



Michigan Team Nutrition Playbook for a Healthier School Environment

Introduction:

The Playbook for a Healthier School Environment (Playbook) provides users with the best state and national resources illustrating how school health champions can create a healthy school environment. Video podcasts were also created and incorporated in the Playbook to in order to provide the reader with more in-depth instructions and ideas. If implemented, schools will comply with the Dietary Guidelines for Americans, empower students to make healthy food choices and be physically active, and encourage parents and others to serve as role models.

The Playbook was developed and pilot tested during the 2009-2010 school year through a United States Department of Agriculture (USDA) funded Team Nutrition Grant. Schools participating in the pilot formed Coordinated School Health Teams and followed the seven steps and associated resources outlined below.

Schools wanting to create and maintain a healthy school environment should explore each of the following steps. Each step is hyperlinked and provides specific resources and webcasts that will help users create a healthy school environment:

- [Step 1: Form a School Health/Coordinated School Health Team](#)
- [Step 2: Adopt and Implement the Michigan Nutrition Standards](#)
- [Step 3: Implement the Michigan Menus](#)
- [Step 4: Maximize School Breakfast Program Participation](#)
- [Step 5: Apply for the HealthierUS School Challenge Award](#)
- [Step 6: Use the National Food Service Management Institute Cooks for Kids Video Series](#)
- [Step 7: Integrate Health Promotion Campaigns, Nutrition Education and Physical Education into the School Day and Throughout the School Year](#)
- [Step 8: Share your Success Stories](#)
- Download the entire Playbook.

If you have questions please contact the Michigan Department of Education's School Nutrition Training and Programs Unit at the following link: MDE-SchoolNutrition@michigan.gov.

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Step 1: Form a School Health/Coordinated School Health Team

Healthy school environments help students achieve their full academic potential. A healthy school environment is created when a team of committed school staff and community members dedicate themselves to develop and implement a realistic action plan focused on improving the school environment.

Key players on the team should include: food service director/manager, building principal, classroom teachers, and students. Other team members may include: family members, PTSA/PTSO members, school board members, school health coordinators, school based volunteers, athletic directors, coaches, and community members (e.g., business leaders, health organization representatives, etc.).

Each team player plays a different but vital role on the team. Below describes the duties each team members may oversee as well as tips and lessons from the field:

Food service professionals should:

- Oversee adoption of the [Michigan Nutrition Standards](#) and Michigan Menus implementation.
- Start and/or improve the [School Breakfast Program](#).
- Apply for the [HealthierUS School Challenge Award](#).
- Serve as role models by practicing healthy behaviors.
- Implement monthly healthy activities and/or nutrition education activities that support [Cooks for Kids](#).
- Implement [Fuel Up to Play 60](#). [Get a Crash Course on the Basics of Fuel Up to Play 60](#) (video)
- Tips & lessons learned from Sharon Martin, Former Food Service Director, Fowlerville Community Schools:
 - [Why Cooks for Kids proved most helpful to the team](#). (video)
 - [The key players on Fowlerville Michigan's team](#). (video)
 - [The value of having students on your team](#). (video)

Principals should:

- Serve as role models by practicing healthy behaviors.
- Tips & lessons learned from Principal Larry Cowger, Fowlerville Jr. High School.
 - [The Principal's role within the school health team](#). (video)
 - [The key players that helped create the team's success](#). (video)

Teachers should:

- Implement monthly healthy activities and/or nutrition education activities that support [Cooks for Kids](#).
- Serve as role models by practicing healthy behaviors.
- Encourage participation in [Fuel Up to Play 60](#). [Learn More about the Impact Fuel Up to Play 60 from Students, Educators, and Health Professionals](#) (video)
- Tips & lessons learned from Lauren Hansbarger, Counselor, Fowlerville Community Schools.
 - [Why should schools teach nutrition and physical education?](#) (video)
 - [How was physical activity integrated with MEAP testing?](#) (video)

Students should:

- Provide feedback on new foods and menus
- Encourage peers to participate in school meal programs
- Serve as role models by practicing healthy behaviors.
- Tips & lessons learned from Students at Fowlerville Community Schools.
 - [What healthier school changes did students see take place?](#) (video)

Parents Should:

- Support implementation of campus wide nutrition standards (including fundraising)
- Encourage other parents to support campus wide nutrition standards.
- Encourage Board members to support campus wide nutrition standards.
- Practice healthier habits and role model healthy behaviors at home.
- Tips & Lessons from Barb Flis, Parent, Action For Healthy Kids:
 - [How to select Healthy kids snacks.](#) (video)
 - [How to select healthy choices from the school menu.](#) (video)
 - [How to role model healthy eating - parents matter!](#) (video)

Step 2: Adopt and Implement the [Michigan Nutrition Standards](#)

The Michigan’s State Board of Education recognizes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. To this end, the Michigan Department of Education (MDE) adopted the, [Michigan Nutrition Standards, State Board of Education Recommendations for all Foods and Beverages Available in Michigan Schools.](#)

These standards are divided into two sections. The first section is adapted from the [School Nutrition Association’s National Nutrition Standards Recommendations](#) and applies to foods and beverages served as a part of the USDA Child Nutrition Programs at schools. The second section is a compilation of various national standards and applies to foods and beverages served on the school campus outside USDA Child Nutrition Programs.

To assist child nutrition professionals, district administrators, educators, parents and students in understanding the Standards, the following videos were created. Each video segment describes one specific standard. Viewers may click on the segment of interest to them.

Michigan Nutrition Standards Video Segment Title (To view a specific segment, click on the underlined text below)	Length
History, Purpose, & Guiding Principles (video)	4:29
Overview and Rationale (video)	5:32
Total Fat (video)	3:49
Saturated Fats (video)	2:30
Trans Fats (video)	6:02
Cholesterol (video)	5:51
Calories (video)	2:42
Fiber (video)	7:22
Sodium (video)	6:20
Sugar (video)	4:06
Legumes (video)	7:11
Meal Patterns for Breakfast (video)	5:12
Meal Patterns for Lunch (video)	5:27
Meal Patterns for After School Snacks (video)	4:16
Standards for Foods & Beverages Served Outside the Cafeteria (video)	8:19

Tips & Lessons Learned From:

Students at Fowlerville Community Schools:

- [Healthier changes observed by students. \(video\)](#)
- [Healthier school meals influences choices at home. \(video\)](#)
- [Why should students support healthier changes. \(video\)](#)

Sharon Martin, Former Food Service Director, Fowlerville Community Schools:

- [Lessons learned while implementing Michigan Nutrition Standards. \(video\)](#)

- [Why should other districts meet these standards.](#) (video)
- [The greatest barriers in implementing these standards.](#) (video)

More Resources to Assist in Implementing Nutrition Standards:

- This Newsweek guidebook features success stories and offers practical advice and information to support building healthy kids and making healthy changes in school.
 - [How to Build a Healthy Kid Guidebook.](#)
 - Use the [Fuel Up to Play 60 Challenge videos](#) to encourage students to participate in school-wide Challenges.

The MyPyramid Audio Podcasts below explain how taking small steps can add up to real changes in your weight and health. Listen to these for inspiration and ideas.

<http://www.mypyramid.gov/audiovideo/audioindex.html>

Audio Podcasts Topic Title (To listen to the audio podcasts click on the "MP3" logo next to the Topic Title of interest)	Audio	Text
Dietary Guidelines and MyPyramid		 TXT
Grain Group		 TXT
Vegetable Group		 TXT
Fruit Group		 TXT
Meat and Beans Group		 TXT
Milk Group		 TXT
Choose Oils - Liquid Fats		 TXT
Whole or Refined Grains?		 TXT
Canned Beans Are Convenient		 TXT
Choosing Fruits and Vegetables		 TXT
Get the Right Amount of Food		 TXT
Nutrient Dense Foods		 TXT
Vegetarian Options		 TXT
The Skinny on Milk		 TXT
Lean Towards Leaner Meats		 TXT
Smart Choices at the Deli Counter		 TXT
Beverages - Think About Your Drinks		 TXT

Snack Attack		 TXT
Organize Your Refrigerator		 TXT
Selections from the Freezer Section		 TXT
Eating Out Tips		 TXT
Party Time Strategies		 TXT
Easy Lunch Box Ideas		 TXT
Road Trip Snacking		 TXT
Packing Your Picnic Foods		 TXT
Healthy Work Habits		 TXT
Physical Activity 1 - Part of a Healthy Life		 TXT
Physical Activity 2 - Reduce Your Health Risk		 TXT
Physical Activity 3 - Do Something Fun		 TXT

MyPyramid Audio & Video links

- [Audio Podcasts](#)
- [Video Podcasts](#)
- [Public Service Announcements \(PSAs\)](#)

Step 3: Implement the Michigan Menus

Nutritious meals that appeal to students and introduce new foods to students can promote healthier eating among students. Michigan Menus were developed as a tool for schools to provide nutritious meals to students that meet the Michigan Nutrition Standards for School Meals, the 2005 Dietary Guidelines for Americans, and the HealthierUS School Challenge criteria.

There are three example menus (lunch, breakfast, and afterschool snack) to help districts comply with the Michigan Nutrition Standards and the HealthierUS School Challenge criteria.

View the Michigan Menus:

- [Breakfast menu with daily production records](#)
- [Lunch menu with daily production records](#)
- [Snack menu with daily production records](#)
- [Nutrition analysis of each menu](#)

View an overview of [Michigan Menus Webcast](#) (Video 5:26 Minutes)

Tips & Lessons Learned From:

Students at Fowlerville Community Schools:

- [Healthier changes observed by students](#) (Video)
- [Healthier school meals influences choices at home](#) (Video)
- [Why should students support healthier changes](#) (Video)

Sharon Martin, Former Food Service Director, Fowlerville Community Schools:

- [Lessons learned while implementing Michigan Nutrition Standards](#). (video)
- [Why should other districts meet these standards](#). (video)
- [The greatest barriers in implementing these standards](#). (video)
- [Simple healthy menu changes that are easy to make](#) (video)

Step 4: Maximize School Breakfast Program Participation

Michigan School Breakfast Challenge

- Michigan Superintendents are challenged to increase by 50% student participation in their district's School Breakfast Program (SBP)
 - [The Michigan School Breakfast 2009-10 Michigan School Breakfast Challenge](#)
 - [The Michigan School Breakfast 2008-2010 Challenge Award Winners](#)
 - [Michigan 2010 School Breakfast Challenge Awards Presentation](#) (Video)

School Breakfast Resources:

- [*Youth Leadership: A Guide for Involving Students in Promoting and Improving Breakfast*](#)
- USDA's [Discover School Breakfast Toolkit](#)

Breakfast Success Stories.

- [Michigan School Breakfast Success Story video](#) (video)
- [Lafayette Elementary Breakfast Challenge](#) (video)
Lafayette Elementary School in Lincoln Park celebrated their breakfast success with visits from players from the Detroit Lions, USDA, and MDE.
- [Chicago Public Schools operating in-classroom breakfast program](#) (video)

Tips & Lessons Learned From:

- Larry Cowger, Principal, Fowlerville Jr. High School:
 - [The most enjoyable aspect of the school breakfast program.](#) (video)
 - [Principals should support school breakfast.](#) (video)
- Students at Fowlerville Community Schools:
 - [Best thing about school breakfast.](#) (video)
 - [Making a breakfast program cool.](#) (video)
- Lauren Hansbarger, Counselor, Fowlerville Community Schools:
 - [Educators should support school breakfast.](#) (video)
 - [Positive reaction from staff regarding school breakfast.](#) (video)
- Sharon Martin, Former Food Service Director, Fowlerville Community Schools:
 - [Increasing school breakfast participation.](#) (video)
 - [Key breakfast marketing strategies.](#) (video)

Step 5: Apply for the HealthierUS School Challenge Award

HealthierUS School Challenge - *Recognizing Excellence in Nutrition and Physical Activity*

The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity. In February 2010, First Lady Michelle Obama introduced **Let's Move!**, incorporating the HealthierUS School Challenge into her campaign to raise a healthier generation of kids. At that time, monetary **incentive awards** became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

The HUSSC is open to all schools participating in the National School Lunch Program.

Submitting an application is easy with USDA's downloadable and interactive application. If you have questions, you can always contact MDE-SchoolNutrition@michigan.gov. Many schools find that applying for the Challenge is a valuable learning process that helps their school wellness team focus on areas needing improvement. We hope your school will join us on this journey and we look forward to celebrating your progress.

[HUSSC Application Materials – apply online or by US mail](#)

Overview and Tips from USDA's Michigan HUSSC Presentation:

- [USDA's HUSSC Presentation May 2010 – part 1](#)
- [USDA's HUSSC Presentation May 2010 – part 2](#)
- [USDA's HUSSC Presentation May 2010 – part 3](#)

Download the HUSSC Application Kit:

- [What's It all About?](#)
- [Criteria and Checklist](#)
- [Whole Grains Resource](#)
- [Guidance on Dark Green/Orange Vegetables & Dry Beans and Peas](#)
- [Increasing Participation/Healthy Fundraising/Fact Sheets for Healthier School Meals](#)
- [Frequently Asked Questions](#)
- [Success Stories](#)
- [How HUSSC is linked to Fuel Up to Play 60](#)
- [Additional Resources](#)
- [Sample Applications: Bronze/Silver](#)
- [Sample Applications: Gold/Gold of Distinction](#)

Tips & Lessons Learned From:

- Larry Cowger, Principal, Fowlerville Jr. High School:
 - [How does a Michigan school provide nutrition education?](#)
- Lauren Hansbarger, Counselor, Fowlerville Community Schools:

- [Why should schools teach nutrition and physical education?](#)

Tips from HUSCC Award Winners

- [Getting Started](#)
- [Creating Healthier Menus](#)
- [Energizing Students](#)
- [Engaging the Community](#)
- [Funding the Changes](#)

Success Stories and HUSSC Promotion

- [HealthierUS School Challenge Award Winners](#)
- [Previous Award Winners](#)
- Video Segments from the NFSMI *Cooks for Kids* Program
 - [Burke County, Georgia; Gold Award](#) (video)
 - [Irving Independent School District, Texas; Gold Award](#) (video)

Step 6: Use the National Food Service Management Institute's Cooks for Kids

Cooks for Kids is a series of 30-minute training programs from the National Food Service Management Institute (NFSMI) that celebrates the fact that healthful food for children can, and should, be served everywhere. Addressing childhood obesity continues to be a challenge for all who feed our nation's children – schools, the commercial food service industry, and family caregivers.

Cooks for Kids is a forum to demonstrate how we can work together. Each episode focuses on healthful food and cooking techniques not only at school but also in restaurants and at home. Participants learn techniques used by culinary professionals to produce high quality foods that are flavorful, nutritious, and appealing. Each episode features a school that is putting these principles to practice.

Target Audience:

NFSMI invites all foodservice assistants, foodservice managers, foodservice directors, state agency staff, and parents to view the following webcasts.

Seminar/webcast Title	Webcast	Handouts
Fruits Go Back To Schools	click here	click here
Perfect Pasta	click here	click here
Hearty Whole Grain Breads	click here	click here
Sumptuous Soups	click here	click here
Pizzas with Pizzazz	click here	click here
Succulent Side Dishes	click here	click here
Celebrate Breakfast	click here	click here
Spring Salads	click here	click here
Wrap it up with Wraps	click here	click here

[Download Cooks For Kids Brochure](#)

Tips & Lessons Learned From Sharon Martin, Former Food Service Director, Fowlerville Community Schools:

- o [Helpful Food Service Resources](#) (video)
- o [Most Valuable Cooks for Kids Webcast](#) (video)

Step 7: Integrate Health Promotion Campaigns, Nutrition Education and Physical Education Into The School Day And Throughout The School Year

Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Team Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the *Dietary Guidelines for Americans* and *MyPyramid*.

Becoming a Team Nutrition School will help you focus attention on the important role nutritious school meals, nutrition education and a health-promoting school environment play in helping students learn to enjoy healthy eating and physical activity. It will provide the framework for team efforts by school nutrition staff, teachers, parents, the media and other community members.

As a new Team Nutrition School, you will receive a resource kit (while supplies last) of materials to help you plan and carry out activities for your students and their families. Additional Team Nutrition materials can be purchased from the National Food Service Management Institute (1-800-321-3054). You also have the opportunity to use the Team Nutrition Web Page where you can share your success stories and learn what other Team Nutrition Schools are doing.

To Join Team Nutrition, print and complete the School Enrollment Form,

Fuel Up to Play 60

The National Dairy Council® has huddled up with the National Football League to help students eat right and stay active with Fuel Up to Play 60. This FREE program focuses on empowering kids to make smart choices about nutrition and physical activity. Schools using the student-led Fuel Up to Play 60 program can help inspire kids to "get up and play" for 60 minutes a day and to "fuel up" with the nutrient rich foods kids don't get enough of, including low-fat and fat-free dairy foods, fruits, vegetables and whole grains.

Enrolled schools receive:

- A FREE Fuel Up to Play 60 School Wellness Kit with posters, banner, display items and more (while supplies last).
- Creative ways to increase healthy eating and physical activity and motivate youth to take control of their health and wellness.
- A chance to participate in the national Fuel Up to Play 60 competitions.

- Opportunities to apply for funding to support healthy environments school-wide.
- [Learn More about the Impact Fuel Up to Play 60 from Students, Educators, and Health Professionals](#) (Video)
- **[Include New Fuel Up to Play 60 Videos from Ford Field](#)**

Game On

A unique toolkit that makes it easy for schools to help youth and their families learn to eat healthy and be active every day. *Game On!* features four fun, paired activities, or “challenges,” around “Making Better Food Choices” and “Moving More.” The results tell the story: *Game On!* helps increase awareness and leads to behavior changes that positively impact health and achievement.

Game On! The Ultimate Wellness Challenge prepares schools for success by providing step-by-step instructions on how to assemble a team and make wellness a priority. The toolkit also includes materials to engage key groups, including students, teachers, administrators, nutrition staff, parents and community volunteers. All ideas, activities, and resources are free or low-cost, making it easy for schools to make the healthy choice.

Game On! The Ultimate Wellness Challenge:

- Engages kids with challenges before, during, and after school.
- Engages schools with one-stop shopping for free and low-cost activities and resources—to create a healthy school.
- Engages parents and provides programs and information on healthy eating and active living.

[View Game On](#)

Alliance for a Healthier Generation Healthy Schools Program

The Healthy Schools Program takes a comprehensive approach to helping schools create healthier environments by working with them improve access to healthier foods; increase physical activity opportunities before, during and after school; enhance nutrition education; and establish school employee wellness programs.

Benefits include:

- **Free Support and Tools** offering best practices for increased physical activity and healthier eating and free online presentations/phone conferences on a wealth of school health topics.
- **An Extensive Resource Database** that includes quality resources and grant opportunities to assist in implementing healthy changes at school.
- **Electronic Newsletters** containing school success stories about healthy eating, physical activity and staff wellness.

Any school in the United States can enroll in the Healthy Schools Program at no cost at www.healthiergeneration.org and receive free assistance and support in creating a healthier environment.

Additionally, any individual (for example, parent, student, or community member) who cares about helping a school in his or her community become a healthier place may join the Healthy Schools Network at HealthierGeneration.org for immediate access to tips and tools to support a healthier school.

- [View Alliance for a Healthier Generation Healthy Schools Program](#)
- [View John Trix Elementary School's program in action](#)

Nutrition education and physical education resources:

- [*Resource Guide of Nutrition Education and Physical Activity*](#)

The purpose of this guide is to provide education professionals with curricula to implement nutrition education/physical activity promotion consistent with the 2005 Dietary Guidelines for Americans and the *HealthierUS School Challenge* criteria.

All curricula were evaluated using extensive curricula criteria. The curricula reviewed were limited to National and Michigan Team Nutrition developed resources. Also included were resources from the Michigan Department of Education, National Dairy Council, Michigan Fitness Foundation, Action for Healthy Kids, International Life Sciences Institute and Human Kinetics. The curricula recommended supplementing the nutrition and physical activity sections of the Michigan Model for Health® curriculum. Selected curricula can also be integrated into language arts, math, science and social studies.

Step 8: Share Your Success Stories

The Michigan Department of Community Health offers schools a place to go and share healthy school successes! When you visit the Michigan Healthy School Success Story Web site at <http://mihealthtools.org/schoolsuccess/> you will have the following options to choose from:

- **Share Your Success!** When you share your school's success, you help other schools make improvements by providing concrete ideas as well as inspiration. Submit as many healthy school success stories as you like. Click on the [Submit a Success Story](#) menu tab to begin.
- **Click the following underlined text to view a video on [How to submit your own school's success story on the Michigan success story webpage.](#)**
- **Learn from Other Schools.** Success stories submitted by Michigan schools are published on this website in the [Review School Success Stories](#) section. Success stories are organized by topic area or category to help schools easily find the ideas that are of the most interest and use.

To submit a success story, you will be asked to follow the steps outlined below:

- **STEP 1:** Start by clicking on the county in which your school is located.
- **STEP 2:** Continue by selecting the name of the school district for which you are completing this success story.
- **STEP 3:** Complete the requested set of questions. At the bottom of this form you will find the submit button. When you submit your Success Story, the software will check for complete responses and will flag any errors for you to correct.
- **Click the following underlined text to view a video on [How to submit your own school's success story on the Michigan success story webpage.](#)**

Be inspired by reading Michigan school personnel role modeling stories:

- [Role Modeling Stories from the Michigan Team Nutrition 2010 Role Model Star Awards](#)  These are the role modeling stories from the Michigan Team Nutrition 2010 Role Model Star Award winners
- [Summary of the 2010 Michigan Team Nutrition Role Modeling Star Awards](#)  This is a 2 page overview of the 2010 Michigan Team Nutrition Role Model Star Awards. It provides an overview, description of the selection process and results.

Tips & Lessons from Michigan Department of Education, Nutrition Consultant Whitney Vance:

- [Healthy Eating Role Modeling Plus 3 Michigan Success Stories.](#) (Video)
 - Target audience: Educators and School Staff
 - Time: 9:31 Minutes

- Role Modeling Physical Activity Plus 2 Michigan Success Stories. (Video)
 - Target audience: Educators and School Staff
 - Time: 5:45 Minutes
- Youth Testimonial About the Importance of Role Modeling Healthy Behaviors (Video)
 - Target audience: Educators and School Staff
 - Time: 5:52 Minutes