> outlets and electricity, serving utensils, tables; <input type="checkbox"/> a healthy drink; such as fat-free or low-fat milk, or water <input type="checkbox"/> paper goods, cups and utensils if needed; <input type="checkbox"/> hand washing or hand sanitizer; <input type="checkbox"/> refrigeration/ice for food if needed; <input type="checkbox"/> a break to get participants moving; <input type="checkbox"/> trash cans and clean up			
A few days before, called or emailed reminder about meeting format, e.g. healthy potluck, no food, healthy snacks, etc.			
Planned where everything will go in the meeting room.			
Prepared the room for the meeting.			

Think twice about whether it's necessary to serve food at your meeting or get together.

Many adults are struggling with their weight and would welcome a "food free" meeting. Help create a norm that food does not have to be everywhere. Create excitement about something else that will take place at your meeting such as a surprise award or a game with a non-food prize.



HEALTHY LUNCHES FROM HOME

Support and Promote the *Michigan Nutrition Standards*

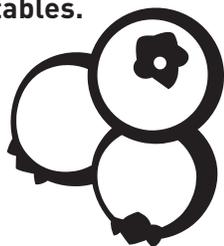
Children need to eat a healthy lunch to fuel them for the rest of the school day.

If your child eats school lunch he or she is being offered healthy food. Your school foodservice director has to follow strict guidelines about what kinds of food and what size portions can be served. These guidelines include recommendations for calories, fat, saturated fat, trans fat, cholesterol, sodium, and sugar that are based on the Dietary Reference Intakes (DRIs).

Do you know what a healthy lunch should include? Although parents don't have to follow a strict set of guidelines like school foodservice directors do, if you want your child's lunch to fuel his or her brain and body for the day, and to be filling, nutritious, and great-tasting, follow these recommendations and suggestions based on the *Michigan Nutrition Standards*.

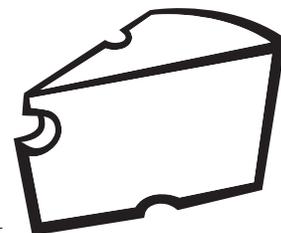
HOW TO PACK A HEALTHY LUNCH

- 1. Include whole grains.** If your child eats bread, tortillas, crackers, rice, cereal or pasta for lunch, at least half of the time it should be whole grain. More than half is even better. Read food labels and buy foods where a whole grain is listed first on the ingredient list.
- 2. Include a lean source of protein.** Examples include lean meats, eggs, fish, tofu, peanut butter or other nut butters, or legumes such as refried beans, black beans or garbanzo beans.
- 3. Include one or two fruits or vegetables.** This includes fresh, whole, dried, canned or frozen fruits or vegetables and small servings (8 oz or less) of 100% juice.



- 4. Include a high-calcium food or beverage such as milk or low-fat cheese.** The easiest

way to do this is for your child to buy white or flavored milk at school. You can also pack milk from home but be sure to keep it cold. Other low-fat dairy options include low-fat yogurt, low-fat cheese such as string cheese, or low-fat cottage cheese.



- 5. Keep food safe.** Keep hot foods such as soup hot in an insulated thermos and keep cold foods, such as yogurt, cold with an ice pack or by freezing the food first. Remind your child to wash his/her hands before eating and/or include an antibacterial hand wipe, in a closed container, inside the sack lunch.



QUICK-TO-FIX HEALTHY SACK LUNCHES

- 1. Sandwich on a Stick.** Onto colorful toothpicks skewer chunks of cooked chicken or low-fat deli meat, marinated tofu cubes, low-fat cheese, whole grain bread, cherry tomatoes, peppers or any other fruit or vegetable your child likes. Include low-fat or fat-free white or chocolate milk or 100% juice to drink.
- 2. Pizza Sandwich.** Slice a bagel or English muffins in half. Top with a little pasta or pizza sauce. Sprinkle with shredded low-fat mozzarella cheese and vegetarian pizza toppings such as chopped mushrooms or green pepper. Heat in the microwave until cheese melts. Wrap up in plastic wrap or pack in a plastic container for kids' lunches. Include a piece of kiwi fruit on the side, and water or low-fat or fat-free white or chocolate milk to drink.
- 3. Rice Cake Stackers.** Spread 2 whole grain apple-cinnamon or chocolate-flavored rice cakes with peanut butter. Top one side with dried apricots, raisins, or dried cherries. Put the other rice cake on top. Include a small bag of cucumber slices on the side, and water or low-fat or fat-free white or chocolate milk to drink.
- 4. Portable Parfait.** In the bottom of a small food-grade plastic container, spoon about 3-4 ounces of low-fat fruit-flavored yogurt. Top with (in this order) apple chunks, orange wedges or mandarin oranges, and pineapple chunks, then shredded coconut and/or chopped nuts. Shake or stir lightly to mix when ready to eat. Include a small bag of peanuts and water or low-fat or fat-free white or chocolate milk.
- 5. Bugs in a Rug.** Spread almond butter onto a whole grain wrap. Add chopped apple and dried cherries. Roll up tight. Include a small bag of carrot sticks on the side and water or low-fat or fat-free white or chocolate milk to drink.
- 6. Hawaiian Chicken Sandwich.** Spread a light layer of BBQ sauce onto two slices of whole grain bread or a whole grain sandwich bun. Top with leftover cooked chicken breast or low-sodium chicken breast lunch meat and drained pineapple rings. Include a cup of cherry tomatoes on the side and water or low-fat or fat-free white or chocolate milk to drink.
- 7. Make Your Own Lunch-in-a-box.** Into a food-grade plastic container with compartments, put 1-2 kinds of whole grain crackers, a small handful of cheese chunks, and some cubed low-fat deli meat. Add a small bunch of grapes, or a handful of mini carrots, a 100% fruit roll up and a 100% juice box.
- 8. Walking Salad.** In the bottom of a small food-grade plastic container, squirt a little low-fat salad dressing. Top with (in this order) whole cherry tomatoes, shredded carrot, lettuce or mixed greens, shredded low-fat cheese, hard-boiled egg slices and croutons. Stir to mix when ready to eat. Include a whole grain muffin, roll or tortilla on the side and water or low-fat or fat-free white or chocolate milk to drink.
- 9. Almost a Meal Snack Mix.** Mix together any combination of nuts, whole grain cereal, whole grain crackers or pretzels, popcorn, and dried fruit. Add a carton of low-fat or fat-free white or chocolate milk and you have a meal!
- 10. Mexican Roll Ups.** Spread refried beans or mashed beans onto a whole grain tortilla. Top with a thin layer of salsa. Sprinkle shredded cheddar or Mexican-style cheese on top, then add chopped lettuce, green onion, red and/or green pepper, and any other vegetables you like. Include a banana or an apple on the side, and water or low-fat or fat-free white or chocolate milk to drink.
- 11. A-Little-Sweet Fruit and Cheese Kebab.** On a toothpick, skewer chunks of cheese, mini marshmallows, cantaloupe and grapes. Include fresh celery sticks and a whole grain fruit muffin on the side and water or low-fat or fat-free white or chocolate milk to drink.
- 12. Blueberry Roll Ups.** Spread a thin layer of light mayo or mustard on a whole grain tortilla. Top with fresh spinach leaves and a few slices of deli turkey or some leftover cooked chicken or turkey. Top with a handful of fresh blueberries and roll up tight to eat. Include more fresh blueberries or some red and green pepper strips on the side and water or low-fat or fat-free white or chocolate milk to drink.
- 13. Crunchy Tuna Your Way.** Drain water-packed tuna and add light mayo to make it spreadable. Add one or more of the following: sliced water chestnuts, sliced apple, uncooked ramen noodles, toasted almonds, onion, celery, dried fruit—and whatever else you wish! Spoon the tuna and veggies into a whole grain wrap or onto two slices of whole grain bread. Include a pear or banana on the side and water or low-fat or fat-free white or chocolate milk.
- 14. Meal in an Apple.** Core and slice an apple into wedges using an apple wedger. Spread peanut butter on the inside of each wedge. Put the apple back together and store in a plastic bag. Include a small bag of popped popcorn or baked whole grain chips on the side and water or low-fat or fat-free white or chocolate milk to drink.
- 15. Middle Eastern Wrap.** Spread hummus onto a whole grain wrap or tortilla. Top with vegetables of your choice, e.g. shredded carrot, peppers, onions, celery, etc. Roll and cut in half. Store each half in a snack-size plastic bag so they stay wrapped. Include an orange or a few clementines on the side and water or low-fat or fat-free white or chocolate milk to drink.
- 16. Color Day Lunch.** Pick a color and fill your child's lunch with foods of that color, e.g. if you pick red, pack strawberries, cherry tomatoes, a tomato wrap with red pepper hummus, a red fruit roll up and tomato juice.



HEALTHY PARTY SIGN UP SHEET

Dear Parents and Caregivers:

We're having a party!

We're celebrating: _____

Date: _____ Time: _____ Number of students: _____

In an effort to provide students with the healthiest environment we can, and to adhere to the new *Michigan Nutrition Standards* that our school is following, we will be having **fun and healthy** classroom parties and celebrations this year. Please help us make sure that at least half of the items provided for parties are healthy options.

We also want to take the focus off of food so if you have a game to get kids up and moving or a craft that you would like to provide ideas are welcome! I will contact you to work out the details.

If you are able, please sign up to provide one of the choices below. If you sign up for one of the healthy snack items and aren't sure what to bring please contact me.

Thanks for helping to keep the health of your children a priority!

Sincerely,

Ms/Mr. _____ Phone: _____ E-mail: _____

I will provide a...

Healthy Snack (fruit or made with fruit): _____

Healthy Snack (vegetables or made with vegetables): _____

Healthy Snack (other, please describe): _____

A Healthy Drink: _____ JUICE (100%, 4-6 oz. EACH) **or** _____ MILK (1% OR FAT-FREE WHITE OR FLAVORED MILK, 4-10 oz. EACH)

Other Snack (small portions): _____

Craft: _____ **Game:** _____ **Cups:** _____ **Paper Plates:** _____ **Napkins:** _____

Ms/Mr. _____ Phone: _____ E-mail: _____

Please remember that we are trying to make our parties healthier and more fun for our students. The children will only eat a little bit of each thing, so please keep portions small. Thank You!



PUTTING SCHOOL-DAY CALORIES INTO PERSPECTIVE

Support and Promote the *Michigan Nutrition Standards*

Good nutrition for kids is based on the same principles as good nutrition for adults. Everyone needs the same types of nutrients: vitamins, minerals, carbohydrates, protein, fat and water. What's different is the amount of specific nutrients we need.

Some nutrients (protein, carbohydrates, and fat) contain calories and some (water, vitamins, and minerals) don't. Calories aren't a bad thing; we all need calories from food to stay alive. On the other hand, many adults and children are eating too many calories, which can lead to an unhealthy weight. In Michigan, more than 30% of children are considered overweight or obese, and, once kids become overweight, they are likely to remain overweight their whole lives.

When a school follows the *Michigan Nutrition Standards* for foods offered at school they are paying close attention to the calories in those foods in order to supply students with enough calories, from the right kinds of healthy food, without providing too many calories.

Below are answers to common questions parents and adults have about calories, the amount of calories in school meals and foods served at school, and high and low calorie foods.

Q: What's a calorie?

A: Food and drinks supply the body with calories, which more simply put, is energy. Whether we're kids or adults when we eat too many calories, or don't use that calorie-energy up through daily activity or exercise, we gain weight; and, when we eat fewer calories than we need, we lose weight. Many adults are confused about how many calories kids need and believe they need double or triple the calories that adults do. That's not true.

Q: How many calories do kids need to eat in a day?

A. In general, according to the Dietary Reference Intakes (DRIs) children ages 4-13 need 1400-2000 calories per day, and children ages 14-18 need 2000-2400 calories per day. Boys usually need a few more calories than girls and the more active a child is, the more calories he/she needs. If you want more specific information go to www.choosemyplate.gov where you can enter your personal information and get a healthy food plan with a calorie range that is right for you.

Q: How many calories does a typical school lunch or school breakfast provide?

A: Schools that operate the National School Lunch or School Breakfast program must monitor the calories in each meal. Generally, a school breakfast for an elementary school child, if all of the components are eaten will provide them with 350-500 calories, which is about ¼ of the calories they need in a day. A school lunch will provide them with 550-650 calories, which is about 1/3 of the calories they need in a day. That means if children eat breakfast and lunch at school, when they get home they will already have eaten over half of the calories they need in a day. Also keep in mind that in many cases, children are eating other sources of calories at school such as food at parties and celebrations, food brought from home for snacks, food that might be given out as a reward such as candy or an ice cream party, food purchased from the a la carte line etc. All these calories add up!

Q: Should parents count the calories their kids are eating?

A: No. Parents don't need to count calories for kids, or talk to their kids about how many calories they are eating, but it's a good idea to know how many calories kids need to grow and to stay healthy. Knowing that helps parents put into perspective the calorie information on food labels or other forms of nutrition information.

Q: Are all high calorie foods bad?

A: No. Some foods that are calorie-dense such as low-fat cheese and nuts also contain a significant amount of nutrients, vitamins and minerals. Parents should make an effort to offer kids healthy, nutrient-rich foods such as fruits, vegetables, whole grains, lean protein foods, and low-fat dairy foods. Foods that should be offered less often include high-calorie, non-nutritious foods such as soda and other sugar-sweetened drinks, high-fat meats, candy, cookies, chips and sugary cereals. The healthiest foods are the least processed and come from the five main food groups: fruits, vegetables, grains (preferably whole grains), protein foods and dairy.

Q: What about the calories in snacks?

A: Children usually eat a big portion of their daily calories from snacks—so it's really important that snacks be healthy. If a snack is served as part of the After School Snack program there are calorie guidelines schools must follow. If snacks are brought to school from home, there are no calorie requirements. However, it is recommended that schools follow the *Michigan Nutrition Standards* for foods served outside of school meals, when deciding what types of snacks will be served or allowed to be brought from home. With a little knowledge and effort, choosing healthy snacks is easy.

INSTEAD OF...	CHOOSE THIS:
Chips and dip	<u>Whole grain</u> crackers, pretzels, carrot sticks, and hummus or bean dip
Cookies or candy	Fresh or Canned Fruit and low-fat yogurt
Cereal bars that are low in fiber	Cereal bars that are made with <u>whole grains</u> , and that have at least 3 grams of fiber per serving.
Soda or sugar-sweetened drinks	Water, no-calorie flavored water, 100% juice in 8 oz. servings or less, water/100% juice blends, or lowfat or fat-free white or flavored milk.



SMART GOALS

Support and Promote the *Michigan Nutrition Standards*

Implementing the *Michigan Nutrition Standards* is a big and important job.
How and where do schools begin?

Setting small, achievable goals is a good place to start. One of the best ways for schools to stay on track when implementing anything new—whether it’s a new program, a new policy, or a new set of guidelines or regulations—is to develop a timeline for success and to set SMART goals. After you develop SMART goals, choose 1-3 goals to work on each semester and create a timeline for completion of the goals.

SMART goals are: **Specific, Measurable, Attainable, Realistic, and Time-bound.**

- **Specific:** Goals need to be specific. If they are too broad they are just “big ideas” and will remain just that: big ideas.
- **Measurable:** Goals must be stated in quantifiable terms, otherwise they’re only good intentions. Measurable goals facilitate management, planning, implementation, and control.
- **Attainable:** Goals must inspire people to aim high but not out of reach. Goals must be achievable, or they’re a set-up for failure. Set goals you know your school or district can accomplish.
- **Realistic/Relevant:** Goals must require a realistic look at the desired outcome and the process. Think: Given our resources can we realistically do this?
- **Time-Bound:** With reference to time, your goals must include a timeline of when your goals should be accomplished.

Setting SMART goals can make a huge difference in maintaining momentum toward implementing the standards. Following are examples of what SMART goals for implementing the *Michigan Nutrition Standards* might look like. These may not apply to your school. We encourage you to set SMART goals that are based on the needs you identify when you complete the [Does Our School Make the Grade? Michigan Nutrition Standards Checklist](#).

GOAL SETTING

S	SPECIFIC
M	MEASURABLE
A	ATTAINABLE
R	REALISTIC
T	TIME-BOUND



SMART GOAL EXAMPLES

Support and Promote the *Michigan Nutrition Standards*

Forming a Team

- **GOAL**—By November 1, 2012, we will form a Coordinated School Health Team (CSHT), consisting of school staff, parents, and community members who will meet monthly to work toward full implementation of the *Michigan Nutrition Standards* by January 2013.

Do you need ideas on how to form a team or who should be on it?

See the [Team Effort Tab](#) of the *Michigan Nutrition Standards Toolkit*.

Training and Education

- **GOAL**—By December 1, 2012, 95% of school staff members will have attended a one-hour training conducted by the CSHT, and will have received a paper copy of the *Michigan Nutrition Standards*.

Around the School

- **GOAL**—By March 1, 2012, 100% of all foods sold on campus (including school stores) will meet the *Michigan Nutrition Standards* recommendations for foods offered/sold to students outside of school meals.

In the Cafeteria

- **GOAL**—By April 1, 2012, 100% of ala carte items and items offered in our school vending machines will meet the *Michigan Nutrition Standards* recommendations for foods sold outside of school meals.

For Families and the Community

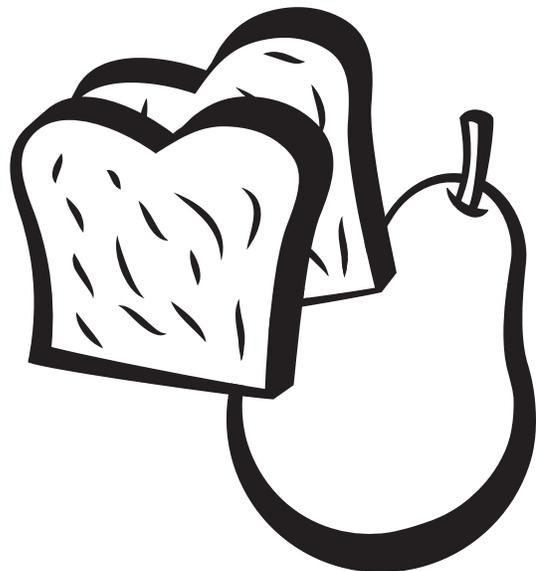
- **GOAL**—By June 1, 2012, our school will eliminate all marketing of foods and beverages not meeting the *Michigan Nutrition Standards* during the school day, and at before and after school events and activities—especially those that are attended mainly by students as an extension of the school day.

Spreading the Word

- **GOAL**—By November 15th, 2012 our Coordinated School Health Team will write and submit one article for the school and local newspaper describing the *Michigan Nutrition Standards* and our school's implementation plan.

Need help working with the media or sharing your success?

See the handout, Media Basics in the [Cheering for Your Success Tab](#) of the *Michigan Nutrition Standards Toolkit*.





WHAT'S A WHOLE GRAIN? FOR PARENTS

Support and Promote the *Michigan Nutrition Standards*

You've heard it before: eat more whole grains. *But what's a whole grain? Are all cereals whole grain? What about bread and pasta?* MyPlate.gov recommends that children and adults strive to make half of the grains they eat every day whole grains. That's because whole grains contain more vitamins, minerals, and fiber than processed grain foods.

Are you and your family eating enough whole grains? Do you know how to tell if a food is made with whole grains? Is your child offered whole grains at school? Read on for more information.

WHY WHOLE GRAINS?

Whole grains are better for you than foods that are made from refined grains. Whole grains have more natural nutrients, vitamins, minerals and fiber than foods that are made with processed or refined grains.

WHAT'S A WHOLE GRAIN?

Whole grains, or foods made from them contain all the essential parts and naturally occurring nutrients of the entire grain seed. This means that 100% of the original grain kernel—all of the bran, germ, and endosperm—must be present to qualify as a whole grain.

EXAMPLES OF WHOLE GRAINS

The following, when consumed in a form including the bran, germ and endosperm, are examples of whole grain foods and flours according to the Whole Grains Council:

- Amaranth
- Barley
- Buckwheat
- Corn, including whole cornmeal and popcorn
- Millet
- Oats, including oatmeal
- Quinoa
- Rice, both brown rice and colored rice
- Rye
- Sorghum (also called milo)
- Teff
- Triticale
- Wheat, including varieties such as spelt, emmer, farro, einkorn, Kamut®, durum and forms such as bulgur, cracked wheat and wheatberries
- Wild rice

HOW CAN YOU TELL IF A FOOD IS 100% WHOLE GRAIN?

Start by reading the ingredient list. A whole grain such as whole wheat, whole oats, whole rye, should be listed on the ingredient list—first because ingredients are listed by weight. If there are no other grains on the ingredient list—the food is made with 100% whole grains. If there are other grains listed such as enriched wheat flour, rice flour, etc. that means that some, but not all of the food is whole grain. You can also look for the words: **100% whole grain**; that means that all of the grains included in the product, even though there may be more than one grain listed are whole grains.

WHAT ABOUT FIBER?

You can't tell whether a food is whole grain or not by looking at the amount of fiber listed on the label. If a food is high in fiber, there's a good chance it's made with whole grain ingredients, but that's not always true. Food companies are now adding fiber-boosters such as chicory root or inulin to boost the fiber content of refined grains like white bread or bagels. That increases the fiber content of the food but doesn't make them whole grain. Although fiber is important, there are lots of other good-for-you things in whole grains that you won't get by adding fiber to refined grains.

Important:

Just because a food isn't 100% whole grain doesn't mean it's bad for you. If a whole grain is listed first on the ingredient list it's probably a pretty good choice since it contains mostly whole grains by weight.



WHOLE GRAINS IN SCHOOL

Do you ever wonder if your child is offered whole grains at school? Are the breadsticks, pizza crusts, or cereals they eat made with whole grains? Schools that are implementing the Michigan Nutrition Standards agree to...

- Serve whole grains at least three times per week as part of the National School Breakfast Program;
- Serve whole grains at least half of the time as part of the National School Lunch Program;
- Serve whole grains at least once a week as part of the After School Snack Program.
- Encourage serving whole grains at classroom parties or celebrations, school-sponsored functions, concession stands, in vending machines and all other places food is offered or served on school campuses.

Your school foodservice director can tell you which foods offered and served at school are whole grain and which ones are not. If you don't know, ask.

HELP YOUR CHILD EAT MORE WHOLE GRAINS

- Read cereal box labels and buy cereal that is whole grain or mostly whole grain.
- Make sandwiches or toast with whole grain bread.
- Try cooking and serving whole grains you haven't tried before such as whole grain pasta, brown rice, quinoa, or barley.
- Provide snacks that are whole grain such as whole grain snack bars, crackers, popcorn, and trail mix.



5-10 MINUTE PRESENTATION IDEAS

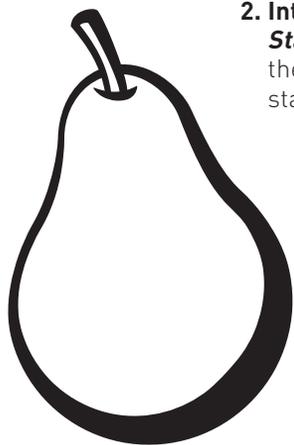
Support and Promote the *Michigan Nutrition Standards*

Implementing the *Michigan Nutrition Standards* takes time and careful planning. Before school staff, parents, students, and community members can become excited about and invested in implementing the standards they need to better understand them. *Can you present something about the Michigan Nutrition Standards to others if you only have 5-10 minutes in a meeting? Sure you can!*

Below are presentation ideas that focus on one small component of the standards. You can briefly touch on these topics at school or grade-level staff meetings, wellness team meetings, parent meetings or any place you want people to learn more about the standards. If you have more time to present there are two ready-made [PowerPoint Presentations](#) that teach about the *Michigan Nutrition Standards* in the *Michigan Nutrition Standards Toolkit*.

TO SCHOOL STAFF: TEACHERS, PRINCIPALS, AIDES, FOODSERVICE, TRANSPORTATION, CUSTODIANS, SECRETARIES

1. Why Standards? Using basic information, fact sheets and statistics found in section 1 of the *Michigan Nutrition Standards Toolkit*, Game Plan, explain the need for and the importance of having nutrition standards. Reinforce that buy-in from all school staff—whatever their roles are—is crucial.

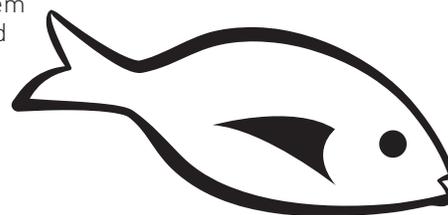


2. Introducing... the Michigan Nutrition Standards. Educate school staff that there are new standards and that the standards have two main focus areas:

- School meals. Teach participants which areas of the school are impacted by the standards (food used as reward, classroom celebrations, fundraising, concessions) and where to go in the *Michigan Nutrition Standards Tool Kit* to read more specific information.
- Food provided to students at school or at school functions outside of school meals.

3. How Calories Add Up. Teachers and other school staff sometimes don't realize that giving out a piece of candy after a test or awarding cookies to the winners of the math relay matters. In ten minutes you can explain what a calorie is, teach school staff how many calories students need on average in a day, talk about the standards recommendations for food provided outside of school meals, and distribute the handout **How Calories Add Up**, which shows them how little "extras" over the school day can contribute to weight gain.

4. Healthy Parties. Inform teachers that the standards include recommendations for food and beverages served at classroom celebrations. Pass out the **Healthy Party Letter** and give them five minutes to rewrite or edit the letter to fit their own classroom. Tell them where they can find a digital copy to make their edits.





5. Brainstorming for \$. Conduct a ten-minute fundraising brainstorm session. Distribute the handouts: [Go for Healthy Fundraising](#) and [Healthy School Fundraising Ideas](#). Split people in groups of 3-5 and ask them to either come up with one more idea, or to choose from the ideas on the handouts one that would be feasible at your school.

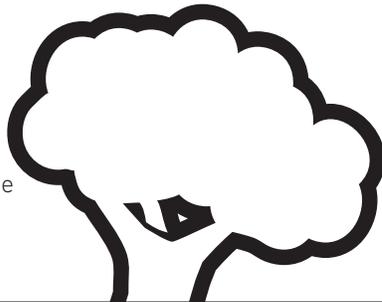
6. Check This! Talk about the importance of reinforcing the *Michigan Nutrition Standards* whenever, and wherever possible around the school. Divide participants into three groups. Hand out (one to each group) the [Healthy Meeting Checklist](#), [Food Marketing Checklist](#) and the [Healthy Party Checklist](#). Allow groups to complete a practice checklist and choose one thing from the checklist they will work on.

FOR PARENTS, CLUB LEADERS, SCHOOL BOARDS, AND COMMUNITY MEMBERS

7. The Obesity Crisis. At a school board or community meeting describe the youth obesity crisis. Use data and statistics from: [The State of the State: Childhood Obesity in Michigan](#). Explain your schools' commitment to follow the *Michigan Nutrition Standards* to curb childhood overweight and invite attendees to get involved in implementing the standards.

8. A Quick Taste. Bring samples of a new recipe you are trying out in your school cafeteria that promotes and supports the *Michigan Nutrition Standards* such as a healthy muffin made with 100% whole grain, a new high-fiber bean burrito or a yogurt & fruit smoothie.

9. All About School Meals. This is a chance for foodservice directors to toot their own horns! He/she can educate others about the *Michigan Nutrition Standards* focusing on the new additions to the guidelines and how they affect or change the school menu. Key points to focus on that demonstrate why school meals are the healthiest choice are: calories, nutritional quality, and cost. Use the handout [School Meals 101](#) and finish with a kitchen tour.



10. Boosting Athletics. Go to an athletic boosters meeting and briefly explain how (and why) the standards discourage selling unhealthy food at sporting events and concession stands. Do a little homework ahead of time and at the meeting give attendees ideas for healthy food they can sell such as low-fat string cheese, bottled water with the school logo, frozen yogurt tubes, etc. Use the handout: [Go! for Concessions](#).

11. Rethink Your Drinks. There are new recommendations for beverages sold at schools that are not part of school meals. Make sure teachers, parents, school foodservice staff, coaches, and others understand what those recommendations are and why we have them. Use the handout: [Rethink Your Drink](#).

12. It Takes a Team. Go to a PTA/PTO meeting or any other parent meeting. Briefly introduce the standards and explain your school's commitment to implementing the standards. Talk about how the implementation of the standards will be far more successful if parents and community members get involved. Give them the handouts [Fuel Up to Play 60 for Community Members](#), and [Fuel Up to Play 60 for Parents](#). Collect email addresses and send them ideas and invitations over email about how they can get involved.

TIPS FOR GIVING A STANDOUT PRESENTATION IN 10 MINUTES OR LESS

- 1. Write down on note cards,** one to five key points you need to get across or use the notes feature if you created a PowerPoint. Only write the key points, not the entire narrative of what you are going to say. Don't read from the cards.
- 2. Practice what you will say** and time yourself to make sure you are within your time limit.
- 3. Provide a follow up handout** after you presentation (not before or during) and remind participants that "everything you explained is on the handout." Tell them about the handout before you start presenting so they don't take unnecessary notes.
- 4. Leave a little time for Q and A** and let people know how to reach you with other questions they don't have time to ask.



TALK THE TALK: 10 KEY MESSAGES TO SHARE

Support and Promote the *Michigan Nutrition Standards*

When schools implement the *Michigan Nutrition Standards* students receive consistent healthy eating messages—everywhere in the school. The standards include recommendations for all foods and drinks served while at school or at school-related functions, not just for food offered or served as part of USDA-funded school meals programs.

Students will “get the message” about what’s healthy wherever they go:

- In the school cafeteria when they purchase a school lunch or breakfast;
- When they choose a meal or a snack from the a la carte line;
- While they’re taking part in classroom parties or celebrations;
- When they purchase something to eat or drink from school stores;
- When they buy something from a school vending machine;
- When they’re at a school sponsored function such as a band concert, a school play or an athletic event.

Because food is available to students in so many venues it’s important that all school staff, parents and community supporters know how to “talk the talk” when it comes to explaining and promoting the *Michigan Nutrition Standards*. Here are some key messages about the standards that you can share.

WHY AND HOW

1. “The *Michigan Nutrition Standards* are about making healthy food and beverage choices easy choices for students at schools.”
2. “It isn’t mandatory for Michigan schools to adopt the *Michigan Nutrition Standards*. **We are doing it because we know it’s the best thing for our students.** Healthy students learn better.”
3. “It’s going to take time, and some practice, to fully implement the standards. It’s our goal that eventually all the food and beverages offered, provided, or sold at school, and at school-related functions, will meet the standards.”
4. We need your help and your input. **Schools can’t implement the standards alone.** We need help and support from students, parents, grandparents, businesses, and community members.



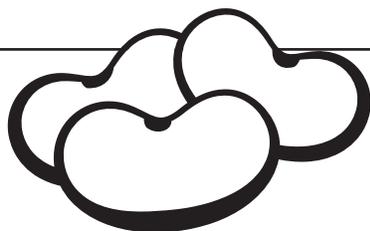
SCHOOL MEALS—ARE THEY HEALTHY?

5. “Our school meals are healthy and meet current federal guidelines. The *Michigan Nutrition Standards* help our school foodservice staff to continue to improve upon and provide nutritious meals to students, school staff and other customers.”
6. “The *Michigan Nutrition Standards* focus on offering food and beverages with health benefits such as colorful fruits and vegetables, low-fat and fat-free dairy, whole grains, lean meat, poultry, legumes, nuts and seeds.”
7. “We work hard to provide food that is healthy and great-tasting. If you have any questions about any of the food or beverages served at school contact: _____, our foodservice director.”

Hold a *Michigan Nutrition Standards Info Session*. Invite people and use the PowerPoint presentations included in the *Michigan Nutrition Standards Toolkit* to train them.

TIPS FOR SENDING POSITIVE MESSAGES

1. Be brief but to the point.
2. Know where to send people for additional information: www.michigan.gov/nutritionstandards
3. If you can't answer a question about the standards know who the point person in your district is that can.
4. Listen and be respectful of others' opinions.



FOOD IN OTHER VENUES

8. “We follow the *Michigan Nutrition Standards* for all food and beverages we offer, provide, or sell anywhere at school or at school functions; not just in the cafeteria. At our school you can make healthy choices everywhere.”
9. “Food and beverages sold or offered at school outside of school meals will be primarily **whole, minimally processed and nutrient-rich.**”
10. “You’ll find healthy food and beverages that meet the standards everywhere: at classroom parties, in school stores, in vending machines, and in faculty lounges. We will not sell unhealthy food for fundraisers and we’ll offer more healthy choices at concession stands, or sporting events.”

WHOSE JOB IS IT TO SHARE THE MESSAGES?

Get others excited about, and invested in implementing the standards! Involve these very important people:

Teachers	Principal and assistant principal
Teachers' aides	Superintendent
Students	Librarians
Parents and caregivers	Local health professionals
Coaches	Potential community partners and business owners
PE teachers	Community leaders
School foodservice staff	School board
Lunchroom aides	Local media representatives
Janitors and maintenance workers	
Administrative support personnel	



RETHINK YOUR DRINK— AND CUT BACK ON SUGAR

Support and Promote the *Michigan Nutrition Standards*

For adults and children, the evidence is strong that cutting back on sugary drinks like soda, juice drinks and some sports drinks—or eliminating them altogether—may help with weight control and may lower the risk of diabetes. Some sugary drinks contain up to 500 calories per container which is about 25% of the calories some students need in an entire day. That’s a lot of calories!

In the past several years many Michigan schools have made great strides toward eliminating or limiting the sale of sugary drinks during the school day and at school-related functions. There are strict guidelines about where soda machines can be placed in a school building and what time of day soda and other foods in direct competition with school meals can be sold. Still, there are gaps.

The *Michigan Nutrition Standards* address those gaps with guidelines for beverages sold or offered as part of school meals, during mealtime, in school vending machines, and at school-related functions.

With all the pretty packaging and confusing health claims, it’s not always easy to figure out whether a drink is healthy or not. Following are the *Michigan Nutrition Standards* recommendations and some helpful hints for choosing healthy beverages outside of school.





WHAT THE STANDARDS SAY:

The *Michigan Nutrition Standards* include recommendations for beverages served and sold at school and at school-related functions. Below are those standards.

USDA SCHOOL BREAKFAST PROGRAM	USDA SCHOOL LUNCH PROGRAM	USDA AFTER SCHOOL SNACK PROGRAM	BEVERAGES IN OTHER PLACES
<p>MILK—Not to exceed 1% milk fat for all milk offered, not to exceed 28 grams of sugar per 8 oz serving (includes plain and flavored milk).</p> <p>JUICE—At least half of fruit offerings must be from whole fruit, rather than 100% juice</p>	<p>MILK—Not to exceed 1% milk fat for all milk offered, not to exceed 28 grams of sugar per 8 oz serving (includes plain and flavored milk).</p> <p>JUICE—100% juice may be only offered once per week as the fruit choice and in a 4 oz serving</p>	<p>MILK—Not to exceed 1% milk fat for all milk offered, not to exceed 28 grams of sugar per 8 oz serving (includes plain and flavored milk).</p> <p>JUICE—At least half of fruit offerings must be from whole fruit, rather than 100% juice.</p>	<p>* WATER</p> <p>* MILK—varies by grade level</p> <p>* SPORTS DRINKS—should not be available in the school setting</p> <p>* OTHER BEVERAGES—not allowed at elementary and middle school.</p> <p>* See standards for specific recommendations</p>

CHOOSING HEALTHY DRINKS

If a school follows the *Michigan Nutrition Standards* they are offering healthy drinks. If you purchase and consume drinks outside of school these suggestions can help you make healthier choices.

1. Check out the Calories in a **SERVING**.

NUTRITION FACTS LABEL
Serving Size: 8 fl oz.
Servings Per Container: 2.5
Amount Per Serving:
Calories: 100

The Nutrition Facts Label on all beverage containers may give the calories for only part of the container. The example below shows the label on a 20-oz. bottle. It lists the number of calories in an 8-oz. serving (100) even though the bottle contains 20 oz. or 2.5 servings. To figure out how many calories are in the whole bottle, you need to

multiply the number of calories in one serving by the number of servings in the bottle (100 x 2.5). You can see that if you drink the whole bottle—which most people do—you will consume 250 calories even though what the label calls a “serving” only contains 100. Look closely at the serving size on the Nutrition Facts Label when comparing calories of different drinks. Many fountain sodas, when purchased in 32-ounce containers, contain almost 500 calories per container!



ADDED SUGAR

Agave nectar	Dextrose	Lactose
Brown sugar	Evaporated cane juice	Maltose
Cane crystals	Glucose	Malt syrup
Cane sugar	High-fructose corn syrup	Molasses
Corn sweetener	Honey	Raw sugar
Corn syrup	Invert sugar	Sucrose
Crystalline fructose		Sugar
		Syrup

2. Check for Added Sugar. Read the ingredient list to check for added sugar. Ingredients are listed in order by weight. When something is listed first, second, or third, you know that this drink probably contains a lot of it. Check ingredient lists to see where sugar appears. Limit drinks that mention sugar in the first few ingredients or drinks that have lots of different kinds of sugar sprinkled throughout the list. That means it's a very sugary drink. Sugar has different names, so check the list (right) for these words that also mean sugar.

- **WHY ARE JUICE AND MILK HIGH IN SUGAR?** Sugar exists naturally in some drinks such as 100% juice or milk. It's not added sugar, it's there naturally. Milk contains lactose, a milk sugar; and juice contains fructose, a fruit sugar. These sugars are NOT added sugar. A typical 8 oz carton of 1% low-fat chocolate milk contains 22 grams of sugar. 12 of those grams occur naturally in the milk. 10 grams of sugar (about 2.5 teaspoons) are added to improve taste.
- **ARE MILK AND 100% JUICE HEALTHY DRINKS?** Both milk and 100% juice are healthy drinks. Low-fat milk is a healthy choice because it contains fewer calories and less fat than whole or 2% milk and it contains the same bone-building nutrients such as calcium, Vitamin D, and protein. School-age children (4-18) need to consume 2-4 servings of low-fat dairy foods every day and drinking low-fat white or flavored milk is a good way to meet the requirements. Flavored low-fat milk does have some added sugar but it's not nearly as much as soda and other sugary drinks. The nutritional benefits of drinking low-fat flavored milk far outweigh the little bit of added sugar they contain. In addition, current research shows that the sugar added to flavored milk only contributes to <3% of added sugar in children's diets. 100% juice can be good for you too in small servings. The calories in juice add up quickly because juice doesn't fill you up like whole fruit does. It's best to drink 100% juice every now and then in small amounts and to eat more whole fruit.

ENCOURAGE HEALTHY DRINKS

Both children and adults benefit by choosing low-calorie, nutritious beverages. You can make healthy the easy choice when you....

- Choose water instead of sugar-sweetened beverages.
- Choose low-fat and fat-free milk (unflavored or flavored).
- Choose 100% juice in small servings, not "juice drinks".
- Carry a water bottle and refill it throughout the day. Serve or drink low-fat or fat-free milk or water with meals.
- Don't "stock the fridge" with sugar-sweetened beverages.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.



WEEKLY WAYS SCHOOL STAFF CAN BE HEALTHY ROLE MODELS

Support and Promote the *Michigan Nutrition Standards*

Kids watch and pay attention to more than just their parents. Research shows that parents **and** schools both play an important role in children's lives and eating habits. School staff members including teachers, aides, administrators, coaches, and volunteers can be role models for health. When adult role models practice healthy eating behaviors such as eating fruits and vegetables, choosing healthy snacks, and drinking healthy beverages, children are more likely to do that too. Even if you are not the school health champion there are plenty of ways school staff members can support and promote the *Michigan Nutrition Standards* and be role models for health by doing something small each week during the school year. Try these suggestions.

SEPTEMBER

1. Decorate your classroom and hallway with posters, signs, and other reminders to eat healthy. Check out the Team Nutrition resources at: www.teamnutrition.usda.gov.
2. Read more about Fuel Up to Play 60. Choose one activity you can do each week this month.
3. Join your school's Coordinated School Health Team or Nutrition Action Team. Even if you can't go to every meeting help with one initiative.



OCTOBER

1. Come up with an idea for a healthy **non-food fundraiser** and bring it to your school principal, PTA/PTO, or athletic boosters.
2. Eat school lunch with students during National School Lunch Week. Make sure there are plenty of fruits and vegetables on your tray. Talk to students about healthy vs. non-healthy lunch choices.
3. Read a book, a newspaper article, or tell a story to students, about someone healthy you admire. Tell them why you admire this person.
4. Volunteer to do a short presentation on the *Michigan Nutrition Standards* for community members. Piggy-back on something else that is already going on such as a fall banquet or parent/teacher conferences.

NOVEMBER

1. Start planning for healthy parties and celebrations that take the focus off of food. Send out a note and ask parents to be on your healthy party planning team.
2. Send home a **Healthy Party Letter** that explains to parents what the guidelines are for sending food and beverages in for parties this year and give them ideas for less expensive party foods they could provide.
3. Attend a high school sporting event such as a football or volleyball game and make sure students see you there. Let them know you think physical activity is important. Volunteer to help coach if you have time.
4. Set the homepage on your computer to a healthy page such as <http://www.letsmove.gov/schools>, or <http://www.fueluptoplay60.com/>.



DECEMBER

1. Talk with students about all the ways you enjoy getting outside in the winter. Make a display or bulletin board that focuses on ways you can be healthy in the winter.
2. Plan and participate in student physical activity breaks during the school day.
3. Role model healthy eating at your school or classroom holiday party. Be sure to fill $\frac{1}{2}$ your plate with fruits and veggies.
4. Take two weeks off for holiday break. Enjoy and take care of yourself.

JANUARY

1. Make a healthy New Year's resolution as a school or classroom and post it where everyone can see it.
2. Put a piece of fruit on your desk every day for a whole month. Eat it when you get hungry. Remember, it takes 30 days to form a new healthy habit.
3. Put magazines that depict healthy kids of all shapes and sizes in your classroom, in the library, in the office or anywhere where students hang out and read.
4. Start a **Twitter** page that talks about how your school is implementing the *Michigan Nutrition Standards*. Make a resolution to post something each week.

FEBRUARY

1. Buddy up with another staff member and walk outside or through the school hallways even if it's just for 10 minutes.
2. Write a short article or blurb about the *Michigan Nutrition Standards* for a local newspaper, your school web site or school newsletter. See the **Cheering for Your Success** section of this toolkit for ideas.
3. Drink white or flavored milk at lunch.
4. Bring a fruit or vegetable e.g. carrots and dip, apples, kiwi fruit, to a staff meeting when it's your turn.

MARCH

1. Put up reminders for students that encourage them to eat breakfast every day. Invite parents to eat school breakfast with their child during National School Breakfast week.
2. Drink water in front of students. If you are a teacher explain your water bottle policy to students.
3. Share a favorite healthy recipe with students or co-workers.
4. Eat only healthy snacks in the teacher's lounge or break room. If there aren't any there, bring your own.
5. Wear green on St. Patrick's Day and talk about all the healthy "green" foods you can eat.

APRIL

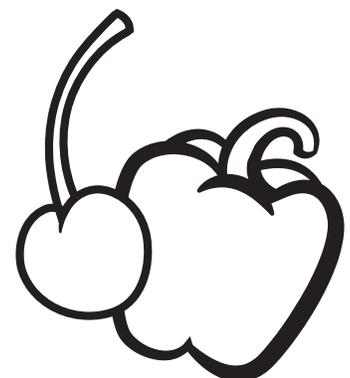
1. Relax and re-energize over spring break. Try new and healthy recipes, take a new exercise class, practice ways to reduce stress and more.
2. Don't wear t-shirts that advertise unhealthy, or less healthy food and drinks such as soda, or chips.
3. Exercise over spring break, eat right, and take good care of yourself.
4. Start a walking club for school staff or students.

MAY

1. Take part in ACES (All Children Exercising Simultaneously) Day. Find out more at: www.michiganfitness.org.
2. Let students see you trying a new sport or activity you are not good at. Tell them you are doing it for fun.
3. Host a diversity day or week in your school or classroom. Work with the foodservice director to offer foods from several different cultures that meet the *Michigan Nutrition Standards*.
4. Wash your hands before you eat and let students see you washing them.

JUNE

1. Talk about where foods come from. Take students to a farmer's market or farm.
2. Show students how much sugar is in soda using sugar cubes or teaspoons. Explain that too much sugar is bad for your teeth and weight. See the handout—**Where's the Sugar?** for more information.
3. Wear comfortable shoes that you can be active in. Talk to students about how you enjoy being active.
4. Plan a healthy end-of-year picnic for students or staff or bring something healthy to the picnic such as watermelon, a case of water, or air-popped popcorn.





SCHOOL WELLNESS CHALLENGES AND RECOGNITION IDEAS

Support and Promote the *Michigan Nutrition Standards*

Getting school staff and families involved in nutrition, physical activity and health initiatives is an important task. The more committed school staff members are to their own health, the more likely they are to see how making healthy food choices that are consistent with the *Michigan Nutrition Standards*, and being physically active can benefit their students.

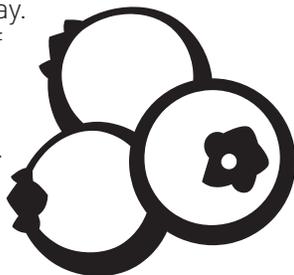
Why not conduct a school wellness challenge or contest? Getting school staff excited and fired up about health sometimes requires teamwork, a little friendly competition or a jump start.

Below are a few easy to implement wellness contest and challenge ideas for school staff members, students, and families. Start with something fun and simple. Then, once you get people interested, try something a little more difficult. Keep contests fun and light-hearted. When the challenge is over, be sure to recognize participants for their efforts. (See page 2 for recognition ideas).

SCHOOL WELLNESS CHALLENGES

Contests or challenges are a fun way to add a little “friendly competition” in the workplace and it’s a great way for school staff to be healthy role models for students, and for students to be healthy role models for each other.

- 1. Bring a Fruit or Vegetable to School.** Teachers set a goal to bring a fruit or vegetable to school, or to buy a fruit at school, and to eat it every day. Keep track of this for one month and award prizes.
- 2. Walk Across Michigan.** Have staff keep track of how many miles they walk using a pedometer. Award people when they reach designated milestones such as 50 miles, 100 miles and so on. Give the biggest prize to the first person who walks across Michigan—which in the Lower Peninsula, is about 250 miles from Port Huron to Grand Haven.
- 3. Fruit and Vegetable Challenge.** Challenge staff and students to eat more fruits and vegetables. Keep track by classroom or grade each time someone eats a cup of fruit or vegetables. At the end of the week add up the cups. Keep the challenge going for several months by awarding the winning class with a traveling trophy, such as a golden apple.





4. Say Yes to School Meals! Staff members track how often they eat all the components of a school meal. If they do, they get a check mark but only if they eat ALL the components. The first person who reaches 20 meals wins the challenge.

5. Build a Better Breakfast. Ask the foodservice director to teach challenge participants (staff or students) how to create a healthy breakfast. Then, ask them to keep track of what they eat for breakfast for two weeks. (Start this in March during National School Breakfast week.) Develop a tracking system and give participants one point for eating breakfast and one additional point for eating a fruit or vegetable at breakfast. Add up points at the end of two weeks.

6. Our Healthy Classroom. Teachers and other school staff decorate their rooms with information, healthy messages, and reminders to eat healthy and be active. Students vote on which classroom looks the healthiest.

7. Get Fit in Five. The PE teacher leads the staff in 5-10 minutes of exercise each morning before the school day starts. Do this for one month. Participants who miss the least days win the prizes.

SCHOOL STAFF RECOGNITION IDEAS

Everyone likes to be recognized for a job well done. Following are some low-cost ways to recognize school staff members for adopting healthy behaviors and being a healthy role model.

1. Create a **Healthy Hall of Fame** wall or display case with photos of exemplary staff doing healthy things. Add a new member each month. Hold a mini-induction at monthly staff meetings.
2. Post a super-size thank you note or recognition certificate on a classroom door.
3. Create and post a **“Health Nut Honor Roll”** in your school reception area. Write a short one sentence description about why they are on the honor role.
4. Provide challenge or competition winners with school lunch or school breakfast for one week. Make them a special pin or lanyard to wear so that foodservice staff know who the winners are.
5. Deliver a vegetable tray, fruit basket or fruit tray from foodservice to a winning classroom or challenge winner.
6. Find out the winners favorite healthy hobbies and buy an inexpensive but appropriate gift such as a copy of the latest fitness or healthy cooking magazine.
7. Each month or week at your staff meeting recognize someone who was caught doing something healthy such as eating a healthy lunch with students, drinking water or walking on his/her lunch hour. Make a certificate or a rotating trophy that moves from classroom to classroom.
8. Write a letter of praise recognizing specific healthy contributions and accomplishments. Send a copy to the school superintendent and the employee.
9. Plan a surprise picnic or healthy lunch for everyone who either participated in a health challenge or met/achieved a certain goal.
10. Keep a supply of fruit and vegetable note cards that can be given as immediate rewards. Keep the supply visible—in a basket or box in your office.



IS MY CHILD EATING TOO MUCH? FOR PARENTS

Support and Promote the *Michigan Nutrition Standards*

You've heard it before: portions of food in America are too large and are contributing to the rise in overweight adults and kids. *Are your children eating too much or are the portions they eat too large?* If your children eat school lunch, school breakfast or a snack from the After School Snack Program they are being served the correct portion size for their age. Offering the right-size portions is part of the program requirements for all Child Nutrition Programs and is also part of the *Michigan Nutrition Standards*.

But what about foods and drinks served at home and outside of school? Are your children eating the right foods, and the right portions to maintain a healthy weight? Read on for more information.

WHAT'S A PORTION OR A SERVING?

MyPlate.gov includes both general and specific recommendations about what kinds of food to eat and how much to eat. This includes portion recommendations for the main food groups which are grains, fruits, vegetables, protein, and dairy. How much to eat, within those groups depends on your age, sex, and physical activity level. Go to www.choosemyplate.gov where your whole family can get a personalized plan.

Generally speaking, younger children need less food than older children, boys may need a little more than girls, and more active people need more than less active people.



Following is a healthy daily food plan from MyPlate.gov, for a 12 year old girl who is 5 feet tall, 105 pounds, and is active less than 30 minutes a day.

- Grains—5 oz.
- Vegetables—2 cups
- Fruit—1 1/2 cups
- Dairy—3 cups
- Protein Foods—5 oz

Need more info?

You can find specifics about what a serving or a portion is within each food group at www.choosemyplate.gov

SOURCE: www.myplate.gov

HELP CHILDREN AND TEENS CONTROL PORTIONS

Most people underestimate the amount they are actually putting on their plate. (We are very used to large portions!) For example, a portion of pasta is only ½ cup of cooked pasta. That’s not very much and most kids and adults eat more than that at a meal. So how do you teach your children to control—or at least be mindful of—portion size if you don’t measure everything?

You can teach your child to fill their plate the healthy way using the MyPlate.gov graphic as a guide. You can also serve them, or teach them to serve themselves, smaller portions that are healthier and more appropriate in size.

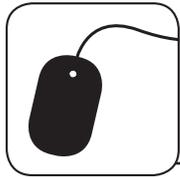
FILL YOUR PLATE FOR BEST HEALTH

Teach children to divide their plate this way for best health.

- 20% fruits
- 30% vegetables
- 30% grains, preferably whole grains
- 20% protein foods such as lean meat, beans, eggs, or fish
- A low-fat dairy serving or low-fat milk



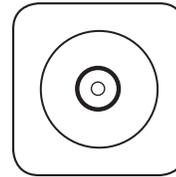
EXAMPLES OF REALISTIC PORTIONS ARE:



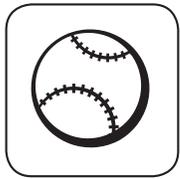
½ cup of fruit or vegetables =
a computer mouse



1 ½ oz. cheese =
2 9-volt batteries



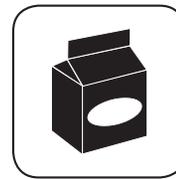
1 oz or a slice of bread =
a CD



1 cup of vegetables =
baseball
1 cup dry cereal =
baseball



2-3 oz. of meat =
deck of cards



1 cup of milk =
a small school-sized carton

OTHER IDEAS TO CONTROL PORTIONS AT HOME

AT MEALTIME

- Use a salad plate or a smaller plate for dinner. It is easier to control portion sizes with a smaller plate.
- Provide a variety of foods from each of the food groups and include milk or water as part of every meal and snack.
- Encourage your child to take one small scoop from each of the food groups. Let them serve themselves. It gives them independence and helps them begin to realize serving sizes.
- Encourage kids to have fun “coloring” their plate with colorful foods. Colorful foods are usually healthier. Offer a couple vegetables and fruits to choose from.
- Include one healthy choice from the grains food group. For example, serve just whole wheat bread, brown rice or whole wheat pasta instead of pasta and bread.
- Cut lean meats into small portions before placing them on the table.
- Avoid sodas, sugary drinks and fruit juices during meals.
- Don’t insist kids eat all their food. Learning to listen to their internal hunger clock is part of learning proper portion control.

DURING SNACKTIME

- Limit snacks to specific snack times so kids will be hungry during mealtime.
- When your child is hungry and looking for a snack serve them the amount of food that is equal to one serving. You can find this on the Nutrition Facts label. Have your child eat snacks from a plate or bowl instead of out of the bag or box.
- Don’t allow your kids to eat in front of the T.V. Research shows that they will eat more when they do this.
- Be prepared and have emergency healthy snacks on hand if your family is running late and needs a quick snack. Make your own snack bags for traveling by reading the Nutrition Facts Label and placing a single serving size into plastic bags.



WHY FIBER? FOR PARENTS

Support and Promote the *Michigan Nutrition Standards*

Did you know that most American adults and children eat only half the recommended amount of dietary fiber every day?

Fiber is needed by adults and children for good health.

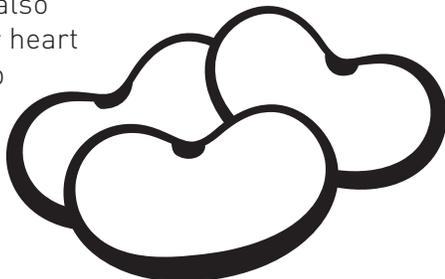
The *Michigan Nutrition Standards* and the USDA Nutrition Standards in the National School Lunch and School Breakfast Programs recommend that schools serve and offer foods that are good sources of fiber to students daily. Many schools are now offering more whole grains, fruits, vegetables, and legumes to increase the fiber in students' diets.

Make sure your children are eating plenty of high-fiber foods for long-lasting health benefits.

WHAT FIBER DOES IN THE BODY

There are two kinds of fiber, soluble and insoluble. Both kinds are good for you and are needed by the body to work its best. You can find both soluble and insoluble fiber in fruits, vegetables, and whole grains. If you eat the recommended amount of these foods you will get enough of both kinds of fiber.

Fiber helps push food along in your digestive system and helps keep your colon clean and working like it should. Eating enough fiber also reduces your risk for heart disease and can help keep your blood sugar stable.



An added benefit of eating enough fiber is that fiber helps you feel full without adding extra calories. High-fiber foods take longer to digest and keep you feeling fuller, longer. This may help people eat less, lose weight or maintain a healthy weight.

Eating fiber every day is important!

How Much Fiber?

The 2010 Dietary Guidelines recommend a dietary fiber intake of 14 grams per 1000 calories per day. For the average adult or child, this translates to about 20-35 grams of dietary fiber every day.

WHERE'S THE FIBER?

Foods that have the highest amount of fiber are fiber-rich fruits, vegetables, whole grains and beans. A “good source” of fiber provides between 3-5 grams of fiber, and a “high fiber” source contains 5 grams or more.

WAYS TO GET KIDS TO EAT MORE FIBER?

There are lots of ways you can boost the fiber in the meals and snacks your child eats. Try these suggestions:

- **Choose whole grains.** Buy bread, pasta, crackers, and rice and cereal that are whole grain. Read food labels and make sure a whole grain is listed first on the ingredient list.
- **Add dried fruit to salads.** Toss dried fruits like raisins, prunes, or dried cherries or apricots into mixed lettuce for salads, or add to fresh fruit salads for added texture and sweetness.
- **Serve fruits and vegetables with the peel.** There's a lot of fiber in the peel and skin of fruits and vegetables. Be sure to wash them before eating them. You may want to cut fruits and vegetables into small pieces if you're serving them to younger children.
- **Replace high fat dips with hummus.** Hummus is made from beans and is loaded with fiber. Serve hummus with fresh crisp veggies such as carrots, celery or zucchini sticks, or 100% whole grain crackers.

SUPER-FIBER FOODS

FOOD	SERVING	GRAMS OF FIBER
Raspberries	1 cup	8.0
Pear	1	5.5
Apple	1	4.4
Banana	1	3.1
Whole wheat spaghetti	1 cup cooked	6.2
Popcorn	3 cups popped	3.5
Oatmeal	1 cup cooked	4.0
Brown rice	1 cup cooked	3.5
Cooked lentils	1 cup	15.6
Black beans	1 cup	15.0
Baked beans	1 cup	10.4
Almonds	22 nuts	3.5
Peas	1 cup	8.8
Broccoli	1 cup	5.1
Turnip greens	1 cup boiled	5.0
Corn	1 cup	4.2
Baked potato with skin	1	2.9

- **Get creative with beans.** Sprinkle kidney or garbanzo beans on salads, puree white beans and use them to thicken soups, add black or pinto beans to cooked Spanish rice, stir any bean into spaghetti sauce or choose main dishes that showcase beans such as burritos or bean soup.
- **Make smoothies.** Blend a little honey together with fat-free milk or yogurt and frozen fruit such as strawberries, blueberries, peaches, banana, mango, pineapple—whatever you have and like!



HEALTHY CONCESSIONS SURVEY

Support and Promote the *Michigan Nutrition Standards*

Many Michigan schools operate concession stands where food and drinks are sold in conjunction with sporting events. Profits from concession stand sales are a revenue source for school athletic departments. The Michigan Nutrition Standards recommend that schools offer minimally processed, nutrient-rich food in all venues.

What are you selling at your school's concession stands? Do the food and drinks sold meet the Michigan Nutrition Standards?

Schools and athletic booster groups should make an effort to find out what kinds of healthy food and drinks parents and community members would be willing to purchase at concession stands, and make them available.

You won't know if you don't ask. Conduct a survey to improve your school's or district's concession stand offerings.

CONDUCT A SUCCESSFUL SURVEY

Using surveys can help you target your efforts and will increase your likelihood of making positive sustainable changes.

Fuel Up to Play 60, contains sample polls on following topics. Check them out:

- Breakfast anytime!
- Drink milk & recycle
- In-class activity poll
- Out-of-school activity poll
- Walk it club poll

Making changes so that foods and drinks sold at concession stands meet the standards should be a well-planned and well thought-out process. Create and distribute a survey that focuses on improving school concession stands.

FOLLOW THESE STEPS:

STEP 1: Choose your audience. This might be students, school staff members, students, parents, community members or two or more of these groups combined.

STEP 2: Distribute your survey. This could be a simple face-to-face poll, an interview, a paper/pencil survey, a phone survey, or a web-based survey. Decide what will work best for your audience. (A *Healthy Concessions* paper/pencil survey follows.)

STEP 3: Interpret your survey results. Use this information to make decisions and prioritize the changes you want and are able to make, and in what order.

STEP 4: Set achievable implementation goals based on your survey or poll results.



HEALTHY CONCESSIONS SURVEY

1. Do you think the food and drinks sold at our concession stands are healthy?

- a. Yes
- b. No

2. Do you buy food or drinks from the concession stands?

- a. Yes
- b. No

If you answered "Yes" what do you buy most often? _____

3. When are you most likely to buy something from the concession stand? (Circle all that apply.)

- a. when I'm hungry
- b. when I'm thirsty
- c. when I just want something small
- d. when I am cold or hot
- e. to replace dinner or another meal
- f. when my kids ask for money to buy something

4. What would you be willing to pay for one item from the concession stand?

- a. \$0.75-\$1.50
- b. \$1.50-\$2.00
- c. It depends on what the snack/drink is

5. If these healthy foods were available at the concession stand circle the ones you would be most likely to purchase.

- | | | |
|--|--------------------------------|---|
| • Apples and peanut butter | • Bean burrito | • Whole grain crackers |
| • Fresh fruit | • Soup | • Healthy chips |
| • Fruit cups | • Baked potato | • Frozen yogurt |
| • Chocolate or strawberry low-fat milk | • Trail mix | • Hard-boiled egg |
| • Veggies and dip | • Healthy sub or sandwich | • Yogurt in tubes (portable, no spoon needed) |
| • Granola bars, protein bars | • Healthy cookie | • Pudding |
| • String cheese | • Frozen banana | • Bottled water |
| • 100% juice | • Raisins or other dried fruit | • Yogurt |
| • Fruit leather or fruit roll ups | • Healthy brownie | • Pizza (whole grain crust) |
| • Veggie burger or veggie hot dog | • Hot peanuts or other nuts | |



HEALTHY VENDING SURVEY

Support and Promote the *Michigan Nutrition Standards*

Many Michigan schools contain vending machines that offer food and drinks sold outside of school meals. The **Michigan Nutrition Standards** recommend that schools offer minimally processed, nutrient-rich food in all venues, including vending machines.

What's in your vending machines? Do the foods and drinks sold meet the Michigan Nutrition Standards?

It's not enough to just "offer" healthy options in school vending machines. Schools should make an effort to find out what kinds of healthy food and drinks that meet the standards students and school staff like best, and make them available.

You won't know if you don't ask. Conduct a survey to improve your school's or district's vending machine offerings.

CONDUCT A SUCCESSFUL SURVEY

Using surveys can help you target your efforts and will increase your likelihood of making positive, sustainable changes.

Fuel Up to Play 60, contains sample polls on following topics.

Check them out:

- Breakfast anytime!
- Drink milk & recycle
- In-class activity poll
- Out-of-school activity poll
- Walk it club poll

Making changes so that all food and drinks sold in school vending machines meet the standards should be a well-planned and well thought-out process. Create and distribute a survey that focuses on improving school vending options.

FOLLOW THESE STEPS.

STEP 1: Choose your audience. Who most uses the vending machine or whom would you like to use it? This might be all school staff members, students, parents, community members or two or more of these groups combined.

STEP 2: Distribute your survey. This could be a simple face-to-face poll, an interview, a paper/pencil survey, a phone survey, or a web-based survey. Decide what will work best for your audience. (A Healthy Vending, paper/pencil survey follows.)

STEP 3: Interpret your survey results. Use this information to make decisions and prioritize the changes you want and are able to make, and in what order.

STEP 4: Set achievable implementation goals based on your survey or poll results.



HEALTHY VENDING SURVEY

1. Do you buy food or drinks from the school vending machines?

- a. Yes
- b. No

2. Do you think the foods and drinks sold in our school vending machines are healthy?

- a. Yes
- b. No

3. When are you most likely to buy something from the vending machine?

- a. First thing in the morning, before school
- b. Before lunch
- c. After lunch
- d. After school, e.g. after or before sports practices or club meetings
- e. At night-time school events

4. What would you be willing to pay for one item from the vending machine?

- a. \$0.75-\$1.50
- b. \$1.50-\$2.00
- c. It depends on what the snack/drink is

5. If these healthy foods were available in school vending machines circle the five you would be most likely to purchase.

- | | | |
|-----------------------------------|-----------------------------|---|
| • Apples and peanut butter | • Pineapple juice | • Hot peanuts or other nuts |
| • Fruit cups | • Soy nuts | • Whole grain crackers |
| • Chocolate milk | • Strawberry milk | • Baked chips |
| • Veggies and dip | • Orange juice | • Apple juice |
| • Granola bars | • Apple juice | • Yogurt in tubes (portable, no spoon needed) |
| • String cheese or other cheese | • Trail mix | • Yogurt in a cup |
| • Power or protein bars | • Healthy cookie | • Pudding |
| • Tomato juice or V8 | • Raisins or dried cherries | • Bottled water |
| • Fruit leather or fruit roll ups | • Healthy brownie | |



HOW HEALTHY IS OUR SCHOOL? SURVEY

Support and Promote the *Michigan Nutrition Standards*

Implementing the *Michigan Nutrition Standards* is a great way to make your school a healthier place. The *Michigan Nutrition Standards* focus on foods served, sold or offered in two areas:

- 1. USDA-funded school meals and snacks.** This includes specific meal pattern recommendations for food and beverages served/sold through the following Child Nutrition Programs: School Breakfast and School Lunch, Summer Feeding, and After School Snack programs.
- 2. Food offered or sold outside of school meals.** This set of standards targets food and beverages offered, served, or sold anywhere during the school day or before or after the school day.

Are you making healthy the easy choice for students and families? You won't know if you don't ask. Conduct a survey to find out.

CONDUCT A SUCCESSFUL SURVEY

Use a survey to help target your efforts and increase your likelihood of making positive sustainable changes.

Find out how healthy parents and community members think your school is.

FOLLOW THESE STEPS:

STEP 1: Choose your audience. You can poll school staff members, students, parents, community members or any two or more of these groups combined.

STEP 2: Distribute your survey. This could be a simple face-to-face poll, an interview, a paper/pencil survey, a phone survey, or a web-based survey. Decide what will work best for your audience. (A *How Healthy is Our School* paper/pencil survey follows.)

STEP 3: Interpret your survey results. Use this information to make decisions and prioritize the changes you want and are able to make, and in what order.

STEP 4: Set achievable implementation goals. Use available resources in the *Michigan Nutrition Standards Toolkit*.

Fuel Up to Play 60, contains sample polls on the following topics. Check them out:

- Breakfast anytime!
- Drink milk & recycle
- In-class activity poll
- Out-of-school activity poll
- Walk it club poll



HOW HEALTHY IS OUR SCHOOL? SURVEY

1. In general, do you think our school is a place where eating healthy and being physically active is modeled, taught and reinforced?

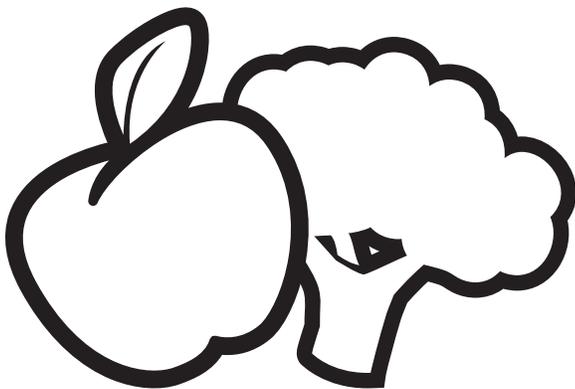
- a. Usually
- b. Sometimes
- c. Rarely
- d. Never
- e. Other: _____

2. Do you think the meals served at school are healthy?

- a. Usually
- b. Sometimes
- c. Rarely
- d. Never
- Other: _____

3. Have you ever eaten a school meal (breakfast or lunch) at our school?

- a. Yes
- b. No



4. Circle all the places that you think healthy food and drinks are offered to students outside of school meals:

- in the classroom
- in a la carte lines
- in vending machines
- during celebrations/parties
- during after-school clubs or sports activities
- at school-wide events or parent nights

5. Do you see reminders about eating healthy or being active at school or at school-related functions?

- a. Yes
- b. No

If you answered "Yes" where did you see the reminders?

6. Would you be willing to be part of a committee that focuses on school/student health and wellness?

- a. Yes
- b. No

If "Yes" what is your name _____

and phone number _____?



10 REASONS TO IMPLEMENT THE MICHIGAN NUTRITION STANDARDS

Support and Promote the *Michigan Nutrition Standards*

Schools today are facing demands at an unprecedented rate: demands to operate with reduced funding, demands to implement new curriculum, demands to improve students' test scores and more. With "bigger fish to fry" some schools put student health on the back burner, or on the "nice to do" list instead of the "must do" list. There are plenty of reasons why schools should move nutrition up on the list and implement the *Michigan Nutrition Standards*.

Refer to the top ten list below to educate parents, school staff, students, and community members about why the *Michigan Nutrition Standards* are important and why they should be implemented, and to quickly reenergize and refocus your school wellness team.

WHEN SCHOOLS IMPLEMENT THE MICHIGAN NUTRITION STANDARDS...

1. They will be ready for the National School Meal

Nutrition Standards. The school lunch nutrition standards, outlined in the Healthy Hunger-Free Kids Act of 2010, will start at the beginning of the 2012-2013 school year. The school breakfast standards will start in the 2013-2014 school year. The national standards are similar to the *Michigan Nutrition Standards*. Schools that are already implementing the *Michigan Nutrition Standards* will have a head start, and therefore an easier time, implementing and adjusting to the new national standards.

2. School meals will be the best they can be.

School foodservice directors work diligently to make school meals nutritious, great-tasting, and affordable. The *Michigan Nutrition Standards*, and the supporting materials in the *Michigan Nutrition Standards Toolkit*, allow schools to create and improve on the meals they serve by adding more whole grains, serving healthy beverages such as low-fat and fat-free milk, and offering fewer processed and more whole fruits and vegetables prepared in ways kids enjoy.





3. Good nutrition leads to academic achievement.

Research supports that healthy eating is directly connected to academic achievement. When students eat healthy food at school that meets the *Michigan Nutrition Standards* they will be better equipped to behave well in school and to succeed academically.

4. Students receive consistent healthy eating messages—everywhere in the school.

The standards include recommendations for all food and beverages served while at school, not just food offered or served in the school cafeteria. Students will “get the message” about what’s healthy wherever they go: the a la carte line, classroom celebrations, school stores, vending machines, athletic events and more.

5. School staff can work together. It takes a team to successfully implement all the components of the *Michigan Nutrition Standards*. School staff members want students to do well in school and in life. Making sure students eat healthy so they can be at their best to learn is one way to ensure that. The *Michigan Nutrition Standards* bring all school staff together as healthy role models around a common set of guidelines that are easy to follow and understand.

6. Parents become partners with the school.

There are many ways parents can get involved in helping to implement the standards. Organizing healthy classroom celebrations, being part of a school wellness team or committee, chairing a healthy fundraising event and more give parents a chance to make sure the standards are adhered to everywhere, so that students receive clear and consistent messages about healthy eating.

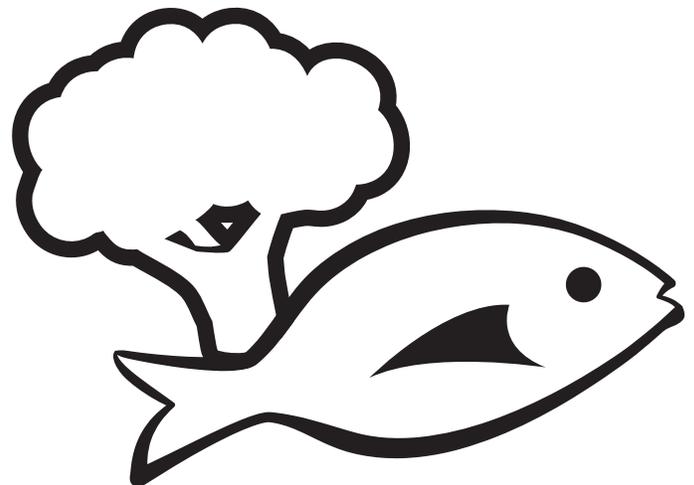
7. Food marketing and competition between healthy and unhealthy food is limited and/or eliminated.

The standards have guidelines and supporting resources that limit the marketing of unhealthy food to students. When competition is limited or eliminated, healthy becomes the easy choice for students.

8. The community gets involved. Schools don’t operate in a vacuum; they’re an integral part of the community. There are many ways community members and organizations can get involved in the planning for and implementation of the *Michigan Nutrition Standards* so the process runs as smoothly as possible. Community members can be valuable team members and partners when they are trained on the standards. They can help support and promote the standards through community awareness-raising events, media announcements, and more.

9. The Michigan Nutrition Standards Toolkit makes it easy. The resources in the *Michigan Nutrition Standards Toolkit* provide step by step assistance on how to implement the standards through a thoughtful, sequential process. From start to finish, you can find planning and organizational tools, sample timelines, background research, and time-saving handouts, presentations, tips and tools that will help you implement the standards whatever your role may be. You can find the entire toolkit at www.mihealthtools.org.

10. It’s the right thing to do. Implementing the *Michigan Nutrition Standards* is good for students, school staff and the community. A healthy school environment enables students to learn and teachers to teach so that everyone can reach their full potential.





MONTHLY TWEETS TO UPDATE PEOPLE ON THE *MICHIGAN NUTRITION STANDARDS*

Support and Promote the *Michigan Nutrition Standards*

Twitter is a type of social media where individuals, groups, companies or organizations can share what is going on in a few short sentences with others who “follow” their posts online. The term “tweet” refers to what someone posts on Twitter. When you prepare a “tweet” you are limited to 140 characters. If you create a “tiny url” you can link web sites or blogs to your Twitter post using fewer characters. Twitter is easy to use. To find out more about twitter go to www.twitter.com.

Below are 12 monthly “tweets” related to the *Michigan Nutrition Standards*.

SEPTEMBER—Welcome back to school! Did you know that our school is now following the *Michigan Nutrition Standards*? Review the standards at: (tiny url)

OCTOBER—It’s National School Lunch Week. Our school lunches are healthy, taste great, and meet the *Michigan Nutrition Standards*. Questions or suggestions?: XXX.XXX.XXXX

NOVEMBER—Our students’ health is important to us. We want snacks at our school to be the healthiest they can be. Check with your child’s teacher before sending a snack to school.

DECEMBER—Happy Holidays! Healthy items to send in for parties include: fruit, veggies, whole grain crackers, popcorn, milk, 100% juice, yogurt, milk, and string cheese.

JANUARY—Did you know we have a school health team? Get involved. Call XXX-XXX-XXXX to find out when our next meeting is. New members are welcome. Read our minutes at: (tiny url)

FEBRUARY—We have new rules about what kind of fundraising can be done at our school. We do not allow school groups to sell unhealthy foods. Get new fundraising ideas at: (tiny url)

MARCH—Eating breakfast helps kids focus and learn better. Our school breakfasts are healthy and meet the *Michigan Nutrition Standards*. See our breakfast menu: (tiny url)

APRIL—Kids need healthy snacks to fuel them after school. Snacks in our afterschool program are healthy and meet the *Michigan Nutrition Standards*. See our menu: (tiny url)

MAY—Our staff is working hard to role-model healthy behaviors to students. Next time you see one of us doing something healthy give us a pat on the back!

JUNE—We’re proud to serve Michigan apples, milk, and other locally produced food in our cafeteria. We encourage kids to try new foods, especially fruits and vegetables.

JULY—We’re busy planning for a healthy new school year! Watch your mail and our school web site for information about new school food, nutrition and health policies.

AUGUST—It’s almost time for school again! Healthy students are happier and learn better. We now follow the *Michigan Nutrition Standards*. Find out more: (tiny url)



20 HEALTHY CLASSROOM PARTY SNACKS

Support and Promote the *Michigan Nutrition Standards*

Have you been asked to send in a healthy snack for your child's classroom? Don't worry. A healthy snack does not have to be an enormous fresh fruit tray that costs \$25 or more to put together. There are plenty of healthy snacks you can send in to the classroom that are quick-to-fix, healthy and budget-friendly. Below are 20 ideas for healthy snacks that will provide a snack for 25 students.

IMPORTANT NOTE: Keep snack portions small. Snacks should be healthy and curb kids' hunger but should not be a meal. Keep in mind that a kindergartner will eat a smaller portion than an older child. A healthy snack may include one or two foods from the following MyPlate.gov food groups: meat or protein foods, fruits, vegetables, grains (preferably whole grains), and milk or low-fat dairy foods.

NOTE: If you are providing a snack for the classroom or for a classroom party be sure to find out if other parents or adults are supplying additional healthy snack foods as well. That way kids won't have too much or waste food. In addition always ask the teacher if any of the students have food allergies.

1. Tropical Fruit Yogurt Parfaits. Yogurt costs a lot less when you buy it in large containers. You will need two 32-ounce containers of vanilla or flavored low-fat yogurt, two cans of pineapple chunks, packed in their own juice (drained), and one box of whole grain cereal. Let kids make their own by layering all the ingredients in small cups.

2. Apple Cider and Graham Crackers. A sweet fall favorite. Purchase two gallons fresh pasteurized apple cider and one box of cinnamon or plain graham crackers (whole grain is best). Serve each child one whole cracker and a 6-ounce glass of cider.

3. Pita Wedges and Marinara Sauce. Kids love anything that tastes like pizza. Purchase two bags of whole wheat pita bread and cut the pitas into small triangles (about six triangles per pita, depending on the size). Give each child a few wedges of pita and serve with a tablespoon or two of low-sodium marinara sauce.

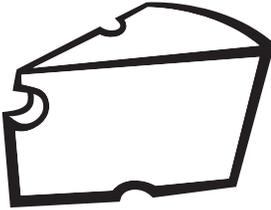
4. Chips and Salsa.

Most kids can't resist dipping. Buy two bags of baked tortilla chips and a few different kinds of salsa such as mild, pineapple salsa, black bean salsa, etc. Let kids taste and rate the different salsas.

5. Cookies and Milk. Two packages Whole Grain Fig Newton cookies and one gallon fat-free milk.

6. Eggs and Cukes. A high-protein snack that will fuel kids for school or play. One hard-cooked egg per child and a handful of sliced cucumber rounds. Peel eggs before sending them to school and be sure to keep them cold.



- 7. Mini Veggie Crisps.** Crunchy whole grain goodness. Spread vegetable cream cheese on two mini whole grain rice cakes. Sprinkle with finely diced green pepper or cucumber. Each child gets two veggie crisp sandwiches.
- 8. Blueberry Pudding Cups.** Creamy pudding and cold fruit—yum! Each child gets one individual low-fat vanilla pudding cup and a few tablespoons of blueberries to stir into the pudding after the first few bites.
- 9. Pretzels and Hummus.** Simple and quick. Two bags of whole grain pretzel twists and one large tub of hummus (any flavor).
- 10. Strawberry Pancake Sandwiches.** A freeze-ahead, surprising twist on a breakfast favorite. Spread a thin layer of low-fat strawberry cream cheese onto a defrosted whole grain pancake. Top with fresh strawberry slices, then another pancake. Cut into three wedges and freeze. Each child gets one wedge.
- 11. Squeezable yogurt, yogurt to go, or yogurt tubes.** Just one flavor or mix and match. Freeze first.
- 12. Popcorn Four Ways.** Pop light popcorn in the microwave. Top with one of the following: a sprinkle of parmesan cheese, some nutritional yeast, cinnamon and sugar, or a little taco seasoning. Serve with a small cup of 100% juice.
- 13. Basic Cheese and Crackers.** Cheese and crackers never get old. Each child gets one low-fat mozzarella cheese stick and four whole grain crackers.
- 
- 14. Kiwi Fruit.** Lots of children have never seen or eaten kiwi before. Each child gets one plastic spoon and one kiwi fruit cut in half horizontally. Kids can use the spoons to scoop out the fruit.
- 15. Cereal and milk.** Packed with vitamins and minerals cereal is not just for breakfast. Buy two boxes of whole grain cereal and a gallon of 1% or fat free milk. Let kids mix and match their favorites.
- 16. Take-a-long Snack Mix.** Mix and match your favorites and buy ingredients on sale. One large bag of microwave popcorn, one box or bag of whole grain cereal, one bag mini pretzel twists, and one large box of raisins. Put all in a large bowl and mix well. Scoop out onto napkins or plates or into small plastic bags.
- 17. Clementines and Chocolate Milk.** Packed with vitamin C, clementines are sweet and super easy to peel. Each child gets one clementine and one 4-oz. glass of chocolate milk.
- 18. Cheese, Tomato and Olive Kabobs.** Kids love food on a stick. Gather 1 ½ pounds low-fat mozzarella cheese cut into small cubes, two pints cherry tomatoes, one can black olives (drained) and small toothpicks. Skewer everything on toothpicks and serve.
- 19. Carrots and dips.** Most children like carrots because they're sweet. Buy an extra large bag of mini carrots, a jar of salsa, and a container of hummus or peanut butter for dipping.
- 20. Whole bananas.** Bananas are the perfect portable fruit. If you need to send them in a day or two ahead, buy those that are slightly green to give them time to ripen. Each child gets one small or ½ large banana.



FOOD MARKETING CHECKLIST

Support and Promote the *Michigan Nutrition Standards*

It's important for messages about health, healthy eating, and physical activity to be consistent throughout the school. *Is your school sending mixed messages about what and how much to eat?*

The *Michigan Nutrition Standards* say: *Marketing of food not meeting the standards should be minimized or eliminated.*

Healthy habits need to be taught everywhere in schools; in the school cafeteria, where vending machines stand, in the hallways, on bulletin boards, on the school web site, at athletic events and more. When a school limits students' exposure to unhealthy food marketing, and advertises and markets healthy foods, students are more likely to get a clear consistent message that choosing and eating healthy foods and beverages is important. Follow these steps and complete this checklist to make sure you are not sending mixed messages to students that encourage them to choose unhealthy or less-healthy food and drinks.

STEP 1: Check with school administrators to find out if there is a school policy that defines what can and cannot be marketed to students on school campuses, or by the school (e.g. at athletic or school-sponsored events) in the community.

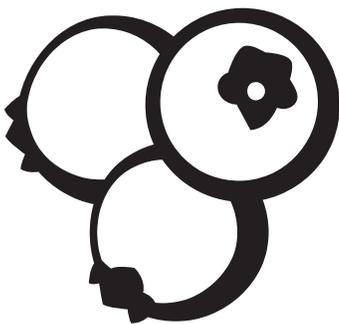
STEP 2: Assemble a team to complete this checklist. Explain that, in keeping with the *Michigan Nutrition Standards*, and your schools' efforts to put student and staff health first, you will be investigating whether or not the marketing of unhealthy food or beverages occurs at your school, and if it does, take steps to eliminate it. Once you have your team:

- Review the *Michigan Nutrition Standards*;
- Share this checklist;
- Assign team members locations to check for food marketing such as in the school building, outside of the school building or at school-related places, such as athletic fields or concession stands, to check for food marketing.

STEP 3: Reconvene and talk about findings.

STEP 4: Develop a plan or steps you need to take to minimize or eliminate unhealthy food marketing.

STEP 5: If you are going to replace signs, posters, vending machine panels, or other types of marketing materials make sure that the food and drinks depicted in those materials supports and/or promote the *Michigan Nutrition Standards*. Utilize marketing materials with positive messages about food and physical activity such as: [54321GO!](#), [FuelUpToPlay60](#), [MyPlate.gov](#), or [Team Nutrition](#).

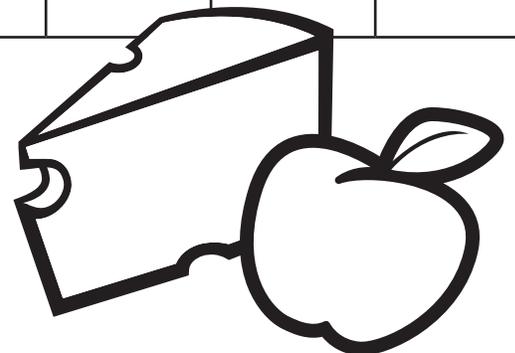




FOOD MARKETING CHECKLIST

INSTRUCTIONS: Complete the Food Marketing Checklist below. Answers should be "Yes" or NA (not applicable).

TASK	YES	NO	NA
Checked with school administrators to find out if we have any policies related to food marketing.			
Assembled a team to complete this checklist and assigned tasks.			
Reviewed the <i>Michigan Nutrition Standards</i> to see what kinds of healthy food and beverages are recommended for students.			
<p>The team has checked to see that unhealthy marketing does not occur on...</p> <p><input type="checkbox"/> school bulletin boards</p> <p><input type="checkbox"/> hallway and door displays</p> <p><input type="checkbox"/> classroom displays</p> <p><input type="checkbox"/> the school web site</p> <p><input type="checkbox"/> in the gymnasium</p> <p><input type="checkbox"/> In the cafeteria</p> <p><input type="checkbox"/> in the library</p> <p><input type="checkbox"/> school vending machines</p> <p><input type="checkbox"/> at the athletic fields/concession stands</p> <p><input type="checkbox"/> at athletic events</p> <p><input type="checkbox"/> on scoreboards, school buildings, at athletic fields or on fences around athletic fields</p>			
If unhealthy marketing does occur, action has been taken to correct it, such as taking posters or signs down, calling beverage distributors to change vending machine panels, etc.			
Utilize 54321GO! or other marketing materials and messages around the school and where other school-functions take place.			





FOOD FOR A HEALTHY CLASSROOM PARTY CHECKLIST

Support and Promote the *Michigan Nutrition Standards*

Teachers and school staff want students at school to learn to the best of their ability, get along well with others, engage in healthy behaviors, and have fun.

Classroom and school celebrations, such as birthday parties and holiday or achievement celebrations, are part of the school experience at many schools. *Can classroom or school celebrations and get-togethers be fun and healthy at the same time?* Sure they can; with a little pre-planning.

The *Michigan Nutrition Standards* recommend that classrooms minimize food as a method of celebration, and, if classrooms include food, that at least half of the items offered are healthy ones that meet the standards.

Follow the steps below to communicate with parents about your healthy classroom celebration and to make sure you have everything you need to make it the healthiest it can be.

Remember, food is not needed at every party, celebration, or recognition event. There are lots of other ways you can celebrate without food.

STEP 1: Check with school administrators to find out if you have any school policies about whether or not classroom celebrations at your school can include food and beverages, and if so what kinds of food and beverages are allowed. If there is not a policy, and you are going to include food, follow the *Michigan Nutrition Standards* recommendation that at least half of the food offered and served at the party be healthy and meet the *Michigan Nutrition Standards*.

STEP 2: Send home the [Healthy Party Letter for Parents](#). This letter explains the healthy party guidelines and asks parents or caregivers to provide something for the party, if they are able, such as a healthy snack, a drink, a game, or a craft. The Healthy Party Letter is a MS Word file. You may personalize or edit/change the letter to fit your classroom's needs and your school's policy. If you have children with allergies or special dietary needs in your classroom, or if you have a "no peanut" policy in your classroom you will want to add that to the letter. If you are not going to include food revise the letter and ask parents to get involved in other ways.

STEP 3: Collect the returned letters and plan your party. Remember—the focus of the party should be on the celebration—not the food. Brainstorm with other teachers for ways you can make the party special by providing special games, crafts, music, and more. Complete the Healthy Classroom Party Checklist to make sure you've covered everything to make your party the healthiest it can be.

STEP 4: Enjoy your Healthy Classroom Party—with or without food!



HEALTHY CLASSROOM PARTY CHECKLIST

INSTRUCTIONS: Complete the Healthy Classroom Party Checklist below. Before the party, all answers should be “Yes” or NA (not applicable).

TASK	YES	NO	NA
Checked with school administration to find out if we have policies related to classroom celebrations and parties.			
Reviewed the <i>Michigan Nutrition Standards</i> for ideas on <u>how to conduct a party without food</u> , or if food will be served, the kinds of healthy food and beverages that are recommended.			
Checked to see what I have on hand, or what the school will supply e.g. plates, cups, napkins, craft supplies, physical activity equipment, etc.			
Revised, personalized, copied and sent home to parents and caregivers the <u>Healthy Party Sign Up Sheet</u> . Explained whether or not we will have food at the party on the sign up sheet.			
Collected the Healthy Party Sign Up Sheets. Checked to see that I have or have planned for: <input type="checkbox"/> a game to get kids up and moving <input type="checkbox"/> 1-2 activities (do I have the supplies I need?) <input type="checkbox"/> healthy food items for the party (if including food)—at least half healthy <input type="checkbox"/> a healthy drink; such as low-fat or fat-free milk or water <input type="checkbox"/> refrigeration for party food, if needed <input type="checkbox"/> paper goods, cups and utensils, if needed <input type="checkbox"/> music, if needed <input type="checkbox"/> hand washing or hand sanitizer <input type="checkbox"/> trash cans and clean up <input type="checkbox"/> taking pictures of the party <input type="checkbox"/> volunteer thank you notes			
Called or e-mailed parents or caregivers to thank them for volunteering and to work out the party details. Reminded them of how many students we have in the class and if food will be served, that portions should be small.			
Called or e-mailed again, same information as above, one day before the party.			
Planned where activities and food (if served) will go in the room. Prepared the room for the party.			



HEALTHY SNACK LETTER

Dear Family,

In an effort to provide students with the healthiest environment we can, and to adhere to the new *Michigan Nutrition Standards*, we are encouraging you to provide only healthy snacks for school snacks, and classroom parties and celebrations.

Children need healthy snacks to help them grow and stay healthy. Snacking isn't bad for kids, but what they snack on is important. If you give your child healthy snacks now, he or she will learn to make healthy food choices in the future.

Please read the information on the other side of this letter to help you plan for and choose healthy snacks. We want your children (our students!) to be the healthiest they can be.

Some healthy snack foods:

- Cereal with milk
- Low-fat cheese melted on a whole-grain tortilla
- Fresh cut-up fruit with yogurt for dipping
- Graham crackers and low-fat milk
- Yogurt with whole grain cereal or fruit on top
- Baked tortilla chips and salsa
- Baked potato with cottage cheese or salsa
- Vegetables and low-fat dip
- Whole-grain crackers or toast with peanut butter or hummus
- Fruit salad
- Low-fat string cheese
- Yogurt smoothie (yogurt, ice, milk and any type of fruit)
- Popcorn and 100% juice
- Banana (cut in half for younger children)
- Apples, grapes, oranges cut into "smiles," or any kind of fruit
- Whole-grain muffins or bagels

Thank you very much for your support.

If you have any questions please contact me at:

PHONE: _____ or E-MAIL: _____

We are looking forward to making our school the healthiest it can be so our students can do their best work.

Have a healthy day!

Sincerely,

Signature

PRINCIPAL, Anywhere School

WHAT'S A HEALTHY SNACK? FOR PARENTS

Children need healthy snacks for energy, vitamins, minerals and other nutrients, and to help them grow, learn and be active. Healthy students are better able to pay attention in class and do their best school work.

The *Michigan Nutrition Standards* include recommendations for all food served at schools, including snacks that are served in the classroom, in the after-school snack program, as part of school sports or athletic practices, in school stores, at concession stands, and at school-wide events or celebrations.

Offering healthy snacks makes healthy the easy choice for kids. Follow these healthy snack suggestions that support and promote the *Michigan Nutrition Standards*.



PLANNING HEALTHY SNACKS

A good guideline to follow when choosing foods for healthy snacks is to choose foods and beverages that are low in fat and sugar and are minimally processed.

Snacks that are especially good for kids (and adults!) are fruits and vegetables, low-fat dairy products such as milk and yogurt, and whole-grain foods including whole-wheat tortillas, bread, and cereal. Lean meats, eggs, and nuts in small portions can be healthy snacks, too. Processed, less-healthy snack foods such as chips, sugary drinks, candy and cake are OK to eat once in awhile but should not be offered every day. These foods usually have a lot of extra and unnecessary fat, calories, salt and/or sugar.

A good way to create a healthy snack is to include two foods from two different MyPlate.gov food groups. The food groups are:

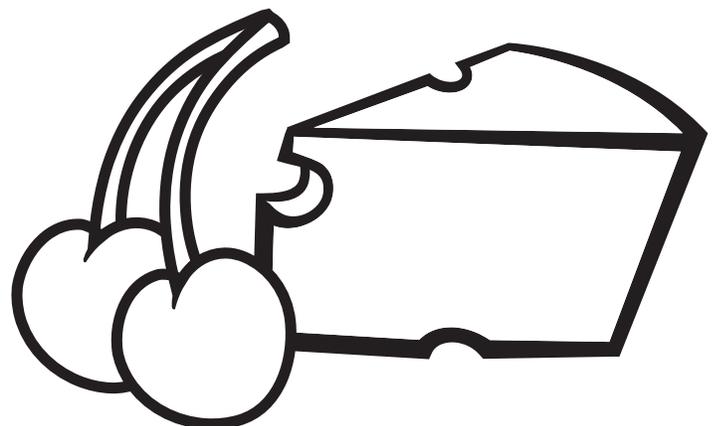


- protein—lean meats, legumes, tofu, and nuts
- low-fat dairy foods such as milk and yogurt
- fruits and 100% juice
- vegetables and 100% juice
- grains such as bread, cereal, crackers and popcorn

OTHER HEALTHY SNACK TIPS

Whether your child eats his or her snack at home or at school, or if you provide a snack for a classroom party or celebration, keep these things in mind:

- 1. Snacks should be kid-size.** Both children and adults don't need large portions.
- 2. Snacks should be colorful.** Kids eat with their eyes. Make snacks visually appealing.
- 3. Snacks should be healthy.** Offer fruits and vegetables as often as you can.
- 4. Drinks should be served in small portions, about ½ cup each.** Water is a healthy choice.





LINKING THE *MICHIGAN NUTRITION STANDARDS* WITH SCHOOL IMPROVEMENT

Support and Promote the *Michigan Nutrition Standards*

The Michigan Department of Education requires that all public schools submit a **School Improvement Plan** every three-five years, and that school improvement is an ongoing process.

To complete the plan schools must:

- gather data;
- study the data;
- plan strategies and action steps;
- implement the plan.

To create a plan schools must first ask themselves these questions:

Where are we now and where do we want to be? How can we close the gap?

It makes good sense for schools to consider adding the implementation of the *Michigan Nutrition Standards* to their school improvement plan. There is a plethora of research that shows that good nutrition and increased physical activity are linked with academic achievement.

Michigan schools can be purposeful about including the implementation of the *Michigan Nutrition Standards* into their school improvement plans. Read on for more information.

REQUIRED PLAN COMPONENTS

There are 10 required components of a school improvement plan:

- | | | |
|--|---|---|
| 1. Needs Assessment | 5. Title I and Regular Education Coordination | 8. Strategies to Increase Parental Involvement |
| 2. Services for Eligible Students | 6. Instruction by Highly Qualified Staff | 9. Coordination of Title I and Other Resources |
| 3. Incorporation into the Existing School Improvement Plan Process | 7. High Quality and On Going Professional Development | 10. Ongoing Review of Eligible Student Progress |
| 4. Instructional Strategies | | |



WHERE SHOULD SCHOOLS BEGIN?

In addition to completing the school Comprehensive Needs Assessment (**CNA**), it's recommended that a school also complete the Healthy School Action Tools (**HSAT**) and the Michigan Profile for Healthy Youth (**MiPHY**). These tools will help schools further identify gaps and help them find a "best fit" place to implement the *Michigan Nutrition Standards* and other nutrition and physical activity initiatives. There are many places in the school improvement plan where planning to implement, and implementing the *Michigan Nutrition Standards* might fit.

To find out more about School Improvement Plans go to:

www.advanc-ed.org/mde
or mi.gov/osi and click on "School Improvement."

- 1. Needs Assessment.** Schools can use the data collected from the CNA, the HSAT, and the MiPHY to learn more about where and how to begin implementing the *Michigan Nutrition Standards*. The data will help them identify high priority areas and health/nutrition needs that should be addressed first. Currently, there are HSAT and MiPHY questions already incorporated into the CNA.
- 2. Services to Eligible Students.** School meals are a service schools offer. If school meal (Breakfast, Lunch and After School Snack Program) participation is low in a school where there is a high percentage of students eligible for free or reduced-price school meals, academic achievement may be low. Increasing participation in school meals may help increase achievement. Food service directors and schools can learn more about how to implement the standards and increase school meal participation in the [*Michigan Nutrition Standards Toolkit*](#).
- 3. Instructional Strategies.** Good nutrition and physical activity go hand in hand. When teachers teach to the Michigan Health Education Grade Level Content Expectations students gain the knowledge and skills to make healthy decisions about what they eat and drink and how much, and what kinds of physical activity they should engage in. There is research that shows that [good nutrition and physical activity](#) are linked to better academic performance. Incorporating more physical activity into the school day, and ensuring that foods and beverages sold or offered to students at school and at school-related functions meet the *Michigan Nutrition Standards*, are ways to improve instruction.
- 4. Professional Development.** School staff members need to understand why the *Michigan Nutrition Standards* were developed and why they are important. Improving the foods and beverages students are offered or provided at school can improve their health status. The *Michigan Nutrition Standards Toolkit* contains a research-based training to inform school staff, parents, and community members about the standards and about their role in providing students with high-quality foods and beverages in all venues where food is offered at school, not just in the school cafeteria.
- 5. Parental Involvement.** Parents need to be actively involved in their children's education. Research shows that students who have involved parents or caregivers do better at school. The [*Michigan Nutrition Standards Toolkit*](#) suggests many ways parents can learn more about the standards or become involved in one or more facets of the implementation process. These suggestions include attending school functions or family nights where information on the standards is highlighted or presented, becoming part of the coordinated school health team, taking part in healthy school or classroom celebrations and more.

Proper Nutrition and Physical Activity are linked to better learning. Including the implementation of the *Michigan Nutrition Standards* into the School Improvement Plan makes sense since increasing academic achievement is the main reason School Improvement Plans exist.



MORE FRUIT AND VEGETABLES AROUND THE SCHOOL

Support and Promote the *Michigan Nutrition Standards*

Everyone knows that eating plenty of fruits and vegetables is healthy. USDA's MyPlate.gov recommends that adults and children fill half their plates with fruits and vegetables—every time they eat!

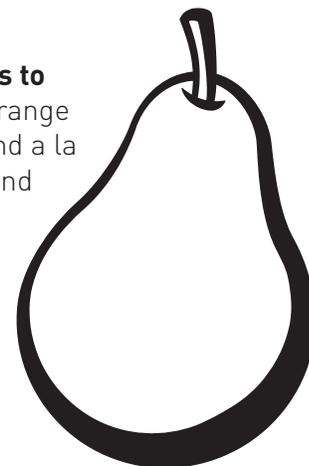
School is a place where eating plenty of fruits and vegetables can be modeled, promoted, supported and encouraged.

- Are there reminders at your child's school about eating fruits and vegetables?
- Does your school provide students and school staff with plenty of opportunity to discover and taste a variety of delicious fruits and vegetables?
- Is eating fruits and vegetables encouraged and role modeled?

Read on for ideas on how you can make your school a place where students eat and enjoy plenty of delicious, nutritious fruits and vegetables.

IN THE CAFETERIA

- **Make sure offerings meet the standards.** Talk with your school Foodservice Director about using materials in the *Michigan Nutrition Standards* toolkit to make sure all foods offered as part of school meals meet the standards. If you use a contractor for school food services, work with the food service contractor to make sure meals served meet the National and *Michigan Nutrition Standards*.
- **Try something new.** In your cafeteria provide healthful, tasty fruits and vegetables. Experiment with new recipes for fruits and vegetables. Change food preparation techniques, menus, and food offerings so students and school staff can try fruits and veggies prepared in new and healthy ways.
- **Taste-test.** Introduce a new fruit or vegetable or a new fruit or vegetable recipe through promotions and taste tests.
- **Give students easy access to fruits and vegetables.** Arrange salad bars, snack bars, and a la carte lines so that fruits and vegetables, and items that contain fruits and vegetables such as yogurt parfaits or side salads, are placed where students have easy access to them.



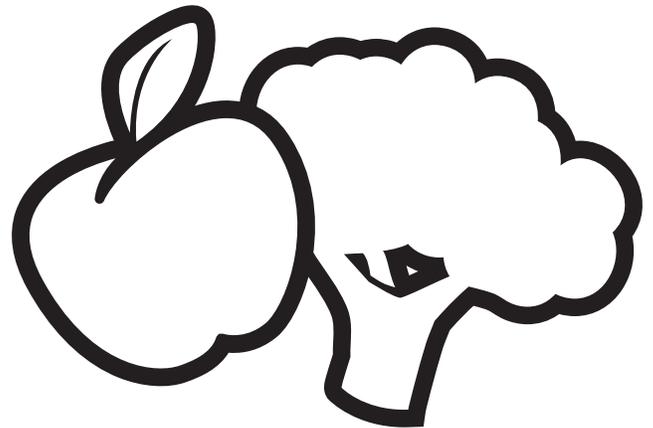


AROUND THE SCHOOL

- **Use multiple channels.** Increase awareness about the importance of eating fruits and vegetables. Use multiple ways to reach students and school staff such as: e-mail messages, bulletin boards, the school web site, posters around the school and more. Keep the message simple such as “*Fill Half Your Plate with Fruits and Vegetables*” or “*Fruits and Veggies—More Matters*”.
- **Follow the *Michigan Nutrition Standards*.** Read the standards and follow them if you offer food or beverages outside of school meals such as classroom parties, sports banquets, PTA/PTO meetings, staff meetings, parent nights and more. Serve fruits and vegetables at these events.
- **Conduct special promotions.** Consider conducting special fruit and vegetable promotions during National Nutrition Month in March or National Fruits & Veggies—More Matters Month in September.
- **Organize a school-based Farmer’s Market.** Work with local farmers to offer locally-grown fruits and vegetables to students and their families, and school staff. Provide recipes to go with the items sold at the market.
- **Sell more fruits and vegetables.** At school stores and at concession stands make fruit and vegetable-based snacks that meet the *Michigan Nutrition Standards* available for purchase such as pears and oranges, veggies and hummus, apples and peanut butter, frozen bananas, yogurt parfaits, smoothies made with fruit and low-fat milk and dill pickles.

VENDING MACHINE OPTIONS

- **Consider cold vending.** A refrigerated vending machine would expand the number of healthful options you could sell (fresh fruit, salads, and low-fat yogurt with fruit added).
- **Sell dried fruit.** Work with your school’s vendors to provide fruit and vegetable options for vending machines such as boxes of raisins and fruit-based trail mix. This can be done through work with a local for-profit vendor, or by buying vending machines for your worksite and stocking them with healthful foods.
- **Check for 100% juice.** Beware of “fruit drinks.” Only 100% fruit juice meets the *Michigan Nutrition Standards*. Juice drinks or juice blends do not meet the standards. Be sure to ask your vendor for only 100% juice for vending machines.
- **Subsidize healthful items.** If you sell less-healthy items in school stores or in vending machines charge more for them and use the extra money to subsidize selling fruits and vegetables at a lower price.





NUTRITION FOR ACTIVE STUDENTS

Support and Promote the *Michigan Nutrition Standards*

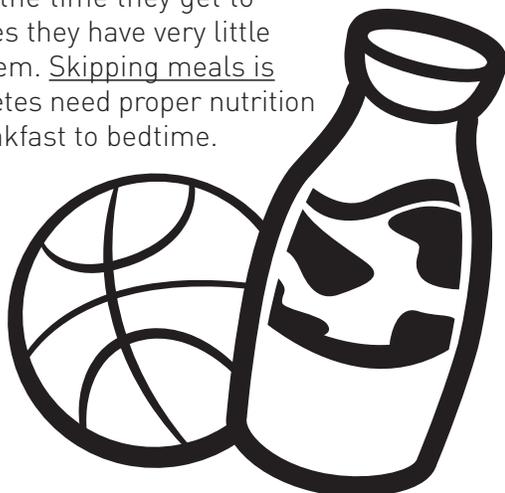
Student athletes and active kids need to eat healthy food and beverages to fuel their bodies every day, not just on practice or competition days.

Active students have different needs depending on what activity or sport they are involved in and how much time they spend taking part in that sport. All kinds of athletes, regardless of their sport, will feel better and perform better if they eat healthy food and stay hydrated with healthy beverages.

The *Michigan Nutrition Standards* recommend that schools serve and offer healthy foods and beverages to students every day and everywhere food is served or offered on school campuses and at school-related functions, including sports practices and competitions. Parents can help their student athletes eat better and perform their best when they consume foods and beverages before, during (if needed), and after practices and competitions that meet the *Michigan Nutrition Standards*.

WHAT TO EAT?

The body must have the proper fuel for peak performance. There are no substitutes for good nutrition. Many student athletes skip breakfast or lunch and by the time they get to practice or games they have very little fuel in their system. Skipping meals is not healthy. Athletes need proper nutrition all day from breakfast to bedtime.



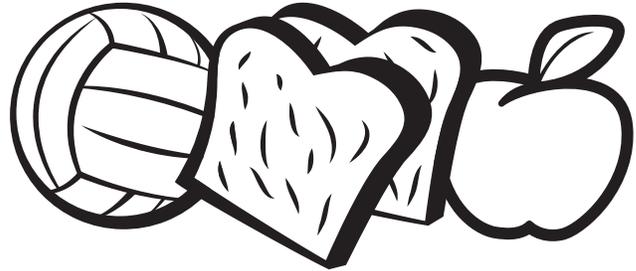
To maximize pre-game nutrition the following recommendations are based on the Michigan High School Athletic Association guidelines:

- **4 OR MORE HOURS BEFORE GAME:** A small sandwich with lean meat such as turkey or ham, fresh fruit or 100% juice, low-fat milk or low-fat yogurt.
- **3 HOURS BEFORE GAME:** Fruit or 100% fruit juice, bagel or toast with a little peanut butter, low-fat cheese, or margarine; or cereal with low-fat milk.
- **1-2 HOURS BEFORE GAME:** Fresh fruit or 100% fruit juice or a sports beverage (if needed)



ALL ATHLETES ARE DIFFERENT

It's important for coaches and parents to recognize that every athlete is different. Some athletes can't eat directly before a practice or game while others can. Every athlete needs to experiment with consuming healthy food and beverages before, during (if needed), and after practices and competitions and to find out what works best for them.



WHAT TO DRINK DURING ACTIVITY: WATER IS BEST

Active students should drink water before, during, and after practices and games. Many students do not drink enough water to prevent dehydration during physical activity. Coaches and advisors should make sure there is plenty of water available for student athletes to drink during practices and competitions. All students—athletes and non-athletes—should drink water regularly throughout all physical activities.

WATER RECOMMENDATIONS FOR ATHLETES:

- Drink 16 ounces of fluid 2 hours before physical activity.
- Drink another 8 to 16 ounces 15 minutes before physical activity.
- During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely tolerate up to 48 ounces per hour)
- After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition

OTHER HEALTHY BEVERAGES

There are plenty of healthy beverages for athletes that meet the *Michigan Nutrition Standards* that are served and offered at school. Those include:

- Low-fat or fat-free white or flavored milk
- Bottled water without flavoring, additives, carbonation, or added sugar
- 100% Juice

Sometimes parents are asked to supply snacks or drinks for student athletes. Read and follow the

Michigan Nutrition Standards for Food and Beverages Served Outside the USDA Child Nutrition Programs at Elementary Middle and High Schools

for general recommendations.



SCHOOL WELLNESS TEAMS MONTHLY AGENDA ITEMS AND ACTION STEPS

Support and Promote the *Michigan Nutrition Standards*

It takes careful planning to implement the *Michigan Nutrition Standards* in and around the school so that all foods and drinks served while at school or at school-related functions meet the standards. Thoughtful planning by your school wellness team can make implementing the standards easier and can ensure that the standards will remain at the forefront of wellness team members' and schools staff members' minds throughout the school year.

Following are some suggestions for how, at a monthly school wellness team meeting, you might organize and discuss implementation of specific components of the *Michigan Nutrition Standards*.

SEPTEMBER. Educate stakeholders. After you've decided which area of the standards you will focus on first, schedule a *Michigan Nutrition Standards*, back-to-school information session to inform and update school staff, parents, and community members about what the standards are, where they will be implemented in the school environment, and what your school will focus on implementing and in what order. Use the [PowerPoint Presentations](#) included in the *Michigan Nutrition Standards Toolkit* to train them. Allow for adequate question and answer time and make sure participants are informed of who to contact for more information or additional questions.

OCTOBER. Start Talking! Because food and drink are available to students in so many venues it's important that all school staff, parents and community supporters know how to "talk the talk" when it comes to explaining and promoting the *Michigan Nutrition Standards*. Use face-to-face meetings, e-mail, or the Web to make sure everyone shares the same [Key Messages](#) about the *Michigan Nutrition Standards*. To get students involved, be sure to start a [Fuel up to Play 60](#) team.

NOVEMBER. Help school staff plan healthy parties. Ask wellness team members to attend a building staff meeting this month to talk to teachers and other school staff members about making sure that food and beverages served at classroom parties and celebrations are healthy and consistent with the *Michigan Nutrition Standards*. Provide them with support materials such as the [Healthy Party Letter](#), [GO! for Parties](#), and the handout [20 Snacks for Under \\$15](#) from the *Michigan Nutrition Standards Toolkit*.



DECEMBER. Tune up your Web Site. Ask Wellness Team Members to review the school district, or school building Web sites. *Are healthy nutrition messages present and promoted? If not, develop a plan to effectively use your web sites and other social media such as Twitter, to educate others about the standards. Start small. Choose a few resources from the *Michigan Nutrition Standards Toolkit* to put up on your Web site and appoint someone from your wellness team to make sure they get posted, and to update sections when needed, according to the schedule your team decides on.*

JANUARY. Re-energize School Staff. Remind school staff members how important it is for them to be healthy role models and recognize and reward them for their wellness efforts this year. Create games, races and competitions that focus on wellness for staff. Post winners and participants' names on the school Web site and in the school or district newsletter with their permission. Read the handout Wellness Recognition Ideas for suggestions on how to get started.

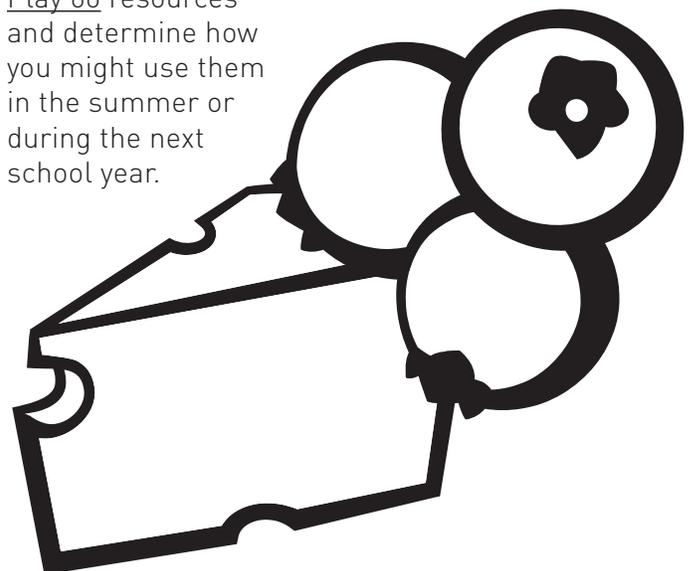
FEBRUARY. Get Athletics on Board. Ask members of your school wellness team to talk to coaches, assistant coaches, parent volunteers, and the athletic boosters about the importance of providing student athletes with healthy foods and beverages that meet the standards. Discuss athletic concession and share the handouts Go! for Concessions and Nutrition for Athletes.

MARCH. Be Consistent! As a school wellness team, take a 15-minute tour of a school in your district. Look for activities, messages, food and advertising, that may be inconsistent with the *Michigan Nutrition Standards* and might send students and school staff members a mixed message. Create a plan for eliminating inconsistencies and for making sure all schools in the district are educated about what the standards say about food marketing. Students should receive messages that support healthy eating wherever they go such as the school cafeteria, school stores, the classroom, vending machines, or when they're at a school sponsored function such as a band concert, a school play or an athletic event.

APRIL. Be Proactive About Fundraising. In many districts school and group fundraising plans need to be submitted and approved in the spring, before the next school year begins. Make sure all school staff and other groups that fundraise such as athletic boosters, PTA/PTO and sports teams know that all fundraising activities held on the school campus must be consistent with the *Michigan Nutrition Standards*. Provide them with the GO! for Fundraising handout.

MAY. Focus on Fruits and Vegetables. The *Michigan Nutrition Standards* promote and encourage consumption of colorful fruits and vegetables. Ask the foodservice director if she/he is able to provide fruit and vegetable taste-testing opportunities for students. Share resources on taste-testing found in the Team Up in the School Cafeteria section of the *Michigan Nutrition Standards Toolkit* and volunteer to help with taste-testing events.

JUNE. Encourage Families to Get Moving. With summer break coming soon, educate parents about how important it is for their children to be active for 60 minutes a day. Discuss the possibility of holding a family physical activity event during the summer months. Distribute information about what types of physical activity resources and programs are available for families in your community during the summer months. As a wellness team, review the Fuel Up to Play 60 resources and determine how you might use them in the summer or during the next school year.





PARENTS: TOO MUCH SALT ISN'T GOOD FOR YOU—OR YOUR KIDS!

Support and Promote the *Michigan Nutrition Standards*

Many children and adults enjoy and are used to the taste of salt. Most processed foods, such as pretzels, crackers, chips, canned soup, boxed noodles, even cookies and other sweets contain salt.

In general, both children and adults are eating too much salt. Eating too much salt, or too many foods that contain a lot of salt can lead to high blood pressure and heart disease—even in kids!

Many schools are now making an effort to decrease the amount of salt in the foods they serve and offer to students at school and at school-related functions.

The *Michigan Nutrition Standards* recommend that schools reduce the salt (sodium) in school meals and snacks offered and served at school, and in foods offered or sold in school stores and at school-related functions.

At home, parents can also make changes to reduce the amount of salt in their kids'—and their own—diets too. Read on for more information.

HOW MUCH SALT DO WE NEED?

The 2010 Dietary Guidelines recommend:

No more than 1500 mg per day for:

- people who are over 51 years old;
- African American adults and children of any age;
- People of any age who have high blood pressure, diabetes, or kidney disease

No more than 2300 mg per day for:

- Everyone else who is not in one of the above categories

There is about 2300 mg of sodium in one teaspoon of table salt. **Just a pinch here and there matters.** The amount of salt we need to stay healthy is very small. Adults and kids can get all the salt they need without ever eating foods that have added salt or using salt from a salt shaker.

WHERE'S THE SALT?

Some foods naturally contain sodium but most of the salt we eat comes in packages. Fresh or unprocessed foods like fruits, vegetables, meat, and milk aren't high in sodium.

Processed foods that are usually high in sodium (salt) are:

- Chips and crackers
- Pickles
- Pretzels
- Canned vegetables
- Bacon
- Cold cuts/deli meats
- Canned soups and packaged soup
- Condiments such as ketchup, mustard, soy sauce, and salad dressing
- Boxed noodles, rice, or pasta mixes
- Frozen dinners, snacks, and breakfast foods
- Breads, bagels and other baked good
- Food additives that contain sodium

Parents can help their children learn to choose and eat lower-sodium foods by offering them at home. Keep offering healthy, less-processed, low- or no-salt foods to your kids so they will learn to eat and enjoy them. Provide healthy after-school snacks and foods for classroom parties or celebrations that are low-sodium.

TO REDUCE SODIUM (SALT) IN YOUR FAMILY'S DIET

- Eat more fresh foods.
- Buy plain whole grain rice and pasta instead of ones that have added seasonings. Or, if you buy packaged noodle or rice mixes, use only half of the flavor packet.
- Make your own soups from scratch.
- Use herbs, spices, and salt-free seasoning blends to flavor your food.
- Rinse canned foods that contain added salt, such as veggies and beans. When available, buy low- or reduced-sodium, or no-salt-added versions of these foods.
- Remove the salt shaker from the table.
- Use fresh poultry, fish, and lean meat, instead of high-salt canned or processed meats such as hot dogs or bologna. Buy fresh and frozen poultry or meat that hasn't been injected with a sodium-containing solution.
- Choose ready-to-eat breakfast cereals, breads and baked goods that are lower in sodium.

