

HealthierUS School Challenge



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- Begin with the end in mind
- The Challenge - HealthierUS School Challenge (HUSCC)
- Steps to be certified
- Lessons learned & tips



Begin With The End In Mind



Begin with the End in Mind



Pueblo Honored With Bronze Award In HealthierUS School Challenge



Begin with the End in Mind



Jackson Public Schools win the HealthierUS Schools Challenge Gold Award

Begin with the End in Mind



VALERIE LEGO
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6:52 PM

The Obama Burger, RR Oehrli Elementary School

Why Apply?

- Improve the school nutrition environment
- Compliment local wellness policy efforts
- Provide valuable staff development
- Improve the image of your program
- Improve student health
- To gain recognition for what you are already doing!!



The Challenge



The Challenge

- Voluntary - established in 2004
- Recognizes schools that have created healthier school environments through promotion of nutrition and physical activity.
- Criteria consistent with 2010 Dietary Guidelines for Americans and Institute of Medicine's recommendations for foods sold outside of the school meals program.
- Four levels of recognition: Bronze, Silver, Gold and Gold of Distinction.



Purpose

- USDA wants to recognize nationally a school's commitment to the health and well-being of its students
- Schools that receive the HUSC award demonstrate to the community a commitment to school health and receive recognition from USDA for going beyond minimum requirements for the school meals programs.



Environment

- Nutrition Education
- Physical Education
- Daily opportunities to be physically active
- Programs that promote wellness
- Nutritious reimbursable meals
- School-wide support




Steps to be Certified



Are You Ready - Checklist

Are You Ready To Take the HealthierUS School Challenge (HUSSC)?
If You Can Check "Yes" in Each Box Below, You Are Ready!

CRITERIA	YES!
1. Is the school's Title I budget 75% School-wide as per the "Requirements"?	
2. Does the school have a School Improvement Plan and/or National Improvement Strategy?	
3. Do the school's Title I budget and other federal monies include a nutrition component?	
4. Have all corrective actions from the school's previous year been completed?	
5. Is your school's Title I budget sufficient to cover the following?	
Required Daily Participation (ADP) - Elementary and Middle - one course each for Bronze or Silver. During one month, are you able to provide ADP of at least one hour and Lunch ADP of 30 minutes?	
6. For school-wide participation, during one month, can you provide ADP of at least one hour and Lunch ADP of 30 minutes?	
Required Daily Participation - High School - one course each for Bronze or Silver. During one month, can you provide ADP of at least one hour and Lunch ADP of 30 minutes?	
7. For school-wide participation, during one month, can you provide ADP of at least one hour and Lunch ADP of 30 minutes?	
Physical Education - Elementary	
8. Does the school provide 45 minutes or more of physical education to students in every grade each week (Bronze/Silver) or 90 minutes each week (Gold) or 150 minutes each week (Gold of Distinction)?	
Physical Education - Secondary	
9. If a high school does the school offer at least two courses of physical education and provide all students in all grades opportunities to participate in daily physical activities?	
Local School Wellness Policy - Elementary	
10. Does the school implement a board approved local wellness policy?	
Local School Wellness Policy - Middle School	
11. Does the school commit to not use food as a reward?	
Local School Wellness Policy - High School	
12. Does the school commit to neither deny nor require physical activity as a form of punishment?	
Fundraising	
13. Does the school sell primarily non-food items during the school day?	
14. If food items are sold during the school day do they meet the HUSSC criteria for Smart Snacks?	

For assistance with this checklist, please contact us at info@healthierus.org or 1-800-875-5828.

Before You Apply - Get to Yes!

<p>Physical Education---Elementary</p> <p>10. Does the school provide 45 minutes or more of physical education to students in every grade each week (Bronze or Silver)? Or 90 minutes each week (Gold)? Or 150 minutes each week (Gold of Distinction)?</p> <p>Physical Education---Secondary</p> <p>11. If a middle school, does the school offer physical education classes to at least two (2) grades and provide students in all grades opportunities to participate in daily physical activities?</p> <p>12. If a high school does the school offer at least two courses of physical education and provide all students in all grades opportunities to participate in daily physical activity?</p>	
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Before You Apply - Get to Yes!

<p>Nutrition Education---Elementary</p> <p>13. Does the school provide systematic, structured nutrition education to all students in all grades, i.e., Michigan Model for Health, Team Nutrition curricula, nutrition lessons from Exceptional Physical Education Curriculum (EPEC)?</p> <p>Nutrition Education---Middle School</p> <p>14. Does the school offer systematic, structured nutrition education in at least one grade for Bronze/Silver? In at least two grades for Gold/Gold of Distinction?</p> <p>Nutrition Education---High School</p> <p>15. Does the school offer nutrition education in two courses required for graduation?</p>	
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Before You Apply - Get to Yes!

<p>Local School Wellness Policy</p> <p>16. Is the school implementing a board approved local wellness policy?</p> <p>17. Does the school commit to not use food as a reward?</p> <p>18. Does the school commit to neither deny nor require physical activity as a form of punishment?</p> <p>Fundraising</p> <p>19. Does the school sell primarily non-food items during the school day?</p> <p>20. If food items are sold during the school day do they meet the HUSSC criteria for Smart Snacks?</p>	
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Lessons Learned and Tips



Tips

Tips to Achieving HealthierUS School Challenge Success

Ensure that all recipes comply with National School Lunch Program regulations, as explained in the NSLP sponsor agreement, please check with USDA's program policies at <http://www.fns.usda.gov/cnd/governance/policy.html>

0:27 / 1:07

<https://www.youtube.com/watch?v=PJJLzKPLZE>

Common Application Errors

- Entering beverages into competitive foods calculator
- Food allowed for occasional reward/healthy foods as noted in wellness policy
- Confusion between physical activity and physical education
- Missing whole grain labels
- Incomplete production records
- Incomplete menu worksheets
- Not indicating type of fruit on menu
- School did not write exact name on cover page



Best Practices

- Work closely with MDE Team Nutrition Staff
- Use HUSSC online resources
- Ask questions often to avoid common application errors
- Apply for district-wide awards wherever possible
- Complete production records
- Send all parts of application electronically to MDE



Application Materials



www.fns.usda.gov/hussc/healthierus-school-challenge

Resources

- Team Nutrition Web Site
 - HealthierUS School Challenge Criteria Chart
 - HealthierUS School Challenge Online application
 - Frequently Asked Questions (FAQs)
 - Guidance Documents
- Additional Helpful Links
 - [Grain Requirements for the National School Lunch Program and School Breakfast Program](#)
 - [Food Buying Guide Vegetables and Fruits](#)
 - <http://www.ChooseMyPlate.gov>



Go For Gold!



http://youtu.be/oSTCu_9kAo0

Technical Assistance:

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