

Tips and Tools To Help Implement Michigan's Healthy Food and Beverages Policy



**Michigan Action for
Healthy Kids™**

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Tips and Tools At-A-Glance

The contents of this *Tips and Tools* resource are listed below in the order they occur within this guide. Many are designed as 2-sided documents which can be duplicated separately for distribution. Some information is repeated on multiple pages so that any given page contains complete information.

Introduction	2
Policy on Offering Healthy Food and Beverages In Venues Outside of the Federally Regulated Child Nutrition Programs (adopted by the Michigan State Board of Education December 18, 2003).....	3
How to Use These Tips and Tools	6
Healthy Foods and Healthy Finances: How Schools Are Making Nutrition Changes That Make Financial Sense.....	7
Success Stories from Michigan School Districts: Serving Healthier Foods and Beverages	8
Steps to Getting Healthy Food and Beverages in your School	9
Healthy Choices In All Venues	
• Recommendations for Serving Healthy Snacks	10
• Recommendations for Serving Healthy Beverages	11
• Your Resource to Healthy Packaged Food and Beverage Products	12
• Recommendations for Serving Healthy Entrees and Side Dishes	13
• Nutrition Definitions: A la carte, No Sugar Added, Fat, High Fiber and Healthy Food Preparation Techniques	14
Healthy School Parties	15
Alternatives To Using Food As A Reward.....	17
Healthy School Stores	18
Smart Fundraisers for Today's Healthy Schools	19
Healthy Food and Beverages for Student Activities	21
Healthy Foods and Beverages for Parent, Teacher or Staff Meetings	22
Increasing Fruit and Vegetable Consumption Through a Farm to School Connection	23
Resources by Topic	24
Key Web Sites	28
Key Terms	31
Acknowledgements	Inside Back Cover



Introduction

The vision of the Michigan Action For Healthy Kids (MAFHK) Coalition is for Michigan schools to vigorously support healthy eating habits and physical activity practices as an integral part of a total learning environment that produces healthy students.

In December 2002, the MAFHK Coalition rallied Michigan educators, health advocates, and leading organizations around the U.S. Surgeon General's, "Call To Action To Prevent and Decrease Overweight and Obesity." One year later, in December of 2003, MAFHK, through a major grass roots effort, developed a nutrition policy for schools entitled *Policy on Offering Healthy Food and Beverages In Venues Outside of the Federally Regulated Child Nutrition Programs* (referred to in this document as the Healthy Food and Beverages Policy). The Michigan State Board of Education adopted the policy on December 18, 2003.

The policy follows and can also be found at:

<http://www.emc.cmich.edu/michigan/Nutrition%20Policy%2012-03.pdf>

The purpose of the Healthy Food and Beverages policy is to provide schools with the information, resources and tools needed to offer a greater amount of healthy food and beverages to students and staff in venues within a school's control. Food and beverages that compete with the policy's purpose should be discouraged. Healthy food and beverages that comply with the policy's purpose should predominate in all school venues. These venues include but are not limited to:

- ◆ Vending machines
- ◆ Concessions
- ◆ Fundraisers
- ◆ à la carte sales
- ◆ Classroom snacks
- ◆ Classroom rewards
- ◆ School stores
- ◆ School parties
- ◆ Student activities
- ◆ School meetings



**State of Michigan
Michigan State Board of Education
Policy on Offering Healthy Food and Beverages
In Venues Outside of the Federally Regulated
Child Nutrition Programs**

The Michigan State Board of Education recognizes and acknowledges, through its policy on coordinated school health programs,¹ that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.” Establishing healthy eating behaviors during the school-age years can make an important contribution to short and long-term disease prevention and health promotion.²

The Board believes that schools should provide a campus-wide environment supporting student adoption of healthy eating behaviors. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices.

The Board’s 1973 Food and Nutrition Policy Statement provided guidelines for elementary school students only. Given the current health issues faced by school age children in this state, the 2003 policy encourages all Michigan school buildings to adopt the recommendations listed below, regardless of age/grade level.

This policy focuses on one component of a healthy school environment: to ensure that healthful food choices are offered in venues that are within the school/district’s control but outside federally regulated child nutrition programs. These venues include, but are not limited to, vending machines, a-la-carte sales, food rewards, fundraisers, school stores, concessions, school parties, activities, and meetings. In addition, this policy is consistent with recommended actions outlined in *The Role of Michigan Schools in Promoting Healthy Weight*³ and goals of the Michigan Action for Healthy Kids coalition.⁴

The purpose of this policy is to ensure that students have access to food that meets their nutrient requirements to promote health and foster learning. Food and beverages that compete with this policy’s purpose should be discouraged. Healthy food and beverages that comply with this policy’s purpose should predominate in all school venues.

The Board recommends that each school building offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs. Appendix A provides background research supporting each recommendation.

1. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current United States Department of Agriculture standards.
2. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques. Offer 100 percent fruit juice in 12-ounce servings or less.
3. Offer nonfat, low-fat, plain and/or flavored milk and yogurt. Offer nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
4. Offer nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less. Offer portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
5. If offered, serve accompaniments (sauces, dressings, and dips) in one-ounce servings or less.

Adopted December 18, 2003

1 Coordinated School Health Programs to Support Academic Achievement and Healthy Schools, September 2003.

2 Healthy People 2010: Understanding and Improving Health, Stock Number: 017-001-00550-9.

3 The Role of Michigan Schools in Promoting Healthy Weight, A Consensus Paper. Michigan Department of Education, Michigan Department of Community Health, and the Governor’s Council on Physical Fitness, Health and Sports, September 2001.

4. Action for Healthy Kids Coalition. www.actionforhealthykids.org



Research and Rationale For Recommendations

Because excess calories are stored as body fat, children who eat more calories than their bodies require are at increased risk for becoming overweight in childhood and obese as adults. Limiting the portion size of food served can decrease calorie intake. Excess dietary fat may provide excess calories and may also increase the risk for chronic diseases. Added sugars provide excess calories and may contribute to weight gain or lower consumption of more nutritious foods.

1. Grain Food Research and Rationale: Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current United States Department of Agriculture standards.
 - Grains provide essential vitamins and minerals, and provide fiber if they are a whole grain. Whole grains contain the entire grain kernel. Examples include whole-wheat flour, bulgur, oatmeal, rye bread, whole cornmeal, and brown rice. Whole grains, when eaten with other healthful foods, may help decrease the risk of many chronic diseases. Moreover, whole grain foods containing fiber promote proper bowel function and have been shown to trigger the feeling of fullness with fewer calories.
 - Nutrients are lost when grains are milled, including B vitamins, iron, and dietary fiber. "Enriched" grains are grains to which iron, folic acid and other B vitamins, including niacin, thiamine and riboflavin are added back to the grain mixture after milling. Over the years, enrichment has helped eliminate many nutrition-related diseases.⁵
2. Fruits and Vegetables Research and Rationale: Offer fresh, frozen, canned, or dried fruits and vegetables using healthy food preparation techniques. Offer 100 percent fruit juice in 12-ounce servings or less.
 - The benefits of eating a minimum of five servings of fruits and vegetables each day cannot be overstated. Not only is fruit and vegetable intake associated with decreased risk for cardiovascular system diseases⁶ and cancers,⁷ but stronger bones as well.⁸ Unfortunately, children and adolescents do not eat enough fruits and vegetables and, as a result, may be at higher risk for developing chronic diseases later in life.⁹ Fruit juice offers no nutritional advantage over whole fruit. Excessive juice consumption may result in an increase in calorie intake and may contribute to the development of obesity.

5 "Get on the Grain Train." United States Department of Agriculture Dietary Guidelines for Americans. May 2002. (<http://www.usda.gov/cnpp/Pubs/Brochures/GrainTrainPamphlet.pdf>)

6 JAMA, 1999; 282:1233-1239.; KJ Joshipura, FB Hu, et al. "The Effect of Fruit and Vegetable Intake on Risk for Coronary Heart Disease." *Annals of Internal Medicine*. 134:1106-1114. 2001.

7 J Natl Cancer Inst 2000;92(1):61-8.

8 Am J Clin Nutr 1999;69:727-36.

9 JA Pesa and LW Turner. "Fruit and vegetables intake and weight control behaviors among U.S. youth." Am J Health Behavior. 25(1):3-9. 2001.



3. Dairy Food Research and Rationale: Offer nonfat, low-fat plain, and/or flavored milk and yogurt. Offer nonfat and/or low-fat real cheese rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
 - Milk, cheese, and yogurt are excellent sources of many essential nutrients (such as calcium), including those that are often lacking in the diets of children and teens.^{10 11 12 13 14} Nutrients within dairy products may help reduce the risk of cavities and chronic diseases such as osteoporosis, hypertension and some cancers. Many reputable health professional organizations recommend that children and teens choose low-fat milk, cheese, and yogurt to get the calcium (and other nutrients) they need for strong bones and overall health.
4. Meat, Beans, and Nut Food Research and Rationale: Offer nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less. Offer portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
 - Nuts, seeds, beans, meats, eggs, poultry and fish offer protein and other valuable nutrients such as zinc, iron, and B vitamins. Protein supplies amino acids, which are building blocks that build, repair, and maintain body tissues.
5. Accompaniments Rationale: If offered, serve accompaniments (sauces, dressings, and dips) in one-ounce servings or less.
 - Limiting the portion sizes of accompaniments served with food can decrease calorie intake. Excess dietary fat may provide excess calories and may also increase the risk for chronic diseases. Added sugars may add excess calories and contribute to weight gain or lower consumption of more nutritious foods.

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- 10 Johnson, R.K., C. Panely, and M.Q. Wang. "The association between noon beverage consumption and the diet quality of school-age children." *J. Child. Nutr. Manage.* 22(2):95, 1998.
 - 11 Institute of Medicine. Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. "Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride." Washington, D.C.: National Academy Press, 1997.
 - 12 U.S. Department of Agriculture, Agricultural Research Service. Data tables: Results from USDA's 1994-96 Continuing Survey of Food Intakes by Individuals and 1994-96 Diet and Knowledge Survey. Riverdale, MD: ARS, USDA. February 1999. (http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_b.pdf)
 - 13 Ballew, C. et al. "Beverage Choices Affect Adequacy of Children's Nutrient Intakes." *Arch. Pediatr. Adolesc. Med.* 154:1148, 2000.
 - 14 Bowman, S. "Beverage Choices of Young Females: Changes and Impact on Nutrient Intakes." *J. Am. Diet. Assoc.* 102:1234, 2002



How to Use These Tips and Tools

The tips and tools that follow are designed to help schools implement the Healthy Food and Beverages policy. It is highly recommended that schools begin the process of implementing the policy using these steps:

- 1) Convene a Coordinated School Health Team (CSHT) and assess your school's current nutrition and physical activity environment using the Healthy School Action Tool (HSAT)*. This assessment will provide your CSHT with a clear picture of strengths and areas needing improvement to provide students and staff with healthy options. Go to www.mihealthtools.org/schools for more information and the HSAT.
- 2) Use the Action Plan included with the HSAT to begin making policy and environmental changes as well as to gain buy-in from decision-makers and stakeholders on proposed ideas.
- 3) Adopt the Healthy Food and Beverages Policy if that is an area in which your school needs to improve.
- 4) Use the tips and tools that follow to help your school implement the policy and/or related areas in your HSAT Action Plan.
- 5) Enroll your school in Michigan Team Nutrition if not already enrolled. Team Nutrition can help provide you with additional tips and tools to help improve your school nutrition and physical activity environment. Go to www.tn.fcs.msue.msu.edu for more information and the enrollment form.

* The *Healthy School Action Tool (HSAT)* was adapted from the *School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide* from Centers for Disease Control and Prevention (2002) and the *Changing the Scene Healthy School Nutrition Environment Improvement Checklist* from U.S. Department of Agriculture, Food and Nutrition Service, Team Nutrition (2000). The development of the HSAT was a collaborative effort of the Michigan Department of Community Health; the Michigan Department of Education; Michigan State University Extension; Michigan Team Nutrition and United Dairy Industry of Michigan.



Healthy Foods and Healthy Finances:

How Schools Are Making Nutrition Changes That Make Financial Sense

Dozens of schools—large and small, urban and rural—have created more healthful school environments by improving food and beverage options in vending machines, à la carte lines, classroom activities and fundraisers.

Food and beverage contracts and sales have become a revenue source for discretionary spending for many school districts. Recently, schools throughout the U.S. have successfully implemented innovative solutions—maintaining or increasing revenue levels with more healthful options.

- ◆ Foodservice in the Folsom Cordova Unified School District in Sacramento, **California**, no longer operates in the red. It upgraded offerings with a focus on healthy eating and now has a \$400,000 reserve; the annual budget increased 105% due to increased food services revenue.
- ◆ Iowa City, **Iowa**, schools partnered with Swiss Valley Farms to introduce milk in its water and sports drink vending machines, resulting in an increase in sales of 42% while soda sales dropped 58%. The district's Nutrition Task Force also installed cheese and yogurt vending machines.
- ◆ The Vista (San Diego, **California**) Unified School District's Child Nutrition Services program consolidated the district's vending sales and began managing contracts. They offered bagels and cream cheese, yogurt, nuts, cheese and crackers, and fresh fruit. Sodas are offered in only 20% of vending slots compared to the previous 66% of vending slots. The majority of slots offered water, milk, 100% juice drinks, and sports drinks. CNS controlled pricing and kept prices lower than local stores. During the first year of this arrangement, Vista High School generated \$200,000 more in sales than in previous years.
- ◆ Jefferson County Schools in Louisville, **Kentucky**, are replacing soft drinks and non-nutritious snacks sold in vending machines with lower-fat foods and fruit drinks. They expect that by keeping healthier vending machines on all day the sales will offset any losses of the \$1 million generated annually from vending.
- ◆ Madison, **Wisconsin**, was among the first school districts to sign an exclusive soda contract in 1997 and was also among the first to cancel it. They now maintain multiple vendors and offer a variety of 100% juice drinks and milk flavors. Now that the students have choices, school officials report that they struggle to keep up with the demand for milk sold in colorful and resealable bottles.
- ◆ Whitefish Central School in **Montana** replaced junk foods and soda with fruit, bagels, 100% juice beverages, water and milk. According to Principal Kim Anderson, profits remained the same.
- ◆ Officials at North Community High School in Minneapolis, **Minnesota**, installed vending machines selling bottled water, juices and sports drinks, and limited soft drinks to just one machine. This arrangement resulted in lowered soda sales offset by growth in the sales of water and sports drinks with overall vending profits increasing by \$4,000.
- ◆ When Fresno (**California**) Unified School District's Sequoia Middle School eliminated junk food and sodas, sales increased because students were given a choice and were involved in the selection of replacement foods and drinks.

Success stories show that children will buy healthy foods.

- ◆ Students **will buy — and consume — healthful foods and beverages** when these options are tasty, easily accessible and priced right.
- ◆ School foodservice and vending programs **can continue to make money** while offering healthful food and beverage options to students.
- ◆ Some schools have actually **made more money from healthful options** than from their usual offerings.
- ◆ Students, parents, and communities **support healthy school nutrition environments**, and are willing to get involved in making changes.

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Healthy Foods and Healthy Finances:

Success Stories from Michigan School Districts: Serving Healthier Food and Beverages

In the State of Michigan, many schools are creating healthier school environments through changes in food and beverage choices. Here are some of their stories:

- ◆ **Bay City Central and Western High Schools** offer make-your-own submarine sandwiches daily—subs that are made of homemade bread, plenty of veggies and smaller pieces of low-fat meat and cheese.
- ◆ **Howell High School's** cafeteria offers two vending machines that provide water and 100% juice.
- ◆ **Pewamo Westphalia School District** has student members of the Future Farmers of America (FFA) manage and operate the milk vending machines. Students place milk orders, meet the dairy delivery truck to fill the machine and take care of all money associated with the machine. Students and faculty alike are pleased to have a nutritious beverage choice available.
- ◆ **Concord Academy** in Bellaire holds a fall fundraiser called "Farmer to Community Connection" where students sell food items produced and processed by local farmers including honey, farm-bottled milk, apple cider, dried cherries, and maple syrup.
- ◆ **The Hannaville School District** changed what was being offered in its vending machines. Where the machines used to offer soft drinks, they now feature water, seltzer water, and milk.
- ◆ **Plymouth-Canton Schools** bake their French fries instead of deep-frying them. Four salads are offered daily to older students, and food service officials meet with parents every other month to create healthier items.
- ◆ **Belding Area Schools** are selling 15 cases of milk per week in their machine.
- ◆ **Students at Centreville High School** have a chance to eat breakfast during a short break after their first period. After the first week, school staff said, "You just can't take this away," because they saw such a positive change in the students.
- ◆ **Woodhaven-Brownstown Schools** is selling about four cases of vended milk per day – primarily at after school practices. The milk vending machine also does good business at weekend sporting events.
- ◆ **South Lyon Centennial Middle School** changed the makeup of the snack bar to include muffins, baked chips, pretzels and popcorn instead of higher fat alternatives. Where cookies used to be, students now find shake-and-go salads, fresh fruits, soft pretzels, and yogurt.
- ◆ **Kingsley Middle School** replaced its soft drink vending machines with milk vending machines that provide healthier choices.



Steps To Getting Healthy Food & Beverages In Your School

Be the catalyst for change in your school!

START HERE: To develop an overview of your school's nutrition environment list the names and phone numbers of your school leaders below, then contact them to help you answer the questions that follow:

SCHOOL CONTACTS:

Superintendent: _____ phone #: _____

Principal: _____ phone #: _____

Food Service Director: _____ phone #: _____

School Health Services Provider: _____ phone #: _____

Athletic Director: _____ phone #: _____

President of School's Parent-Teacher Group: _____ phone #: _____

School Booster Organizations: _____ phone #: _____
(band, athletics, and club fundraising)

Check the boxes that apply to your school:

- ☐ Cold food vending machine(s) - Operated by: _____
- ☐ Milk vending machine(s) - Operated by: _____
- ☐ Snack vending machine(s) - Operated by: _____
- ☐ Soft drink machine(s) - Operated by: _____
- ☐ Juice/water machine(s) - Operated by: _____
- ☐ Other machine(s): _____ - Operated by: _____
- ☐ School store - Operated by: _____

Is there a beverage contract? ☐ Yes ☐ No Check with school superintendent for information.

Who approves school fundraisers? _____

Who coordinates school concessions at after-school events? _____

- Does the district/school currently have a nutrition or food policy? ☐ Yes ☐ No
- ⇒ If yes, review policy and compare to the Healthy Food and Beverages Policy.
 - ⇒ Does your school policy need to be updated? ☐ Yes ☐ No

NEXT STEP: Take action!! Use the pages that follow to help implement the Healthy Food and Beverages Policy in your school.



Healthy Choices In All Venues

Recommendations for Serving Healthy Snacks

These single-serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

1. Contain 300 or fewer calories,
2. One or more grams of fiber, or
3. At least 10% of Calcium, Iron, Vitamin A or Vitamin C

To determine if a food or beverage meets the criteria, use the Nutrition Facts label on the package.

See Nutrition Facts label for raisins as an example:

Ideas To Build On:

Fresh fruit and vegetables – Buy locally when possible.

Yogurt

Bagels with lowfat cream cheese

Baby carrots and other vegetables with lowfat dip

Trail mix*

Nuts and seeds*

Fig cookies

Animal crackers

Baked chips

Lowfat popcorn

Granola bars*

Soft pretzels and mustard

Pizza (no extra cheese and no more than one meat)

Pudding

String cheese

Cereal bar

Single-serve lowfat or fat free milk
(regular or flavored)

100% fruit juice (small single-serves)

Bottled water (including flavored water)

Calories

Fat

Dietary Fiber

Vitamin A

Calcium

Nutrition Facts: Raisins

Serving Size: 1/4 cup (40g.)

Amount Per Serving

Calories 130 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 10mg 0%

Potassium 310mg 9%

Total Carbohydrate 31g 10%

Dietary Fiber 2g 8%

Sugars 29g

Protein 1g

Vitamin A <2%

Vitamin C <2%

Calcium 2%

Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vitamin C

Iron

*May be allergens and/or a choking risk for some people, please check with a health care provider.

Note: Some candies and sugary snacks may meet the criteria listed above. Michigan Action for Healthy Kids encourages schools to offer snacks that contain fruit, vegetables or whole grains over chips and sweets such as candies and cookies.

Venues where healthy snacks can be offered include, but are not limited to:

- ◆ Vending machines
- ◆ Classroom snacks
- ◆ School meetings
- ◆ Concessions
- ◆ Classroom rewards
- ◆ Fundraisers
- ◆ School parties
- ◆ à la carte sales
- ◆ Student activities

Reminder: Healthy food and beverages should predominate in the above venues.



Healthy Choices In All Venues

Recommendations for Serving Healthy Beverages

The following beverages are recommended:

- ◆ Plenty of water
- ◆ 100% juice in 12-ounce servings* or less
- ◆ Fat free, lowfat, plain and/or flavored milk in 16-ounce servings* or less
- ◆ Fruit/fruit juice smoothies in 16-ounce servings* or less

Choosing Your Drinks Can Be Difficult! Watch Out For:

- ◆ Fruit punches
- ◆ Fruit drinks
- ◆ Juice drinks

These are NOT 100% juice!

*Suggested serving-sizes are based on what is commonly available for use in vending machines. It should be noted that excessive juice consumption may result in an increase in calorie intake and may contribute to the development of unhealthy weight. It should also be noted that 70% of teen boys and 90% of teen girls do not meet daily calcium requirements. Offering fat free or lowfat single-serve milk is another opportunity to help teens meet their nutrition needs. (Refer to Healthy Food and Beverages Policy for additional rationale).

Read the label!
To determine if a food or beverage
meets the criteria, use the Nutrition
Facts label on the package.



Healthy Choices In All Venues

Your Resource to Healthy Packaged Food and Beverage Products

The two lists below will help schools identify healthy food and beverages that are available from food-service distributors and snack vendors for vending machines, à la carte, and other venues.

Single-serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

- 1) Contain 300 or fewer calories,
- 2) One or more grams of fiber, or
- 3) At least 10% of Calcium, Iron, Vitamin A or Vitamin C

List 1: Healthy Snack Options Available Through Foodservice Distributors:

Contact the Nutrition Resource Center at Gordon Food Service to request the most recent list of healthy packaged food and beverage product options: 1-800-968-4426.

The following professionals may be interested in using this information:

Food Service Operator – One who manages a foodservice program, i.e. a school foodservice director.

Food Service Distributor – A business that purchases, warehouses and delivers products from many manufacturers. These products are in turn sold and delivered to restaurants, institutions, and schools.

Food Service Broker – A company which represents products from many manufacturers.

Manufacturer Representative – A person who represents products from just one manufacturer.

List 2: Healthy Snack Options Available Through Snack Vendors:

Visit www.accesskent.com/snacks for the most recent list of healthy packaged food and beverage product options. Contact Kent County Health Department at 616-336-3034 for more information.

The following professionals may be interested in using this information:

School Leader – A person who is working with a vending company and making decisions regarding the snack vending selections.

Vending Operator – A company that services (fills, repairs) vending machines in schools.

Because the food industry is constantly proving new products, please determine if a food or beverage meets the criteria by using the Nutrition Facts label on the package.



Healthy Choices In All Venues

Recommendations for Serving Healthy Entrees and Side Dishes

Do your entrees and side dishes measure up?

If you can answer yes to the following questions, your a' la carte and concession operations are aligned with the Healthy Food and Beverages Policy. If not, start today by making the items available!

Questions	Yes	No
1. Are foods served that are made with whole or enriched grain products that are high in fiber and low in added fats and sugars?		
2. Are there fresh, frozen, canned or dried fruits available?		
3. Are there fresh, frozen, or canned vegetables available?		
4. Are fat free, lowfat, plain and/or flavored milk and yogurt offered?		
5. Are fat free and/or lowfat real cheese, rather than imitation cheese, offered?		
6. Are the following serving sizes served? <ul style="list-style-type: none"> • Yogurt in 8-ounce servings or less • Milk in 16-ounce servings or less • Cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less 		
7. Are nuts, nut butters, seeds, trail mix, and/or soybean snacks offered in 1-ounce portions or less?		
8. Are lean meat, poultry, or fish offered in 3-ounce portions or less?		
9. Are foods prepared using the healthiest food preparation techniques available for that particular food?		
10. Are all accompaniments (sauces, dressings, and dips) served in 1-ounce servings or less?		
11. Would you offer the entrée or side dish to your family to help them stay healthy?		



Healthy Choices In All Venues

Nutrition Definitions

à la carte: Any individual food or beverage sold in school cafeterias that is not part of a federal Child Nutrition Program, (i.e. School Breakfast Program, National School Lunch Program, Food Distribution, Child and Adult Care Food Program, After School Snack Program, Special Milk Program, and Summer Feeding Program).

Free: This term means that a product contains no amount of, or only trivial or "physiologically inconsequential" amounts of, one or more of these components: fat, saturated fat, cholesterol, sodium, sugars, and calories. For example, "calorie-free" means fewer than 5 calories per serving, and "sugar-free" and "fat-free" both mean less than 0.5 grams per serving. Synonyms for "free" include "without," "no" and "zero." A synonym for fat free milk is "non-fat".

Low: This term can be used for foods that can be eaten frequently without exceeding dietary guidelines for one or more of these components: fat, saturated fat, cholesterol, sodium, and calories. Thus, descriptors are defined as follows:

low-fat: 3 g or less per serving

low-saturated fat: 1 g or less per serving

low-sodium: 140 mg or less per serving

very low sodium: 35 mg or less per serving

low-cholesterol: 20 mg or less and 2 g or less of saturated fat per serving

low-calorie: 40 calories or less per serving.

High: This term can be used if the food contains 20 percent or more of the Daily Value for a particular nutrient in a serving.

Good source: This term means that one serving of a food contains 10 to 19 percent of the Daily Value for a particular nutrient.

Reduced: This term means that a nutritionally altered product contains at least 25 percent less of a nutrient or of calories than the regular, or reference, product. However, a reduced claim can't be made on a product if its reference food already meets the requirement for a "low" claim.

Less: This term means that a food, whether altered or not, contains 25 percent less of a nutrient or of calories than the reference food. For example, pretzels that have 25 percent less fat than potato chips could carry a "less" claim. "Fewer" is an acceptable synonym.

Health Claims: For example, "Fiber-containing grain products, fruits and vegetables and cancer." To carry this claim, a food must be or must contain a grain product, fruit or vegetable and meet the nutrient content claim requirements for "low-fat," and, without fortification, be a "good source" of dietary fiber.

Healthy Food Preparation Techniques*:

- Bake, roast or broil unbreaded or breaded meats, poultry and fish instead of frying
- Bake frozen potatoes and other vegetables (i.e. French fries)
- Prepare vegetables without added fat
- Cook with non-stick spray or pan liners
- Thoroughly drain fat from ground meats

Note: Definitions for food label terms and more information about the Nutrition Facts Label can be found at: www.cfsan.fda.gov/label.html

* A Menu Planner for Healthy School Meals ... to help you plan, prepare, serve, and market appealing meals, United States Department of Agriculture, Food And Nutrition Service, 1998, Publication Number FNS-303.
(<http://schoolmeals.nal.usda.gov/Recipes/menuplan/menuplan.html>)



Healthy Choices In All Venues

Healthy School Parties

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools--which have a great impact on children--to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- ◆ Fresh fruit and vegetables –
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables
with lowfat dip
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Baked chips
- ◆ Baked chips
- ◆ Lowfat popcorn
- ◆ Granola bars*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)

*May be allergens and/or a choking risk for some people, please check with a health care provider.

Note: See "Recipes" in the Resources by Topic section.



Healthy Choices In All Venues

Quick and Easy Healthy School Party Snack Ideas

Yogurt Parfait

2 cups vanilla lowfat yogurt
1 cup chopped fruit
(thawed frozen fruit works well)
1 cup lowfat granola
Spoon ½ cup of yogurt in each of 4 cups.
Spoon ¼ cup of chopped fruit in each
cup. Sprinkle with ¼ cup granola.

Peanut Butter Roll Up

Spread peanut butter over
a flour tortilla, then sprinkle
with sunflower seeds.
Roll and cut into 1-inch slices.

Things to Remember When Having a School Party

Common Food Allergies

Eight foods account for 90% of all food-allergic reactions: peanuts, tree nuts (walnuts, cashews, etc), milk, eggs, fish, shellfish, soy and wheat. The most common food allergens that cause problems in children are eggs, milk, and peanuts. It is important to prevent allergic reactions to food because they can cause devastating illness and, in some cases, be fatal. Avoidance is the only way to prevent an allergic reaction. When planning school parties be sure you are aware of any food allergies of students and staff.

Incorporate Physical Activity

Today's children are at an increased risk of developing diabetes, high blood pressure, obesity, depression, and anxiety as a result of the lack of physical activity and poor nutrition habits. Teachers are encouraged to incorporate physical activities into class parties as well as classroom learning. Celebrate special events without food or limit the quantity of food and encourage physical activity (active games, dancing, walking, etc.).

Food Safety*

Preparing and serving food that will not cause food borne illness is as important as preparing and serving healthy choices for school parties! Remember the four steps to safe food:

1. Clean. Wash hands and surfaces often.
2. Chill. Refrigerate promptly.
3. Cook to proper temperatures.
4. Separate. Don't cross contaminate.

*Fact sheets on each of these steps can be found at www.fightbac.org.



ALTERNATIVES TO USING FOOD AS A REWARD

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- ◆ It undermines nutrition education being taught in the school environment.
- ◆ It encourages over-consumption of foods high in added sugar and fat.
- ◆ It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.¹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.²

1. Birch LL. Development of Food Preferences. Annu. Rev. Nutr. 1999, 19:41-62.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. JAMA, October 9, 2002 Vol 288, No. 14.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- ◆ Sit by friends ◆ Watch a video
- ◆ Read outdoors ◆ Teach the class
- ◆ Have extra art time ◆ Enjoy class outdoors
- ◆ Have an extra recess ◆ Play a computer game
- ◆ Read to a younger class ◆ Get a no homework pass
- ◆ Make deliveries to the office
- ◆ Listen to music while working
- ◆ Play a favorite game or puzzle
- ◆ Earn play money for privileges
- ◆ Walk with a teacher during lunch
- ◆ Eat lunch outdoors with the class
- ◆ Be a helper in another classroom
- ◆ Eat lunch with a teacher or principal
- ◆ Dance to favorite music in the classroom
- ◆ Get "free choice" time at the end of the day
- ◆ Listen with a headset to a book on audiotape
- ◆ Have a teacher perform special skills (i.e. sing)
- ◆ Have a teacher read a special book to the class
- ◆ Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

- ◆ Select a paperback book
- ◆ Enter a drawing for donated prizes
- ◆ Take a trip to the treasure box (non-food items)
- ◆ Get stickers, pencils, and other school supplies
- ◆ Receive a video store or movie theatre coupon
- ◆ Get a set of flash cards printed from a computer
- ◆ Receive a "mystery pack" (notepad, folder, sports cards, etc.)

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: "I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!"

FRIDAY FREE TIME: "I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition school. For more information about Team Nutrition contact Chris Flood at 269-639-0002 or go to www.tn.fcs.msu.edu.

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Healthy Choices In All Venues

Healthy School Stores

School stores can provide valuable marketing, sales, and business experiences for students. The inventory should not include food and beverages that compete with the school lunch and breakfast programs. The stores can offer school supplies, school spirit items, and other non-food items, while still providing a business experience.

If school store personnel sell food and beverages, they can support a healthy school nutrition environment by offering food items and beverages that contribute valuable nutrients to the diet and not excessive amounts of sugar, fat, and sodium. Unhealthy choices in school stores send the message that schools care more about making money than student health and are in conflict with classroom lessons that teach the importance of good nutrition.

Developing and implementing guidelines for food and beverages that can be offered in the school environment involves risks. Students may complain if their favorite food or snacks are replaced. Therefore, it would be helpful to form a committee to make the decisions about these food offerings. Committee members should include students, food service staff, administrators, teachers, parents, and, possibly, even vendors. Students are more likely to be receptive to the healthier choices when they have input into determining what those choices will be.

- ◆ Fresh fruit and vegetables –
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables with lowfat dip
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Baked chips
- ◆ Low-fat popcorn
- ◆ Granola bars*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)

*May be allergens and/or a choking risk for some people, please check with a health care provider.

These single serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

1. Contain 300 or fewer calories,
2. One or more grams of fiber, or
3. At least 10% of Calcium, Iron, Vitamin A or Vitamin C

Raisins follow these recommendations:

Nutrition Facts: Raisins	
Serving Size: 1/4 cup (40g.)	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 310mg	9%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 1g	
Vitamin A <2%	Vitamin C <2%
Calcium 2%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



Healthy Choices In All Venues

Smart Fundraisers for Today's Healthy Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are Web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in "school fundraisers" to access 112,000+ sites.

A few of these sites follow:

- **www.afrds.org/homeframe.html**
Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with "Fund-raising Fundamentals, a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.
- **www.PTOtoday.com**
Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what works, what doesn't and why."
- **www.fundraising-ideas.com**
Offers a free newsletter with programs, services, and press releases. Links to www.amazon.com with books on fundraising.



Healthy Choices In All Venues

Smart Fundraisers for Today's Healthy Schools

Healthier Food

Ideas:

- ◆ Bottled water with school name/logo
- ◆ Gift baskets of fruit/cheese
- ◆ Naturally low fat pretzels
- ◆ Specialty shaped pastas
- ◆ Boxes of citrus fruits
- ◆ Popcorn
- ◆ Cheese
- ◆ Apples
- ◆ Nuts

Activity-Related

Fundraisers

- ◆ Skate night
- ◆ Jog-a-thons/Walk-a-thons
- ◆ Tennis/horseshoe competition
- ◆ Jump rope-a-thons
- ◆ Golf tournament
- ◆ Bowling night

Show-Your-School Spirit Fundraisers With School

Name/Logo

- ◆ Mugs
- ◆ Scarves
- ◆ Megaphones
- ◆ Stadium cushions
- ◆ T-shirts & sweatshirts
- ◆ "Rally rags," "Team towels,"
"Homer hankies"
- ◆ License plate frames
- ◆ Spirit/seasonal flags
- ◆ Frisbees
- ◆ Magnets
- ◆ Hats

Fun and Entertaining Fundraisers

- ◆ Dances
- ◆ Talent Shows
- ◆ Magic Shows
- ◆ School art drawings
- ◆ Buttons, pins and stickers
- ◆ Balloon bouquets
- ◆ Temporary tattoos
- ◆ Singing telegrams
- ◆ Milk Mustache photos
- ◆ Valentine's Day flowers

Community-Related Fundraisers

- ◆ Customized signs
- ◆ Family portraits
- ◆ Scratch & Help Cards
- ◆ Gift wrapping (at holiday time)
- ◆ Selling local agricultural products.
(Contact pepper.bromelmeier@mi.usda.gov)
- ◆ Recycling cans/paper/ink cartridges
- ◆ Emergency kits for cars
- ◆ Car washes

Material Fundraisers

- ◆ Candles
- ◆ Jewelry
- ◆ First aid kits
- ◆ Bath accessories
- ◆ House decorations
- ◆ Computer software
- ◆ Holiday ornaments
- ◆ Plants, flowers & bulbs
- ◆ Greeting cards/stationery
- ◆ Stone/brick/tile memorials
- ◆ Books, calendars and magazines
- ◆ Cookbook of easy & healthy after-school snacks

Note: Fundraisers that involve raffles, bingo games, millionaire parties, number games and charity game tickets must be registered with the State of Michigan. Check the charitable gaming section of www.michigan.gov.



Healthy Choices In All Venues

Healthy Food and Beverages for Student Activities

As an administrator, teacher, coach or parent, you can help teach children lifelong healthy eating habits by promoting healthy eating behaviors. Opportunities to be a good role model for healthy eating habits abound and include special school activities such as sports events (concessions and banquets), intramural activities, dances, programs, concerts, plays and musicals. Since many athletes purchase concession items, an additional consideration for sports events is that an athlete's performance is greatly affected by the food and beverages consumed before, during, and after an event. The availability of healthy food and beverages can enhance athletic performance as well as overall health.

There are many healthy and tasty food and beverage options for special activities. Portion control is also important. Try to offer smaller portions of foods, such as mini muffins or mini bagels.

Healthy Suggestions for Concessions

- ◆ Grilled chicken sandwich
- ◆ Fresh fruit and vegetables – buy locally when possible.
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables with lowfat dip
- ◆ Fig cookies
- ◆ Baked chips
- ◆ Granola bars*
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ String cheese
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ Bottled water (including flavored water)
- ◆ Sub sandwich
- ◆ Yogurt
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Animal crackers
- ◆ Lowfat popcorn
- ◆ Soft pretzels and mustard
- ◆ Pudding
- ◆ Cereal bar
- ◆ 100% fruit juice (small single-serves)

*May be allergens and/or a choking risk for some people, please check with a health care provider.

Healthy Suggestions For Banquet Meals and Other School Functions

Main Dishes: Chili, pizza, sub sandwiches

Sides: Vegetable tray with lowfat dip, whole grain bread, pasta salad with lowfat dressing, fruit tray, basket, or kabobs

Desserts: Angel food cake with berries, apple or peach crisp, oatmeal raisin cookies, fruit and yogurt smoothies, parfaits made with vanilla yogurt, granola, and fresh fruit

Beverages: Single-serve lowfat or fat free milk (regular or flavored), bottled water, 100% juice in small single-serve containers

Sample Meals:

- ◆ Chili, cornbread, and salad
- ◆ Soup, whole grain crackers, cheese and fruit
- ◆ Spaghetti, salad, and bread
- ◆ Pizza (no extra cheese or more than one meat) and salad
- ◆ Sub sandwiches and fruit
- ◆ Baked potato bar (suggested toppings: shredded cheese, lowfat sour cream, salsa, broccoli)
- ◆ Fat free or lowfat milk or yogurt

Be sure to keep cold foods cold and hot foods hot (visit www.fightbac.org for more on food safety)

Note: Visit www.mealsmatter.org for meal planning tools and recipes.



Healthy Choices In All Venues

Healthy Food and Beverages for Parent, Teacher and Staff Meetings

Children can learn healthy (or unhealthy!) eating habits by watching the food patterns of parents, teachers and other adults who serve as role models in their lives. A mixed message can be sent if healthy food and beverages are taught in the classroom and served to students at school but less healthy choices are provided at meetings of school personnel or parent teacher groups. Having healthy food and beverages available at school meetings will also make it easier for adults to make choices for good health. It might not be necessary to serve food at all, especially at meetings held outside of mealtimes.

If food will be offered at school meetings here are ideas to build on. Be sure to keep cold foods cold and hot foods hot throughout serving time.

- ◆ Fresh fruit and vegetables –
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels with lowfat
cream cheese
- ◆ Baby carrots and other
vegetables with lowfat dip
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Baked chips
- ◆ Lowfat popcorn
- ◆ Granola bars*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)

*May be allergens and/or a choking risk for some people, please check with a health care provider.

Food Safety

Preparing and serving food that will not cause food borne illness is as important as preparing and serving healthy choices for school activities!

Remember the four steps to safe food:

1. Clean. Wash hands and surfaces often.
2. Chill. Refrigerate promptly.
3. Cook to proper temperatures.
4. Separate. Don't cross contaminate.

Note: Fact sheets on each of these steps can be found at www.fightbac.org.

Recommended Criteria:

These single-serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

1. Contain 300 or fewer calories,
2. One or more grams of fiber, or
3. At least 10% of Calcium, Iron, Vitamin A or Vitamin C

Serve water, coffee, tea, 100% juice and/or milk (fat free or lowfat) as beverages. Fat free, lowfat or evaporated milk can be provided for use in hot beverages.

Other foods and beverages may also be healthy choices. Refer to the Nutrition Facts label when selecting.

If meetings get lengthy provide a quick physical activity stretch break.

Resources for more ideas and tips:

- ◆ *Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events.* University of Minnesota School of Public Health. 2003. Access at www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/Nutrition.pdf
- ◆ *Guidelines for Healthy Meetings.* New York State Department of Health Center for Community Health. Access at www.health.state.ny.us/nysdoh/prevent/guidelines.htm
- ◆ *Meeting Well. A Tool for Planning Healthy Meetings and Events* (Code #2513cc), American Cancer Society, 2000. Call your local American Cancer Society office 1-800-ACS-2345.



Healthy Choices In All Venues

Increasing Fruit and Vegetable Consumption Through a Farm to School Connection

The goal of farm to school programs is to increase children's consumption of local foods including fresh fruits and vegetables. This can be accomplished by providing local farmers with opportunities to market directly to schools, developing school gardening projects and building gardening and nutrition education into the curriculum. Farm to school programs bring together schools, farmers and other community resources to help children develop healthy eating habits that will last a lifetime. Here's how you can help.

10 Ways to Promote the Development of Farm to School Programs

1. Start a school garden: www.kidsgardening.com
2. Create a field trip to a local farm: www.michigan.gov/mda/0,1607,7-125-1570-15576--,00.html
3. Highlight a local fruit or vegetable each month in the school cafeteria: www.agmkt.state.ny.us/AP/PrideOfNY2/Farm2School.html
4. Develop a school farm stand run by students: www.urbannutrition.org/main.html
5. Integrate gardening into the curriculum: www.cce.cornell.edu/foodsys/
6. Invite a local farmer to give a classroom talk about farming. *Contact your local extension agent:* www.msue.msu.edu/msue/ctyentpg/
7. Teach a class on composting/recycling using school cafeteria waste: www.wormwoman.com
8. Develop a school fundraiser using local products: *Contact* pepper.bromelmeier@mi.usda.gov
9. Teach a segment on "What's Grown in Michigan": www.michigan.gov/mda/0,1607,7-125-1570_2468---,00.html
10. Start a school salad bar: www.5aday.com/html/industry/modelbook.php

Resources

- ◆ Center for Food and Justice Farm to School Website: www.farmtoschool.org
- ◆ Community Food Security Coalition Farm to School Program: <http://www.foodsecurity.org/farmtoschool.html>
- ◆ Cornell Farm to School Program: <http://www.cce.cornell.edu/farmtoschool/>
- ◆ Viki Lorraine, C.S. Mott Group for Sustainable Food Systems at Michigan State University: (517) 353-0751.
- ◆ Marla Moss, Michigan Department of Education: (517) 241-4054.



Healthy Choices In All Venues

Resources By Topic

Use the resources that follow for additional tips and tools to help implement Michigan's Healthy Food and Beverages Policy.

Bone Health

- ◆ National Osteoporosis Foundation: www.nof.org
- ◆ Powerful Bones. Powerful Girls. (CDC National Bone Health Campaign): www.cdc.gov/powerfulbones (for girls); www.cdc.gov/powerfulbones/parents (for parents and educators)
- ◆ National Dairy Council: www.nationaldairycouncil.org (for health professionals); www.familyfoodzone.org (for educators, parents, and kids); www.3aday.org (for health professionals, educators, parents/caregivers, and kids)

Breakfast

- ◆ *Eat Healthy Eat Breakfast* campaign, Michigan Nutrition Network: www.mnn.fcs.msue.msu.edu/EHEB.html

Calcium

Calcium fortified products:

- ◆ *Food Reflections* newsletter by University of Nebraska Cooperative Extension: <http://lancaster.unl.edu/food/ftm-j01.htm>
- ◆ *Calcium Fortified Foods: Is There Reason for Concern?*, Dairy Council Digest: <http://www.nationaldairycouncil.org/health/digest/pdf/dcd73-1.pdf>

Dairy Products

Handling and storage of dairy foods:

- ◆ *Cold is Cool* video kit, National Dairy Council (Available through United Dairy Industry of Michigan, 517-349-8480)
- ◆ Dairy Product Fact Sheets for milk, cheese, and yogurt/cultured dairy products: www.nationaldairycouncil.org (Click on "Nutrition and Product Information")

Health benefits of dairy - messages that impact pre-teens and teens:

- ◆ CDC Powerful Bones. Powerful Girls.: www.cdc.gov/powerfulbones
- ◆ Milk Matters Calcium Education Campaign (National Institute of Child Health & Human Development, National Institutes of Health): www.nichd.nih.gov/milk/milk.cfm
- ◆ Milk Processor Education Program: www.whymilk.com

Lactose intolerance: Tips for managing:

- ◆ *Lactose Intolerance Nutrition Fact Sheet*, American Dietetic Association: http://www.eatright.org/Public/NutritionInformation/92_nfs43.cfm
- ◆ *The Lowdown on Lactose Intolerance*, National Dairy Council: www.nationaldairycouncil.org/nutrition/nutrients/Calm2w.pdf

Milk protein allergy: Tips for dealing with:

- ◆ Food Allergy Network: www.foodallergy.org (www.foodallergy.org/allergens.html#milk)

Nutrient composition of milk, cheese, and yogurt:

- ◆ *Think Your Drink* chart, National Dairy Council: www.nationaldairycouncil.org/nutrition/products/TYD_color.pdf (Also available as color poster, contact United Dairy Industry of Michigan, 517-349-8480)
- ◆ *Newer Knowledge of Dairy Foods*, National Dairy Council: www.nationaldairycouncil.org/nutrition/products/knowledge.asp



Healthy Choices In All Venues

Resources By Topic

Food Allergy

Food Allergies:

- ◆ The Food Allergy and Anaphylaxis Network: www.foodallergy.org
- ◆ Medline Plus: Food Allergy: www.nlm.nih.gov/medlineplus/foodallergy.html

Milk protein allergy:

- ◆ The Food Allergy and Anaphylaxis Network: www.foodallergy.org
(www.foodallergy.org/allergens.html#milk)

Food Labels: Reading/Interpreting/Using

General:

Food Labeling and Nutrition, USDA: www.cfsan.fda.gov/~dms/lab-gen.html

Dairy products:

- ◆ CDC National Bone Health Campaign:
www.cdc.gov/powerfulbones/parents/calcium/cal_learn.html#label
- ◆ Food Reflections Newsletter by University of Nebraska Cooperative Extension:
www.lancaster.unl.edu/food/ftm-j01.htm

Food Preparation

School Foodservice:

Healthy School Meals Resource System: www.schoolmeals.nal.usda.gov/index.html

Home:

Meals Matter, Dairy Council of California: www.mealsmatter.org

Food Safety

- ◆ American School Nutrition Association: www.schoolnutrition.org/childnutrition/foodsafety
- ◆ Healthy School Meals Resource System: www.schoolmeals.nal.usda.gov/index.html
- ◆ Partnership for Food Safety Education: www.fightbac.org
- ◆ International Food Information Council: www.ific.org/food

Fruits and Vegetables

- ◆ 5 A Day the Color Way, Produce for Better Health Foundation: www.5aday.org
- ◆ Dole 5 A Day: www.dole5aday.com

Grant Sources

Michigan Team Nutrition: www.tn.fcs.msue.msu.edu

Nutrition Information

General nutrition/consumer information:

- ◆ American Dietetic Association: www.eatright.org
- ◆ Michigan State University Extension Family and Consumer Sciences: www.fcs.msue.msu.edu
- ◆ Web MD: www.webmd.com
- ◆ Nutrition and Physical Activity Fun for Kids: www.kidnetic.com
- ◆ Family Food Zone (National Dairy Council): www.familyfoodzone.org
- ◆ Nutrition Explorations (National Dairy Council): www.nutritionexplorations.org



Healthy Choices In All Venues

Resources By Topic

Information for health professionals and educators:

- ◆ American Dietetic Association: www.eatright.org
- ◆ American School Nutrition Association: www.schoolnutrition.org
- ◆ American Heart Association: www.americanheart.org
- ◆ Government Nutrition Sites: www.nutrition.gov
- ◆ International Food Information Council: www.ific.org
- ◆ Michigan Team Nutrition: www.tn.fcs.msue.msu.edu
- ◆ National Team Nutrition: www.fns.usda.gov/tn
- ◆ National Dairy Council: www.nationaldairycouncil.org
- ◆ WebMD: www.webmd.com
- ◆ Web Dietitian: www.webdietitian.com

Nutrient analysis

- ◆ USDA Nutrient Data Laboratory: www.nal.usda.gov/fnic/foodcomp
- ◆ Nutrition Data: <http://www.nutritiondata.com/index.html>

Physical Activity

- ◆ *Brain Breaks: A Physical Activity Idea Book for Elementary Classroom Teachers*, www.emc.cmich.edu
- ◆ *Let's Play: Innovative Games and Activities for Kids*. West Virginia Curriculum Technology Resource Center, Cedar Lakes Conference Center, Ripley, WV 25271. To order, call: 304-372-7874.
- ◆ Governor's Council on Physical Fitness, Health and Sports: www.michiganfitness.org

Portion Sizes/Control

- ◆ *How Much Are You Eating?* handout, USDA: www.usda.gov/cnpp/Pubs/Brochures
- ◆ *Getting to Know Portion Sizes* handout, Rutgers Cooperative Extension: www.rce.rutgers.edu/pubs/subcategory.asp?cat=8&sub=57

Recipes

School Foodservice:

- ◆ Healthy School Meals Resource System: www.schoolmeals.nal.usda.gov/index.html
- ◆ Recipe Database, American School Nutrition Association: www.schoolnutrition.org

School Parties:

- ◆ *Let's Party: Party Ideas for School and Home*. West Virginia Curriculum Technology Resource Center, Cedar Lakes Conference Center, Ripley, WV 25271. To order, call: 304-372-7874.

Home:

- ◆ *Meals Matter*, Dairy Council of California: www.mealsmatter.org

School Health Environment

- ◆ Action for Healthy Kids: www.actionforhealthykids.org

Tools to Evaluate:

- ◆ Healthy School Action Tool (HSAT): www.mihealthtools.org/schools
- ◆ Keys to Excellence in School Food and Nutrition Programs, American School Nutrition Association: www.schoolnutrition.org/keys
- ◆ Michigan Team Nutrition: www.tn.fcs.msue.msu.edu
- ◆ National Team Nutrition: www.fns.usda.gov/tn



Healthy Choices In All Venues

Resources By Topic

Sports Nutrition

- ◆ United Dairy Industry of Michigan (*Sports Nutrition Pyramid* handout, *Eating for Peak Performance* brochure, reproducible masters on variety of sports nutrition topics): www.udim.org or 517-349-8480.
- ◆ Nutrition for Serious Athletes – Sports Nutrition Information: nutrition information downloads: www.foodandsport.com

Sugar

Dietary Guidelines (pp. 32, 33 of full text): <http://www.nal.usda.gov/fnic/dga/index.html>.

Vending Machines/Program

Purchasing/Leasing:

Search the Internet for “vending machines” and “milk vending machines”.

Successful milk/dairy food vending machine program: Tips

- ◆ *Food for Thought: Healthy Food Guidelines for Schools*, Lexington-Fayette County Health Dept.: www.lexingtonhealthdepartment.org
(<http://www.lexingtonhealthdepartment.org/makeHottopic.cfm?hotID=105&secID=1>)
- ◆ United Dairy Industry of Michigan's School Milk Vending Program: Promotion Ideas (Call 517-349-8480)

Suggested products for venues (vending machines, school stores, concessions, parties, etc.):

- ◆ *Food for Thought: Healthy Food Guidelines for Schools: School Foods Tool Kit*, Center for Science in the Public Interest: www.cspinet.org/schoolfood/
- ◆ *Vending Machines: Use the Right Sense* handout, Food and Health Communications, Inc.: www.foodandhealth.com/handout.php



Healthy Choices In All Venues

Key Web Sites

5 A Day for Better Health

www.5aday.org and www.5aday.gov

5 A Day is a nationwide effort to encourage Americans to eat five or more servings of fruits and vegetables each day. In Michigan, the Michigan Department of Community Health is the lead organization for sublicensing community organizations/agencies to implement the *5 A Day* campaign. Michigan has a state *5 A Day* coalition whose mission is to "help the people of Michigan increase their daily consumption of fruits and vegetables as an essential part of a healthier lifestyle."

Action for Healthy Kids/Michigan Action for Healthy Kids

www.actionforhealthykids.org

Action for Healthy Kids is a nationwide initiative dedicated to improving the health and education performance of children through better nutrition and physical activity in schools. The Michigan Action for Healthy Kids, a coalition of nearly 250 public and private organizations was formed to help Michigan schools find and implement solutions to improve students' nutrition and physical activity. The Coalition believes that when schools support sound nutrition and physical activity they can help produce healthy students who are better able to develop and learn. After all, healthy children make better students, and better students make healthy communities.

American Academy of Pediatrics Policy, "Soft Drinks in Schools"

PDF version: <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;113/1/152.pdf>

Text version: <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;113/1/152>

In January 2004 the American Academy of Pediatrics issued a policy statement, "Soft Drinks in Schools," to inform pediatricians and other health care professionals, parents, superintendents, and school board members about nutritional concerns regarding soft drink consumption in schools. The policy cited the following potential health problems associated with high intake of sweetened drinks: 1) overweight or obesity; 2) displacement of milk consumption resulting in calcium deficiency and 3) dental caries and potential enamel erosion.

American Dental Association

www.ada.org/public/topics/diet.asp

The American Dental Association (ADA) has long recognized the link between good oral health and sound nutrition. There is a growing concern among America's dentists that many of their patients are consuming record numbers of sugar-filled sodas, sweetened fruit drinks and non-nutritious snack foods. Explore the ADA's answers to frequently asked questions about tips for better dental health, how to choose foods wisely, and how food causes tooth decay.

American Heart Association's HeartPower! Online

Type "HeartPower! Online" in the search field at the American Heart Association's Web site:

www.americanheart.org

HeartPower! Online is the American Heart Association's curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. Nutrition, physical activity, living tobacco-free, and knowing how the heart works all are vital in maintaining a healthy heart. HeartPower!'s four key messages about heart health have been categorized by curriculum, lifestyle message, format and grade level. You can use these science-based online resources to introduce your students to healthy habits and choices that can improve their quality of life for many years. You can even help them learn decision-making skills that can save lives, including their own! All HeartPower! Online resources are downloadable, printable and free.



Healthy Choices In All Venues

Key Web Sites

American School Nutrition Association (ASNA) (formerly American School Food Service Association) AND Michigan School Nutrition Association (MSNA)

www.schoolnutrition.org

Recognized as the authority on school nutrition programs, ASNA strives to see that all children have access to healthful school meals and nutrition education. The primary activities of both ASNA and MSNA are to:

- Provide education and training to school foodservice personnel and others
- Set standards through certification and credentialing
- Gather and transmit regulatory, legislative, industry, nutritional, and other types of information related to school nutrition
- Represent the nutritional interests of all children.

For more information about the associations and membership, please visit their websites.

Healthy Kids - Healthy Weight: Tips for Families with Kids of All Shapes and Sizes

www.emc.cmich.edu/healthyweight

These educational materials are available for families of school-aged children of all shapes and sizes. The Michigan Departments of Community Health and Education facilitated a Healthy Weight Medical Advisory Committee and parent focus groups to participate in the development of the materials. *Healthy Kids – Healthy Weight* is available for downloading online to schools, healthcare providers and parents free of charge at the website listed above.

Healthy School Action Tool (HSAT)

www.mihealthtools.org/schools

The Healthy School Action Tool was adapted from *School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide* [Centers for Disease Control and Prevention, 2002] and *Changing the Scene Healthy School Nutrition Environment Improvement Checklist* [United States Department of Agriculture Food and Nutrition Service, Team Nutrition, 2000]. The development, promotion and use of the *Healthy School Action Tool* is a collaborative effort of Michigan Action for Healthy Kids; the Michigan Department of Community Health; Michigan Department of Education; Michigan State University Extension; Michigan Team Nutrition and United Dairy Industry of Michigan. Facilitation trainings are offered for school and community leaders who would like to assist schools in completing HSAT. Participants are trained in conducting the Healthy School Action Tool assessment, implementing *The Role of Michigan Schools in Promoting Healthy Weight* recommendations, and establishing a Coordinated School Health Team to help schools make policy and environmental changes that target physical activity, healthy eating, and a tobacco-free lifestyle.



Healthy Choices In All Venues

Key Web Sites

Team Nutrition

www.tn.fcs.msue.msu.edu and www.fns.usda.gov/tn

Team Nutrition is a national U.S. Department of Agriculture initiative to motivate, encourage, and empower schools, families and the community to work together to continually improve school meals and to help students and families make food and physical activity choices for a healthy lifestyle. By enrolling in Team Nutrition, schools make a commitment to help children and families eat healthy and be active. Over 800 Michigan schools are enrolled in this collaborative effort of the Michigan Department of Education and Michigan State University Extension. Enrolled schools receive free resource materials and can apply for grants to improve their school nutrition environment (including a focus on healthy foods and beverages in school venues outside the Federally Regulated Child Nutrition Programs) or to integrate nutrition education and physical activity promotion into their English/Language Arts program.

National Food Service Management Institute (NFSMI)

www.nfsmi.org

The mission of NFSMI is to provide information and services that promote the continuous improvement of Child Nutrition Programs. NFSMI is the national food service center in providing information, conducting applied research, and offering training and education opportunities using appropriate technology. NFSMI serves anyone connected with the Child Nutrition Programs: school lunch, school breakfast, summer feeding, and child and adult care food programs. To learn more about the Institute and to order resources, please visit the website.



Healthy Choices In All Venues

Key Terms

à la carte: Any individual food or beverage sold in school cafeterias which is not part of a federal Child Nutrition Program. (i.e. School Breakfast Program, National School Lunch Program, Food Distribution, Child and Adult Care Food Program, After School Snack Program, Special Milk Program, and Summer Feeding Program)

Added sweeteners: Sweeteners added during processing or packing. Other names for sugar include: sucrose, lactose, maltose, fructose, corn syrup, dextrin, invert sugar, corn sweetener, crystalline fructose, high-fructose corn syrup, turbinado sugar, and honey.

Child Nutrition Program: The Child Nutrition Program includes the School Breakfast Program, National School Lunch Program, Food Distribution, Child and Adult Care Food Program, After School Snack Program, Special Milk Program, and Summer Feeding Program. These USDA regulated programs are administered by the Michigan Department of Education.

Classroom snacks and rewards: Snacks brought into a school classroom for all students to share and enjoy.

Coordinated School Health Team: Advisory group of individuals who represent segments of the school and community. The group acts collectively to provide advice to the school system on all aspects of school health.

Competitive foods: Any foods sold in competition with the School Breakfast, National School Lunch, or after School Snack Programs.

Concessions: Food sold at events on school property, during the school day or outside school hours.

Food Delivery Terms:

Food Service Operator: One who manages a foodservice program, i.e. a school foodservice director.

Food Service Distributor: A business that purchases, warehouses and delivers products from many manufacturers. These products are in turn sold and delivered to restaurants, institutions, and schools.

Food Service Broker: A company which represents products from many manufacturers.

Manufacturer Representative: A person who represents products from just one manufacturer.

Vending Operator: A company that services (fills, repairs) vending machines in schools.

Vending Distributor: A business that purchases, warehouses and delivers products from many manufacturers. These products are sold and delivered to vending operators.

Foods of Minimal Nutritional Value: Foods and beverages that do not provide at least 5 percent of the Recommended Dietary Allowance (RDA) for any one of several key nutrients. Soda water (carbonated beverages), water ices, chewing gum and certain candies are included.

Fundraisers: Activities in which students or others sell products to raise money for the school.



Healthy Choices In All Venues

Key Terms

Grains:

Enriched Grains: Grains to which iron, folic acid and other B vitamins, including niacin, thiamin, and riboflavin are added back to the grain mixture after milling. Over the years, enrichment has helped eliminate many nutrition- related diseases.

Whole Grains: Whole grains contain the entire edible part of any grain: wheat, corn, rice, oats, etc. Whole grain foods are important sources of vitamins, minerals and fiber.

Healthy School Action Tool (HSAT): This is an assessment tool that provides school buildings with a clear picture of strengths and areas needing improvement to provide students and staff with healthy options. Go to www.mihealthtools.org/schools for more information.

Juice 100%: Undiluted liquid fraction of whole vegetable, fruit or fruit blends without added sweeteners.

Juice Drinks: Diluted, sweetened fruit or vegetable juice, or fruit and vegetable juice blend.

Milk:

Fat free milk: Pasteurized, homogenized fluid cow's milk containing less than ½% milk fat by weight.

Lowfat milk: Pasteurized, homogenized fluid cow's milk containing ½% or 1% milk fat by weight.

Reduced fat milk: Pasteurized, homogenized fluid cow's milk containing 2% milk fat by weight (contains at least 25% less fat compared to whole milk).

Whole milk: Pasteurized, homogenized fluid cow's milk containing 3.25% milk fat by weight.

Nutrient density: Foods or beverages that provide substantial amounts of vitamins and minerals in relation to their calories are nutrient dense.

Policy: A course of action to guide and determine present and future decisions.

Pouring Rights: A contract with a vendor for the sale of one brand, also known as an exclusive beverage contract.

Regulation: Rules that implement laws.

Water: Carbonated and non-carbonated water, with no added sweeteners and zero calories.



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Michigan Department of Education
Michigan Dietetic Association
Michigan Parent Teacher Student Association
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Michigan State University Extension
Michigan Team Nutrition
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United Dairy Industry of Michigan

If you or your organization would like to assist the Michigan Action For Healthy Kids Coalition, please go to www.actionforhealthykids.org and join our State team.



To download and duplicate copies for educational purposes, visit www.actionforhealthykids.org and click on "Tools for Action," then "State Team Recommended Tools Database," user name: MIAFHK, password: MIAFHK#1.



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