



## DO OUR MEALS MEET THE STANDARDS? A CHECKLIST FOR SCHOOL MEALS

### SCHOOL LUNCH CHECKLIST

All answers should be **yes** for the lunch menu to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are <u>whole grains</u> offered at least one half the time?		
Are at least two <u>dark green vegetables</u> offered a week?*		
Are at least one <u>deep yellow/orange/red vegetable</u> offered a week?*		
Are <u>legumes</u> offered as a vegetable or meat/meat alternate at least twice a week?*		
Is 100% juice offered as the fruit choice no more than one time per week?*		
Are lower fat (less than 40% of calories from fat) entrée choices offered at least four times per week?		
Is only skim and 1% flavored or unflavored milk offered?		
Are calories from fat between 25-35% averaged over the week?		
Are calories from saturated fat less than 10% averaged over the week?		
Are there zero trans fats per serving on the nutrition label or in manufacturer's specifications for any food included on the school menu?		

\*Offerings on fruit and vegetable bars count toward the total.

### SCHOOL BREAKFAST CHECKLIST

All answers should be **yes** for the breakfast menu to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are <u>whole grains</u> offered at least three times per week?		
Is there a fruit or vegetable serving every day?		
Is there at least three whole fruit or vegetables offered instead of juice?		
Is juice offered no more than 2 times a week as the fruit or vegetable serving?		
Is only fat free and 1% flavored or unflavored milk offered?		
Are there either two grains or one meat/meat alternative and one grain offered daily?		

### AFTERSCHOOL SNACKS CHECKLIST

All answers should be **yes** for the afterschool snacks to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are there at least two components (meat/meat alternate, grains/breads, fruits/vegetables, milk) offered daily?		
Is at least one <u>whole grain</u> offered per week?		
Is at least one half of the fruit/vegetable servings the whole fruit/vegetable instead of juice?		
Is only fat free or 1% flavored or unflavored milk offered?		





## MICHIGAN NUTRITION STANDARDS COMPETITIVE FOOD AND BEVERAGE GUIDELINES

Competitive food includes food and beverages sold in school stores, a la carte/snack lines, food sold as part of fundraising efforts, and food or drinks sold in vending machines. Below are the October 2010 Michigan Nutrition Standards.

### COMPETITIVE BEVERAGES

BEVERAGE	ELEMENTARY AND MIDDLE SCHOOL	HIGH SCHOOL
<b>WATER:</b> without flavoring, additives, carbonation, or added sugar.	Allowed	Allowed
<b>JUICE:</b> 100% juice or 100% juice/water blends, with no added sugar (up to 10 oz. serving).	Allowed	Allowed
<b>MILK:</b> low-fat (1%) or fat-free milk (flavored and unflavored) and lactose-free and soy beverages.	<ul style="list-style-type: none"> <li>• Not to exceed 170 calories per 8 oz. serving.</li> <li>• Not to exceed 28 grams of sugar per 8 oz. serving.</li> <li>• Up to 8 ounce serving.</li> </ul>	<ul style="list-style-type: none"> <li>• Not to exceed 170 calories per 8 oz. serving.</li> <li>• Not to exceed 28 grams of sugar per 8 oz. serving.</li> <li>• Up to 16 oz./serving, 1% or fat-free flavored or unflavored milk.</li> </ul>
<b>OTHER BEVERAGES</b>		
<b>FLAVORED BEVERAGES:</b> Fortified, or flavored beverages with less than 5 calories per serving as packaged (up to 20 oz. serving).	Not Allowed	Allowed
<b>JUICE:</b> 100% juice or 100% juice/water blends with carbonation (up to 12 oz. serving).	Not Allowed	Allowed
<b>SPORTS DRINKS*</b>	Should not be available in the school setting.	Should not be available in the school setting.

\*The individual athletic coach may determine whether sports drinks are made available to student athletes under allowable conditions to maintain hydration (such as when students are engaging in prolonged, vigorous activities on hot days). Beverages such as water, low-fat or fat-free milk (flavored or unflavored), and/or 100% juice shall be considered.

### COMPETITIVE FOOD

NUTRIENT	ENTRÉE* (PER SERVING)	OTHER FOOD (AS PACKAGED)
<b>CALORIES</b>	500 or less	200 or less.
<b>TOTAL FAT</b>		No more than 35% of total calories (excludes nuts, seeds, nut butters, and reduced-fat cheese).
<b>SATURATED FAT</b>	Less than 6 grams (g)	Less than 10% of total calories (excludes reduced-fat cheese).
<b>TRANS FAT</b>	Trans Fat-free (less than or equal to 0.5g per serving)	Trans Fat-free (less than or equal to 0.5g per serving).
<b>TOTAL SUGAR</b>		No more than 35% of total weight (excluding fruit).
<b>SODIUM</b>	Less than 600 milligrams (mg)	No more than 230 mg.





# MICHIGAN NUTRITION STANDARDS COMPETITIVE FOOD CALCULATOR

This tool provides a summary of the *Michigan Nutrition Standards* recommendations for food and beverages served outside of the USDA Child Nutrition Programs. The calculator allows input of nutrients from the Nutrition Facts label to see if the item meets the *Michigan Nutrition Standards*.

The calculator can be accessed online at the following link:  
[http://www.michigan.gov/documents/mde/Guidelines\\_and\\_Calculators\\_353616\\_7.xls](http://www.michigan.gov/documents/mde/Guidelines_and_Calculators_353616_7.xls)

## BEVERAGE CALCULATOR DIRECTIONS:

1. Enter information found on the Nutrition Facts label in the online version.
2. All answers need to be "Yes" in the right hand column in order for the product to meet the *Michigan Nutrition Standards*.

### ELEMENTARY AND MIDDLE SCHOOL

BEVERAGE		DOES BEVERAGE FOLLOW NUTRITION STANDARDS GUIDELINES?	
<b>WATER</b>			
	YES/NO		
FLAVORING			
ADDITIVES			
CARBONATION			
ADDED SUGAR			
<b>100% JUICE OR 100% JUICE/WATER BLEND WITH NO ADDED SUGAR</b>			
SERVING SIZE		OUNCES	
ADDED SUGAR		GRAMS	
<b>MILK LOW-FAT (1%) OR FAT-FREE (FLAVORED AND UNFLAVORED) AND LACTOSE FREE AND SOY BEVERAGES</b>			
SERVING SIZE		OUNCES	
CALORIES			
TOTAL SUGAR		GRAMS	

### HIGH SCHOOL

BEVERAGE		DOES BEVERAGE FOLLOW NUTRITION STANDARDS GUIDELINES?	
<b>100% JUICE OR 100% JUICE/WATER BLEND WITH NO ADDED SUGAR</b>			
SERVING SIZE		OUNCES	
<b>MILK LOW-FAT (1%) OR FAT-FREE (FLAVORED AND UNFLAVORED) AND LACTOSE FREE AND SOY BEVERAGES</b>			
SERVING SIZE		OUNCES	
CALORIES			
TOTAL SUGAR		GRAMS	



**FOOD CALCULATOR DIRECTIONS:**

1. Convert weight to grams if listed in ounces on product information/nutrition label.
2. Is the product an entree or other food?
3. Enter information found on the Nutrition Facts label in the appropriate section in the online version.
4. All answers need to be "Yes" in the right hand column in order for the product to meet the *Michigan Nutrition Standards*.

1 ounce = 28 grams

**ALL SCHOOLS**

ENTRÉE		DOES ENTRÉE FOLLOW NUTRITION STANDARDS GUIDELINES?	
SERVING SIZE		OUNCES	
CALORIES			
SATURATED FAT		GRAMS	
TRANS FAT		GRAMS	
SODIUM		MILLIGRAMS	

**ALL SCHOOLS**

OTHER FOOD		DOES OTHER FOOD FOLLOW NUTRITION STANDARDS GUIDELINES?	
SERVING SIZE		GRAMS	
CALORIES			
TOTAL FAT		GRAMS	
SATURATED FAT		GRAMS	
TRANS FAT		GRAMS	
TOTAL SUGAR		GRAMS	
SODIUM		MILLIGRAMS	



## TRY IT, YOU'LL LIKE IT! THE BENEFITS OF TASTE TESTING

### WHY TASTE TEST?

The *Michigan Nutrition Standards* emphasize nutrient-rich foods with specific health benefits such as dark green vegetables and lower sodium foods. Some children may not have had an opportunity to try these foods before. By nature, children are nervous to try new foods, this is called neophobia. They may be hesitant to take a new food at a school meal if they are not sure they will like it. Children want to make sure they are full at the end of the meal to prepare them for learning. A taste test or better yet, a series of taste-tests is a great way for students to experience foods they may see every day but never try or to try new healthier foods. Taste-testing is a strategy used by districts that piloted the *Michigan Nutrition Standards*.

### PLANNING TASTE-TESTS

Taste tests can be conducted in a variety of places including the cafeteria and classrooms. One resource that includes suggestions for conducting successful taste tests is *Fuel Up to Play 60 (FUTP60)*. The *FUTP60* website contains a “playbook” that is found on the top toolbar of the website. The “playbook” can be searched for different types of plays including Healthy Eating plays. Taste tests are just some of the Healthy Eating plays available. The *FUTP60* website contains a taste test tip sheet and stories on how other schools have successfully conducted taste tests with their students.

[www.FuelUpToPlay60.com](http://www.FuelUpToPlay60.com)

### CONDUCTING TASTE-TESTS—USEFUL TIPS

- Have students help conduct taste tests. Students are more likely to try a new food if asked by a peer and not an adult.
- Have a small group of student leaders (Middle School or High School) dress up as waiters/waitresses and pass out samples of new foods that meet the *Michigan Nutrition Standards* to taste during the lunch hour.
- Involve classroom teachers. School foodservice can provide classroom teachers with food samples and evaluation sheets.
- If students are old enough to read, pass out an evaluation sheet with the sample. If not, consider using a simple count of thumbs up or thumbs down, or use smiley face posters. You can also pass out colored strips of paper and ask students to vote by placing their votes (paper strips) in a bucket: green = I like it, and red = I don't like it.
- Provide incentives to students who participate in the taste tests. Inexpensive incentives include stickers, bookmarks, pencils, tattoos or a drawing for an extra class recess, lunch with the principal, or a donated prize.

Taste tests in the cafeteria and classroom provide a safe environment for children to try new foods before the foods are on the school menu.





## TASTE-TEST THEME

There are many ways to conduct a theme-based taste test using foods that meet the *Michigan Nutrition Standards*:

- Taste-test a new food-of-the-week, or food-of-the-month;
- Focus on taste-testing a certain color of food such as green foods, or red foods;
- Taste-test new drinks you are considering for school vending machines such as flavored milk or 100% juice blends;
- Try a new entrée item each week for a month. Collect evaluation data and let students know the results;
- Offer a taste-test of a new food the day before it is seen on the menu;
- Try a different food group for each taste test;
- Taste-test new, lower-sodium foods such as soups and entrées;
- Compare old favorites to new, more nutrient-rich options that meet the standards.

"When we have something new on the menu, we set up a taste-test for the kids so they can give input on the flavor and whether or not they like it."

.....  
PILOT DISTRICT



Check out the Health School Meals Resource system for more ideas on how to conduct successful taste-tests and for already-created sensory food-tasting evaluation forms:

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1&tax\\_subject=230](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=230)





## FUN, AND TASTY WAYS TO DESCRIBE SCHOOL MEALS

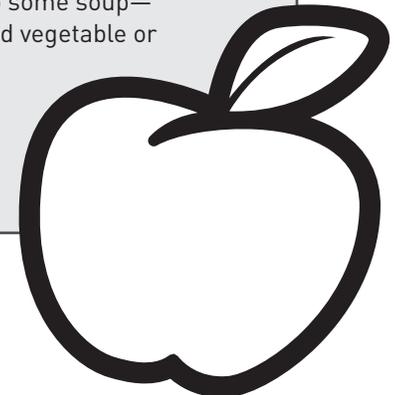
Add some excitement to your menus by describing foods in a whole new way. It will catch the eye of your students, their families and those radio guys who read the lunch menus every morning.

### HERE ARE JUST A FEW IDEAS

Authentic	Drizzled	Green, red, etc.	Saucy	Tangy
Blended	Dynamite	Hearty	Savory	Tantalizing
Bright	Extraordinary	Hip	Scrumptious	Tart
Bubbly	Fabulous	Hot	Seasoned	Tender
Cherry (-ful)	Famous	Icy	Silky	Toasty (-ed)
Cheesy	Fantastic	Intense	Sizzling	Velvety
Chewy	Fiery	Jazzy	Smooth	Vivid
Chunky	Fizzy	Jolly	Snappy	Warm
Colorful	Flaky	Juicy	Snazzy	Whipped
Cool	Flavorful	Luscious	Soft	Wild
Crazy	Fluffy	Moist	Sparkling	Wow
Creamy	Foamy	Mouth-watering	Spectacular	Yummy
Crisp (-y)	Fresh	Nutty	Spicy	Zappy
Crumbly	Frosty	Peppery (-ed)	Splashy	Zesty
Crunchy	Frothy	Plump	Sticky	Zingy
Dazzling	Fruity	Pure	Succulent	Zippy
Delectable	Gingery	Refreshing	Sunny	
Delicious	Glazed	Rich	Superb	
Delightful	Goey	Ripe	Sweet	

- Crazy carrot sticks
- Wild potato wedges
- Savory cinnamon apples
- Fiery chicken fajitas
- Tasty turkey burgers
- Dynamite turkey dogs
- Creamy whole-wheat mac n' cheese
- Berrilicious (bananalicious) fruit smoothies
- Zesty Zucchini pasta
- Try our tangy vegetable stir-fry
- Make a fruit fashion statement with green kiwi, orange cantaloupe, and red watermelon
- Veggie are in vogue—try snazzy sugar-snap peas or luscious leafy greens
- Give your tray some personality with intense chicken chili, hip whole-wheat bread or cool corn on the cob
- Make your meal a masterpiece at the salad bar with spectacular spinach and a rainbow of veggies
- Wake up your mouth with crunchy cereal, smooth milk and jazzy juice
- Slurp up some soup—seasoned vegetable or classic chicken noodle

*Adapted from: Students Succeed with School Meals: Fun, Exciting & Tasty Ways to Describe School Meals. North Carolina Division of Public Health.*







# ANYTHING BUT BORING MENU IDEAS

This menu was developed using menu items popular in school districts participating in the *Schools Implementing Nutrition Standards* project.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rigatoni with Meatballs and WG Roll Squash Grapes	WG Chicken Patty on WG Bun Broccoli Slaw Apple Juice Banana Animal Crackers	Fiesta Pasta with WG Roll Mixed Vegetables Chilled Mixed Fruit	Fish Nuggets with WG Roll Carrot Coins Fresh Local Grown Apple	RF Chili with WG Pretzel Romaine/Spinach Salad Chilled Pears
Turkey Burger on WG Bun Baked Beans Grapes	Grilled Chicken Patty on WG bun Fruit Pico de Gallo Tortilla Pieces Fresh Apple Slices	Tuna Salad on Pita Broccoli Slaw Watermelon Wedges	Oriental Chicken Vegetable Stir Fry: Sautéed Chicken with Oriental Vegetables, Brown Rice Manadrin Oranges	BBQ Pork on WG bun Green and Gold Salad Banana
Sweet and Sour Chicken Flatbread with Hummus Sweet Potato Coins Chilled Peaches	WG Cheese Pizza Broccoli/Cauliflower with RF Dip Fresh Apple Goldfish Grahams	WG Breaded Chicken Nuggets w/ Whole Wheat Dinner Roll Three Bean Salad Grapes	Baked Spaghetti Tossed Romaine Salad w/ Vinegar & Oil Dressing Banana	Macaroni and Cheese Green Bean and Tomato Salad Dinner Roll Fresh Pear
Cheese Stuffed Ravioli Garlic Bread Roasted Mixed Vegetables Local Grown Fresh Apple	Taco Brown Rice Bowl: Turkey Taco Meat, Brown Rice, WG Tortilla Rounds, Corn & Black Bean Salsa, Romaine Ribbons Fresh Pineapple Spears	Lasagna Roll Up with WG Roll Cherry Tomatoes and Cucumber-Dill Salad Chilled Peaches	"Create Your Own" Michigan Chef Salad (Cheese, Meat, Vegetables) WG Breadstick Chilled Pears 100% Orange Juice	Arroz Con Queso Carrot Sticks Fresh Grapes
RF Beef Walking Taco with Baked Tostitos Refried Beans Fresh Grapes	Baked Potato Ham, Broccoli, Light Sour Cream & Toppings Fresh Banana	Chicken quesadilla California Blend Chilled peaches	Cinnamon French Toast String Cheese Sweet Potato/Apple Casserole Strawberries	Pasta Salad with Florentine Chicken Carrot raisin slaw Chilled Diced Mixed Fruit Pretzel Twists

Dark Green Vegetables

Dark Yellow/Orange Vegetables

Whole Grain (WG)

Legume



**NOTES:**

Lined writing area with a large, faint watermark of an apple in the upper right and a large, faint watermark of a globe in the lower left.



For healthy recipes that  
meet the *Michigan Nutrition Standards*  
please check out the website at  
[www.michigan.gov/nutritionstandards](http://www.michigan.gov/nutritionstandards)

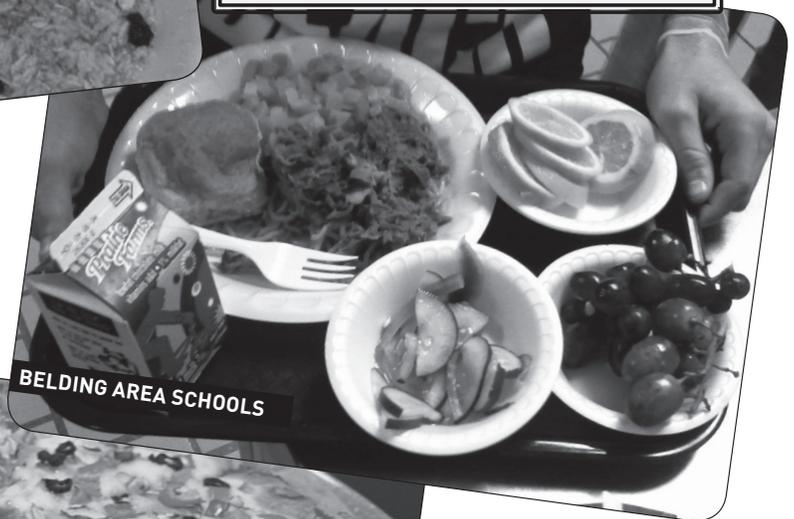


ALMA PUBLIC SCHOOLS

Copies of recipes that highlight  
the *Michigan Nutrition Standards*  
and the HealthierUS School Challenge.

Recipes highlight:

- Dark Green Vegetables
- Deep Yellow/Orange Vegetables
- Legumes
- Michigan Produce
- And More!



BELDING AREA SCHOOLS



ROSCOMMON AREA PUBLIC SCHOOLS





## FAMILY MATTERS: ENGAGING STUDENTS AND PARENTS

### INVOLVING PARENTS AND STUDENTS

Getting feedback, buy-in and support from students and parents can make your job as a Food Service Director or manager easier. Students and parents can help you identify healthy foods that meet the *Michigan Nutrition Standards* that students like to eat, and to find the best way to inform others about your school's efforts to implement the *Michigan Nutrition Standards*.

Parents, students, school staff, and school foodservice can work together to make implementing the *Michigan Nutrition Standards* run smoothly and successfully. Are you ready to get started? Try these suggestions:

### FORM A NUTRITION ADVISORY COMMITTEE

A nutrition advisory committee (NAC) can be composed of school foodservice personnel, parents, students, school staff and community members. The NAC can help gather data and recommend changes on what foods, and how foods are offered and served at school.

#### A SUCCESSFUL SCHOOL NUTRITION ADVISORY COMMITTEE...

- Is usually spearheaded by school foodservice.
- Meets regularly, at least four times a year.
- Contains parents, students, school staff and others.
- Sets goals and works toward achieving them.
- Understands and follows the *Michigan Nutrition Standards*.
- Respects each other's opinions and responds to suggestions.
- Educates school staff, parents and students about changes in school food before any changes are made.

### INVOLVE STUDENTS

#### STUDENTS CAN HELP GET OTHER STUDENTS INVESTED IN AND EXCITED ABOUT THE CHANGES YOU ARE MAKING IN SCHOOL FOOD. STUDENTS CAN...

- Sit on the Nutrition Advisory Committee.
- Assist with taste-testing events or food demos in the cafeteria.
- Survey students, formally or informally about food preferences;
- Suggest new kinds of food and beverages that kids like to try.
- Generate excitement among fellow students about school food.
- Help educate others (parents, school board members, the community) about food served at school and the new *Michigan Nutrition Standards*.





## INVOLVE PARENTS

### PARENTS CAN...

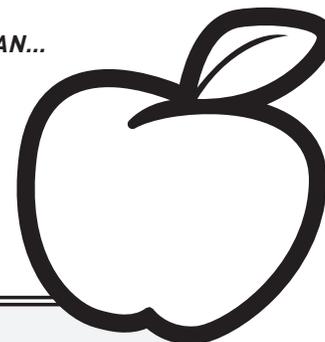
- Join the Nutrition Advisory Committee and help market and promote school meals and foods served at school.
- Help conduct taste-testing events or food demos in the classrooms and the cafeteria.
- Taste-test and rate foods served at school on parent participation day.
- Provide healthy foods that fit the standards for classroom parties, parent events, picnics, and celebrations.
- Survey other parents about what kinds of food they would like to see more of at school.
- Educate other parents and school groups e.g. the athletic boosters, sports teams, or band boosters, about the *Michigan Nutrition Standards* and the nutrition quality of school meals and other food and beverages sold and offered at school.



## WHOLE SCHOOL

### TEACHERS AND OTHERS WHO WORK AT THE SCHOOL CAN HELP SUPPORT *MICHIGAN NUTRITION STANDARDS* AND SCHOOL FOODSERVICE. THEY CAN...

- Create and set up healthy eating displays that support the standards in the classrooms, hallways or school cafeteria.
- Create a suggestion box for students, parents and school staff to use to make suggestions for foods served and offered at school.
- Create, conduct, and collect written or e-surveys and summarize the results for the foodservice director.
- Write articles or news stories for the school web site, or the school or local newspaper about the *Michigan Nutrition Standards* and changes that are being made.
- Use ideas from Fuel Up to Play 60.
- Conduct kitchen tours for students, families, and community members, promoting new and healthy foods being served.
- Organize a poster contest that advertises new foods that meet the standards that are being sold in school stores, vending machines, on the a la carte line, and at concession stands.
- Invite the Food Service Director or manager into the classroom to obtain and document student input about school meals and foods served at school.



#### IMPORTANT!

National School Lunch Program regulations require that each School Food Authority obtain student and parent input on a yearly basis and to keep that input on file and be prepared to show it. There are many different approaches that a district can use to obtain input that will help make the district the healthiest—it can be.

Adapted from *Compliance Guidance for Student and Parent Input* and *USDA Menu Planner for Healthy School Meals—Chapter 8 Marketing Your Product*



## FARM TO SCHOOL: WAYS TO INVOLVE LOCAL FARMERS

Farm to school is a broad term used to describe efforts to link schools with local agriculture. These efforts are diverse and can include a range of activities such as harvest festivals, field trips to farms, school gardens, farm-raisers (fundraising with local products), educational visits from farmers, and offering locally grown foods in the cafeteria.

Farm to School fits with the *Michigan Nutrition Standards*. One of the guiding principles of the standards is an emphasis on whole, minimally-processed nutrient-rich foods such as fruits, vegetables, whole grains, lean protein and low-fat and fat-free dairy.

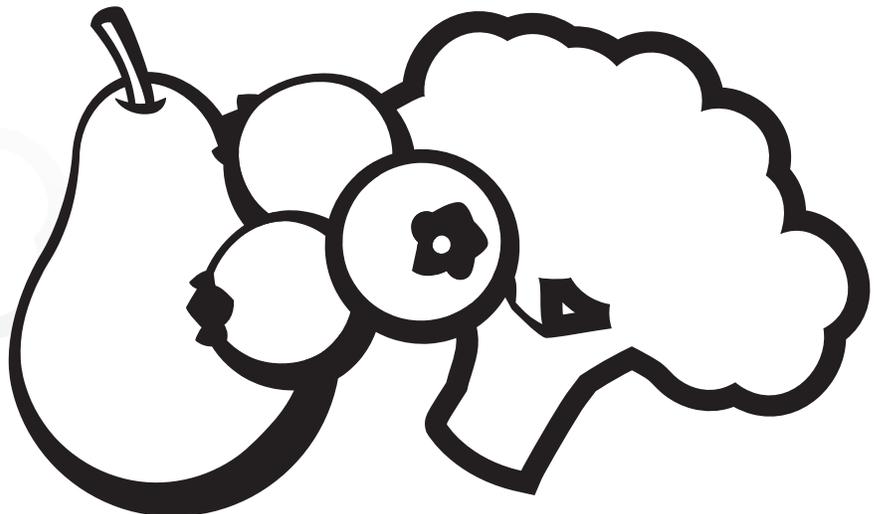
### WHEN LOCAL FARMS PROVIDE FOOD FOR SCHOOL MEALS OR SCHOOL-BASED ACTIVITIES...

- School children gain access to fresher less-processed foods and increased variety in school meals.
- School food service directors are afforded new flexibility, both to tailor their orders and to offer creative learning opportunities in school cafeterias.
- Food may cost less because it travels fewer miles to get to the school cafeteria and are handled by fewer people.



### THERE ARE MANY WAYS FOODSERVICE CAN BRING THE FARM OR FIELD INTO THE CAFETERIA, THE CLASSROOM AND THE COMMUNITY WHILE PROMOTING AND SUPPORTING THE *MICHIGAN NUTRITION STANDARDS*. YOU CAN...

- Partner with local farmers to supply locally grown foods such as apples, berries, mixes greens etc. for use in school meal programs, catering, school events and more;
- Organize field trips to local farms and incorporate farm to table and gardening education into the core curriculum and in afterschool programming;
- Serve locally-grown foods at school events such as classroom parties, holiday celebrations, or parent meetings or gatherings;
- Work with farmers and local food processors to sell locally grown foods that meet the standards for school fundraisers such as fruits baskets;
- Offer locally-grown and produced foods such as packaged apple wedges, fresh fruits and veggies and low-fat yogurt in school stores and at concession stands.





## FARM TO SCHOOL RESOURCES

There are many resources available to help school foodservice directors purchase Michigan products. Below are a few:

**PURCHASING MICHIGAN PRODUCTS: A Step by Step Guide.** If you're a food service director who wants to purchase local products for your school meals program this resource is for you. **Not a Food Service Director?** This guide is also helpful for others who want to learn more about how to work with their school food service staff to bring locally grown foods into school cafeterias.

**PUTTING MICHIGAN PRODUCE ON YOUR MENU:** How to Buy and Use Michigan Produce in Your Institution. This resource contains additional tools including suggestions to help school foodservice connect with local farmers, purchase and use equivalencies, and food safety and storage tips. A 2010 Michigan Produce Availability Guide is also included, which highlights not only field fresh availability but also year-round availability of Michigan-grown fruits, vegetables, and herbs through storing and season extension and greenhouse production.

**MICHIGAN FARM TO SCHOOL:** At this web site you will find a compilation of FAQs about Farm to School, and information about possible upcoming Farm to School grant opportunities.

**MINNESOTA FARM TO SCHOOL TOOLKIT FOR FOOD SERVICE:** This online toolkit offers recipes with nutritional analysis, menu examples, nutrition facts, buying tips, promotional materials, and tasting event ideas to help incorporate local foods into school food service. Some agricultural products local to both Minnesota and Michigan are featured, such as apples, dry beans, cabbage, carrots, cucumbers, garlic, green beans, herbs, honey, lettuce, potatoes, rhubarb, squash, and sweet corn.

## RECIPES

### **Fruit and Veggie Quantity Recipe Cookbook**

New Hampshire Department of Health and Human Services,  
Division of Public Health Services Fruit and Vegetables Program

### **Fresh From the Farm: The Massachusetts Farm to School Cookbook**

Amy Cotler, Massachusetts Department of  
Agricultural Resources



## FOOD SAFETY

### **A Checklist for Purchasing Local Produce**

Iowa State University Extension and Leopold Center for Sustainable Agriculture

### **Buying Local—Approved Sources for Food Establishments**

Michigan Department of Agriculture

### **Produce Food Safety in Schools Workshop**

Joint Institute for Food Safety and Applied Nutrition (FDA and University of Maryland)

### **Best Practices: Handling Fresh Produce in Schools**

United States Department of Agriculture

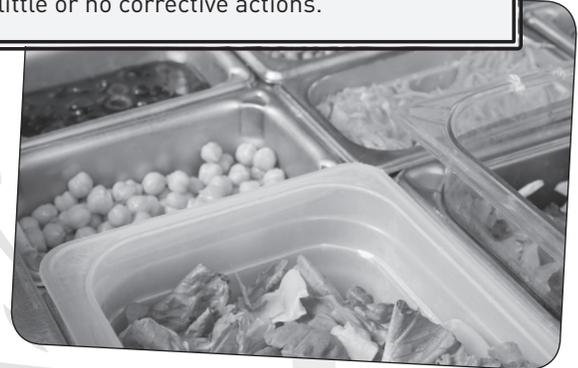
Adapted from the Michigan Farm to School website: <http://www.mifarmtoschool.msu.edu/index.php?id=48>



## THE SCHOOL MEALS INITIATIVE (SMI) AND THE MICHIGAN NUTRITION STANDARDS

One of the benefits of implementing the *Michigan Nutrition Standards* is to assist schools with the federally mandated School Meals Initiative (SMI). The SMI is a nutrition review of a week's worth of menus that is currently conducted every five years. The SMI looks at specific nutrient standards. The Healthy, Hunger Free Kids Act of 2010 recommends a nutrition review every three years. The effective date for that change has not been determined. The SMI and *Michigan Nutrition Standards* both reflect the 2005 *Dietary Guidelines for Americans*.

Following the *Michigan Nutrition Standards* will position schools to meet the SMI with little or no corrective actions.



### HERE ARE SOME GENERAL GUIDELINES THAT WILL HELP WITH MENU PLANNING!

#### INCREASE THE VARIETY OF ENTREES OFFERED

##### HOW THIS HELPS MEET THE STANDARDS:

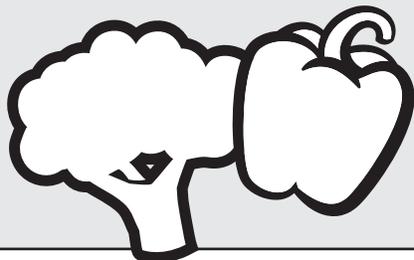
- Keeps total fat, saturated fat and sodium within goal ranges for the week

- Plan more school-prepared items and/or look for new commercially prepared products that meet the standards to increase variety.
- Choose more low-fat, low-sodium products.
- Use low-fat cheeses, dairy products, and lower fat meats.
- Explore the possibility of offering entrée salads or a salad bar.
- Where multiple entrée options are not offered, limit processed meats/meat alternates that have not been modified to reduce fat and/or sodium to once a week.

#### PLAN MORE FRESH FRUITS AND VEGETABLES ON YOUR MENU EACH DAY

##### HOW THIS HELPS MEET THE STANDARDS:

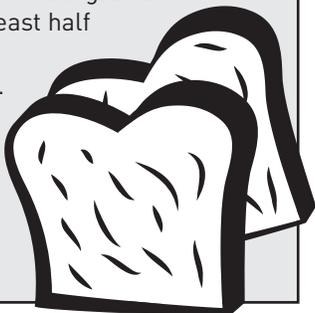
- Provides greater variety of fruits and vegetables
- Offers more whole fruits and vegetables
- Provides fruits and vegetables with specific health benefits such as dark green and deep yellow/orange



- Increase the amounts and variety of fruits and vegetables offered because fruits and vegetables differ in nutrient content.
- Offer a dark green or deep orange vegetable three to four times a week.
- Plan a vitamin C-rich vegetable or fruit daily.
- Offer cut-up fruit or dried fruit as a topping for yogurt.
- Offer fruits high in potassium often, such as bananas, prunes, prune juice, dried peaches, dried apricots, cantaloupe, honeydew melon, oranges, and orange juice.
- Offer fruit often as snacks if you provide reimbursable snacks for an afterschool program.
- Frequently offer fresh vegetable salads or fresh vegetables with a low-fat dip such as low-fat salad dressings, yogurt, or hummus.
- Frequently offer fresh fruits using a variety of presentations, such as orange smiles, apple wedges, fresh fruit cups, red and green grape combos, and banana halves.

**PLAN AT LEAST ONE MENU ITEM CONTAINING A WHOLE GRAIN EACH DAY****HOW THIS HELPS MEET THE STANDARDS:**

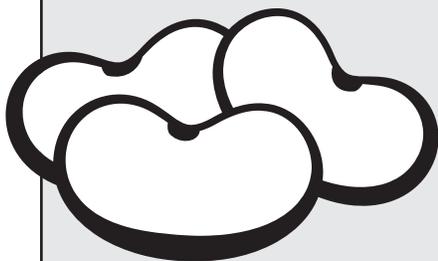
- Increases whole grains to be at least half of grain offerings.



- Plan a variety of breads and bread alternates such as whole wheat breads, whole grain breads, brown bread, and brown rice.
- Increase the variety of whole-grain cooked and ready-to-eat cereals offered at breakfast.
- Offer school-baked bread, replacing most of the white flour with whole-wheat flour. Begin slowly by replacing one-third of the white flour with whole-wheat and gradually increasing until the whole-wheat part is greater than 50 percent. Some schools report success with increasing the whole-wheat flour up to 80 percent. More leavening ingredients and liquids may be required as percentage of whole-grain flour increases.

**PLAN TWO SERVINGS OF COOKED DRIED BEANS OR PEAS EACH WEEK****HOW THIS HELPS MEET THE STANDARDS:**

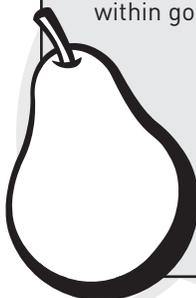
- Legumes must be offered two times per week.



- Offer more cooked dried beans and peas.
- Provides low-fat protein option as a meat/meat alternate that increases fiber and iron.
- Explore the great variety available such as black beans, Great Northern beans, red kidney beans, lima beans (mature), Navy beans, pinto beans, black-eyed peas, lentils, split peas, and garbanzo beans (also called chick peas).
- Offer beans and peas on salad bars; as a vegetable such as Boston baked beans; add to soups; serve as frijoles with Mexican food menu items; or serve as beans and rice.
- Grind or puree beans (pinto, kidney or red) in a food processor and add them to sauces and chili, or puree chickpeas and make a batch of homemade hummus for a vegetable dip.

**OFFER AS MANY HEALTHY ALTERNATE CHOICES AS YOUR OPERATION ALLOWS****HOW THIS HELPS MEET THE STANDARDS:**

- Keeps total fat and saturated fat within goal ranges for the week.



- Reduce the number of times pre-fried potato products (French fries, tater tots, smiles) are offered.
- Offer baked potatoes, baked sweet potatoes, or seasoned baked potato or sweet potato wedges more often.
- Offer low-fat or fat free sour cream or plain yogurt for a topping in place of full-fat sour cream.
- Offer low-fat salad dressings in addition to regular salad dressing. Control portion size by pre-proportioning in 1-ounce cups or offering dressing in portion control packets.
- Offer only flavored or unflavored fat-free or one percent low-fat milk at each meal.

Adapted from USDA *The Road to SMI Success—A Guide for School Foodservice Directors—Chapter 4: Daily Practices for Meeting SMI Nutrition Goals for All Menu Planning Approaches*



## THE HEALTHIERUS SCHOOL CHALLENGE

By implementing the *Michigan Nutrition Standards* in meals and other venues, schools will also satisfy the food service component of the HealthierUS School Challenge Award (HUSCC). 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 HUSCC award level: Bronze, Silver, Gold, and Gold Award of Distinction. The HUSCC is open to all schools participating in the National School Lunch Program.

The HUSCC provides voluntary national recognition to schools that have created a healthier school environment. The healthier school environment includes school meals, competitive foods, wellness policies, physical education, and nutrition education.

Submitting an application is easy with USDA's downloadable and interactive application. If you have questions, contact [MDE-SchoolNutrition@michigan.gov](mailto:MDE-SchoolNutrition@michigan.gov).

[HUSCC Application Materials—apply online or by US mail](#)

### DOWNLOAD THE HUSCC 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 HUSCC is linked to Fuel Up to Play 60](#)
- [Additional Resources](#)
- [Sample Applications: Bronze/Silver](#)
- [Sample Applications: Gold/Gold of Distinction](#)

Check out who has already been awarded as a [HealthierUS School](#)

### TIPS FROM HUSCC AWARD WINNERS:

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



### OVERVIEW AND TIPS FROM USDA'S MICHIGAN HUSCC PRESENTATION:

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

For links to the underlined resources, go to the on-line toolkit at [www.michigan.gov/nutritionstandards](http://www.michigan.gov/nutritionstandards)



# USDA HEALTHIERUS SCHOOL CHALLENGE

Nutrition Standards	Meal Participation	School Meals	Competitive Foods	Competitive Beverages
<ul style="list-style-type: none"> <li>SMI review within 5 years</li> </ul>	<ul style="list-style-type: none"> <li>ADP Lunch (n/a Bronze)</li> <li>Elem/Mid (Silver 60%, Gold 70%)</li> <li>HS (Silver 45%, Gold 65%)</li> </ul>	<p>Choices available</p> <ul style="list-style-type: none"> <li>Different vegetable daily</li> <li>Different fruit daily</li> <li>100% juice as fruit</li> <li>Whole grain</li> <li>≤ 1% flavored or unflavored milk daily</li> </ul>	<p>Requirements</p> <ul style="list-style-type: none"> <li>≤35% kcal fat</li> <li>≤0.5gm/svg trans fat</li> <li>≤10% kcal sat fat</li> <li>Na: 480 mg/non entrée, 600 mg/entrée</li> <li>NSLP serving not to exceed 200 kcal</li> </ul>	<p>Requirements</p> <ul style="list-style-type: none"> <li>≤ 1% flavored or unflavored milk; 8 oz max serving</li> <li>100% fruit/veg juice no sweeteners;</li> <li>Unflavored water</li> </ul>
N/A	Action strategies (Try It, You'll Like It!)	<ul style="list-style-type: none"> <li>Try It, You'll Like It!</li> <li>Taste Test Days, Salad Bar Tryouts, Build Your Own Shake Up, etc.</li> <li>Menu Makeover</li> </ul>	<ul style="list-style-type: none"> <li>Vending Revamp</li> <li>School Wellness Investigation</li> <li>Try It, You'll Like it!</li> </ul>	<ul style="list-style-type: none"> <li>Vending Revamp</li> <li>Menu Makeover</li> </ul>
Nutrition Education	Physical Education	Wellness Environment	Wellness Policy	Other
<ul style="list-style-type: none"> <li>Min 2 grades (elem), 1 grade (sec)</li> <li>HS 2 courses for grad Elem; structured unit</li> <li>Prohibit using food as reward</li> </ul>	<ul style="list-style-type: none"> <li>Structured PE</li> <li>Elem: unstructured daily options (recess)</li> <li>Not denying PA or using as punishment</li> <li>Sec: promote in and out of school PA</li> </ul>	<ul style="list-style-type: none"> <li>Nonfood items for fundraisers</li> <li>Foods sold throughout day meet competitive food guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Copy submitted</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<ul style="list-style-type: none"> <li>Taste Test Days</li> <li>How Many Can You?</li> <li>What Food Can Do For You</li> <li>School Wellness Investigation</li> <li>Spreading the Word</li> </ul>	<ul style="list-style-type: none"> <li>All Physical Activity action strategies (Make the Most of Mornings, Physical Activity: Anywhere, Anytime!, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>School Wellness Investigation</li> <li>FUTP60 as part of Wellness Plan implementation</li> </ul>	<ul style="list-style-type: none"> <li>FUTP60 reps serve on Wellness Council</li> <li>Make the Most of Mornings</li> <li>School Wellness Investigation as eval</li> <li>FUTP60 grants=funds</li> </ul>	<ul style="list-style-type: none"> <li>All Physical Activity action strategies (Make the Most of Mornings, Physical Activity: Anywhere, Anytime!, etc.)</li> <li>Bring on Breakfast</li> </ul>



UNITED DAIRY INDUSTRY OF MICHIGAN

Questions? Please Call 1-800-241-MILK(6455)

[www.udim.org](http://www.udim.org)





## Who Can Help and How: School Nutrition Professionals

### Why Fuel Up to Play 60?

Fuel Up to Play 60, the in-school nutrition and physical activity program launched by the National Dairy Council®, local Dairy Councils and the National Football League, in collaboration with the United States Department of Agriculture (USDA), is helping to make wellness part of the game plan in more than 70,000 schools across the country. Fuel Up to Play 60 presents an opportunity for you to ensure changes made at school are sustainable, making it possible for children to have more opportunities to choose tasty, nutrient-rich foods throughout the school environment and to be physically active.

### Why You?

As a school nutrition professional, you have the expertise and experience to help students make healthy choices both in and outside the cafeteria. You can help students and nutrition staff understand the benefits of healthy eating, and you can participate in activities to demonstrate your commitment to the long-term health of students and schools. When students implement Healthy Eating Plays, you can provide the help and guidance that will help them make positive changes in the school environment. When you do, here's what can happen for you and your school:

- **Secure Funding for Your School:** Fuel Up to Play 60 provides funding opportunities that can help support healthy eating promotions and equipment for your school cafeteria.
- **Earn Continuing Education Units:** You can earn CEUs through Fuel Up to Play 60 participation via our partnership with the School Nutrition Association.
- **Be a Change Agent:** Fuel Up to Play 60 has resources that can help you gain allies in achieving your school nutrition goals. Together, you can take a closer look at your school wellness environment and implement strategies to improve it. The School Wellness Investigation can help you diagnose specific needs, and the Fuel Up to Play 60 Playbook has a wealth of activities and the tools and resources to help meet those needs and more.
- **Be Recognized for Your Efforts:** Fuel Up to Play 60 can help you take actions that qualify your school for the HealthierUS School Challenge initiative. You can mobilize the whole school community to help *you* earn that distinction. Learn more by watching the “Working Together” video available at the online Training Camp.
- **Improve School Meal Participation:** Fuel Up to Play 60 provides all kinds of rewards and incentives – for kids and adults – to build awareness and drive healthier choices. You can help students get excited so they'll want to be the champions of your healthy meals program at school.

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- **Achieve Your School Wellness Goals:** When you help implement Fuel Up to Play 60 programs in your school, you'll be helping your school achieve its goals – for local school wellness and to be part of a growing collection of schools across the nation dedicated to the success and well-being of youth. Fuel Up to Play 60 supports the ambitious yet attainable goals of First Lady Michelle Obama's Let's Move! initiative to end childhood obesity within a generation by getting more youth and families to commit to becoming active and eating better.

#### How Can You Get Involved?

As a school nutrition professional, here are some things you can do right now – today – to help integrate Fuel Up to Play 60 in your school. You can:

1. **Make sure you're enrolled** and link yourself to a school – or multiple schools in your district.
2. **Log in to your Dashboard and connect with your school's Program Advisor.** Find out who is leading the effort in your school and help that person build a strong team. If your school doesn't have a Program Advisor, consider volunteering. You'll be recognized for your efforts – and you'll make a difference.
3. **Lead a School Wellness Investigation** to identify your school's most significant needs.
4. **Brief your school's Fuel Up to Play 60 team** on the issues and challenges of running a school food program. Help them design the right Plays to help improve students' nutrition choices.
5. **Consult the Fuel Up to Play 60 Playbook** to find an activity that matches your goals. Kickoff and Promotion Plays can help build student awareness of and enthusiasm for healthier foods. Healthy Eating Plays capitalize on the work you do to increase student selection of nutrient-dense choices. You can also work with your school's P.E./health teacher on a Physical Activity Play to help provide nutrition education that will help both your programs.
6. **Complete a funding application** form through Fuel Up to Play 60's competitive, nationwide funding program for schools. Schools may apply for up to \$4,000 per year at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).

Learn more about **Fuel Up to Play 60** at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).

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6

# TEAM UP WITH FAMILIES AND COMMUNITIES

No one would wish poor health on anyone, let alone a child! With the rise in childhood obesity in the last 30 years, children are dealing with adult-related health conditions such as high blood pressure, high blood fats, asthma, depression, and type 2 diabetes.

Children, no matter their shape or size, do not deserve or need the added responsibilities that come with having poor health. The good news is most of these health conditions are preventable. Choosing to eat nutrient-rich healthy food, being physically active daily and maintaining a healthy weight are the keys to a healthy lifestyle. The school environment plays a large role in determining if it is easy for children to make these healthy choices. To help reverse the trend of childhood obesity, families need to work together with schools, community members, and community organizations to make healthy the easy choice by implementing the *Michigan Nutrition Standards*.

### READ ON FOR MORE INFORMATION ABOUT:

- It Takes a Village: Involving Families and Communities ..... 117-119
- Are We on Target? A *Michigan Nutrition Standards* Checklist ..... 121-123
- School Meals 101: What Families Should Know ..... 125-126
- Communities Can! Gaining Support for the Standards ..... 127-128
- GO! Family Resource Sheet ..... 129
- The *Michigan Nutrition Standards* Families and Communities Training ..... 131
- GO! for Healthy Snacks with Grandparents ..... **POCKET**
- GO! for School Birthday Celebrations ..... **POCKET**
- GO! for School Parties ..... **POCKET**
- GO! for Rewards ..... **POCKET**
- GO! for Healthy Fundraising ..... **POCKET**
- GO! for Concessions ..... **POCKET**
- Fuel Up to Play 60—Who Can Help & How: Parents ..... **POCKET**
- Fuel Up to Play 60—Who Can Help & How: Community Members ..... **POCKET**







## IT TAKES A VILLAGE: INVOLVING FAMILIES AND COMMUNITIES

Families want their children to have the best possible foundation for a bright future. Healthy food and beverages are the building blocks for healthy bodies and brains. Many parents choose to play an active role in their child's education at home and at school. Children spend a significant amount of time at school and it reinforces a parent's message when healthy habits are consistent in both locations.

There is a movement nationally and in Michigan to improve the food and beverage offerings in schools. In October 2010, the Michigan State Board of Education approved the *Michigan Nutrition Standards*: Michigan Department of Education Recommendations for Food and Beverage Offerings in Michigan Schools gives schools guidance on healthy offerings available to students. The *Michigan Nutrition Standards* address all the places where food and beverages are offered and sold in schools. Schools are under tremendous pressure to meet rigorous academic standards. They may be very interested in impacting the health environment but may have equally important competing priorities. Be prepared to offer your help. Below are some ideas on how to get involved.

### FAMILIES CAN...

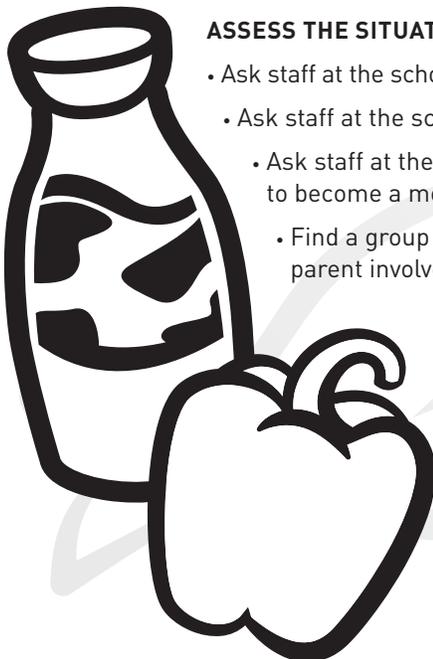
- Learn why nutrition standards are important
- Become familiar with the *Michigan Nutrition Standards*
- Role model healthy behaviors

For links to the underlined resources, go to the online toolkit at [www.michigan.gov/nutritionstandards](http://www.michigan.gov/nutritionstandards)



### ASSESS THE SITUATION AT THE SCHOOL

- Ask staff at the school/district if they are working to implement the *Michigan Nutrition Standards*.
- Ask staff at the school/district about their Local Wellness Policy.
- Ask staff at the school/district if they have a Coordinated School Health Team and if so, ask to become a member of the team.
- Find a group of families that are interested in nutrition and wellness. Check out your local parent involvement group like the Parent Teacher Association/Organization (PTA/PTO).





**INVESTIGATE**

- Become familiar with the district’s Local Wellness Policy and how the policy is being implemented.
- Learn about the school and district vision, philosophies and high priority areas.
- Evaluate the food and beverage options students have in all of the areas. Figure 1 shows different areas where food and beverages are found in schools.
- Use the checklist to see how the different areas are meeting the standards.
- Review the school menu and talk to your child about the different options available.
- Go to school and eat a meal with your child. School meals have changed since you were a student. See School Meals 101 for more information.
- Schedule a meeting with the Food Service Director. Keep the message positive. Ask what you can do to help and then enlist the help of others.
- If you have a concern about an area outside of the cafeteria, schedule a meeting with the principal. State the concern in a positive manner and offer potential solutions and assistance.
- Check out what other schools are doing around the state.

**FIGURE 1: FOOD AND BEVERAGES IN SCHOOLS**



**ACT**

- Use the GO! Family Resources and model the behaviors you want to see at home.
- Get other parents, friends and neighbors involved.
- Work with or help start a Fuel Up to Play 60 team at your school.
- Go to PTA/PTO or other parent group meetings to gather support and help in implementing the standards.
- Use the Michigan Nutrition Standards training to educate others about why implementing the standards is important.

**KEEP IT UP**

- Change takes time. Don’t get discouraged if things are not going as you planned. Be patient and persistent.



## TIPS FOR FAMILIES ON WAYS TO SUPPORT THE MICHIGAN NUTRITION STANDARDS

### AROUND THE SCHOOL

- Send your student to school with healthy snacks.
- If the classroom has group snacks, offer to plan the snack calendar and make assignments.
- Organize a school-wide healthy snack challenge. Solicit healthy prize donations for the winning classrooms.
- Offer to help plan a classroom party with the focus on fun and activity.
- Work with the Food Service Director and assist with taste testing events to expose children to new foods and add them to the menu.

### PARENT GROUPS

- Work with the PTA/PTO or other parent organizations to use alternative fundraisers. Think about the message that you want to send to your kids. Is their health more important than having to sell unhealthy foods?
- If your organization is providing snacks to students, make sure they are healthy.
- If your school or booster group makes spirit bags for the athletes, think about what is going in them. Isn't it better to fuel our young athletes with healthy offerings instead of sugar and high fat food and beverages?
- Does your group host a carnival? Think about ways to incorporate foods that fit the standards and fun healthy messages:

- Serve/sell healthy offerings such as fruits, vegetables, whole grains, low-fat or fat-free dairy and lean proteins at the concession stand.

- Ask for donations such as bottled water instead of less healthy food and beverages.

- Ask your Food Service Director, and local farmer or produce supplier for healthy food donations.

- Replace unhealthy food games like the soda toss with health-promoting games or stations such as a hula hoop making station. See the Resources tab for a way to make hula hoops out of PVC and duct tape.

- Have an edible sculpture auction instead of a baked goods auction—provide a prize to the most creative or highest bid obtainer.

- Have a dance-off instead of a cake walk.

A Mid-Michigan PTA sponsors the annual field day snack for 1400 elementary students in their district. During the 2010-2011 year, instead of popsicles the children were given the choice of five different fresh fruits! By working with a food vendor, it cost only \$125 more to offer fresh fruits than popsicles. What a great use of funds to teach children to fuel themselves with yummy juicy fruits and water after working up a sweat.







## ARE WE ON TARGET? A MICHIGAN NUTRITION STANDARDS CHECKLIST

**FAMILIES:** Check out your school! Use this checklist to determine whether or not your child's school is serving food and beverages that meet the *Michigan Nutrition Standards*.

### FOOD AND BEVERAGES OUTSIDE OF SCHOOL MEALS

QUESTION	ANSWER	RECOMMENDATION
1. DOES THE SCHOOL HAVE VENDING MACHINES THAT ARE ACCESSIBLE TO STUDENTS?	Yes	Do the food and beverages all meet the <u><i>Nutrition Standards</i></u> ? *If yes, go to question 2. *If no, work with the group responsible for the machine to help change to products that do.
	No	
2. DOES THE SCHOOL HAVE A LA CARTE, SNACK LINE OR SNACK CART AVAILABLE TO STUDENTS?	Yes	Do the food and beverages all meet the <u><i>Nutrition Standards</i></u> ? *If yes, go to question 3. *If no, work with the group responsible for the school store to help change to products that do.
	No	
3. DOES THE SCHOOL HAVE A SCHOOL STORE THAT SELLS FOOD AND BEVERAGES TO STUDENTS?	Yes	Do the food and beverages all meet the <u><i>Nutrition Standards</i></u> ? *If yes, go to question 4. *If no, work with the group responsible for the school store to help change to products that do.
	No	
4. DOES THE SCHOOL OFFER FOOD AND BEVERAGE FUNDRAISERS LIKE BAKE SALES DURING THE SCHOOL DAY TO STUDENTS?	Yes	Do the food and beverages all meet the <u><i>Nutrition Standards</i></u> ? *If yes, make sure they are not sold 30 minutes before or after a meal time and go to question 5.  *If no, work with the group responsible to change the offerings and make sure they are not sold 30 minutes before or after a meal time. Non-food items can be sold during meal times.
	No	
5. DO STUDENTS RECEIVE FOOD OR BEVERAGES AS A REWARD FOR A JOB WELL DONE IN PLACES LIKE CLASS, THE PLAYGROUND, OR THE BUS?	Yes	Schools are encouraged to create healthy habits by offering non-food rewards.
	No	



For links to the underlined resources, go to the online toolkit at [www.michigan.gov/nutritionstandards](http://www.michigan.gov/nutritionstandards)



QUESTION	ANSWER	RECOMMENDATION
6. DO STUDENTS RECEIVE FOOD REWARD PARTIES FOR "WINNING" OR GOOD BEHAVIOR?	Yes	Schools are encouraged to create healthy habits by offering non-food <u>rewards</u> .
	No	
7. DO STUDENTS RECEIVE A SNACK PROVIDED BY THE SCHOOL EVERY DAY (NOT BROUGHT FROM HOME)?	Yes	Does the policy request that food and beverages all meet the <u>Nutrition Standards</u> ?  *If yes, go to question 8.  *If no, work with the group responsible for providing the snack and provide suggestions.
	No	
8. DOES THE SCHOOL OR CLASSROOM HAVE A SNACK POLICY?	Yes	Do the food and beverages in the policy meet the <u>Nutrition Standards</u> ?  *If yes, go to question 9.  *If no, encourage a healthy snack policy to be created using the <u>GO! for Healthy Snacks</u> handout.
	No	It is encouraged to create a healthy snack policy using the <u>GO! for Healthy Snacks</u> handout.
9. DOES THE SCHOOL OR CLASSROOM CELEBRATE STUDENT BIRTHDAYS WITH FOOD AND BEVERAGES?	Yes	Do at least half of the food and beverages meet the <u>Nutrition Standards</u> ?  *If yes, go to question 10.  *If no, suggest ways to create a healthy party.
	No	If the school or classroom wants to continue to celebrate with food, consider having a party once a month or less and make sure to honor the child on their day in other ways.
10. DOES THE SCHOOL OR CLASSROOM HAVE PARTIES OR CELEBRATIONS WITH FOOD AND BEVERAGES?	Yes	Do at least half of the food and beverages meet the <u>Nutrition Standards</u> ?  *If yes, thanks for completing the checklist.
	No	*If no, go to the <u>GO! for School Parties</u> handout for ideas to put focus on fun and food ideas.





**FAMILIES:** Use this checklist for breakfast, lunch and afterschool snack menus to see how they are meeting the *Michigan Nutrition Standards*.

### SCHOOL LUNCH CHECKLIST

All answers should be **yes** for the lunch menu to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are <u>whole grains</u> offered at least one half the time? Check with the Food Service Director as grain products may not be listed as whole grain on the menu.		
Are at least two <u>dark green vegetables</u> offered a week?*		
Is at least one <u>deep yellow/orange/red vegetable</u> offered a week?*		
Are <u>legumes</u> offered as a vegetable or meat/meat alternate at least twice a week?*		
Is 100% juice offered as the fruit choice no more than one time per week?*		
Are lower fat (less than 40% of calories from fat) entrée choices offered at least four times per week?		
Is only skim and 1% flavored or unflavored milk offered?		

\*Does the school have a fruit and vegetable bar? Foods on the bar count toward this requirement. Many schools are using romaine and/or spinach, which are considered dark green vegetables, as their salad lettuce.

### SCHOOL BREAKFAST CHECKLIST

All answers should be **yes** for the breakfast menu to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are <u>whole grains</u> offered at least three times per week?		
Is there a fruit or vegetable serving every day?		
Are there at least three whole fruit or vegetables offered instead of juice?		
Is juice offered no more than 2 times a week as the fruit or vegetable serving?		
Is only fat-free and 1% flavored or unflavored milk offered?		
Are there either two grains or one meat/meat alternative and one grain offered daily?		

### AFTER SCHOOL SNACKS CHECKLIST

All answers should be **yes** for the afterschool snacks to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are there at least two components (meat/meat alternate, grains/breads, fruits/vegetables, milk) offered daily?		
Is at least one <u>whole grain</u> offered per week?		
Are at least one half of the fruit/vegetable servings the whole fruit/vegetable instead of juice?		
Is only fat free or 1% flavored or unflavored milk offered?		





## SCHOOL MEALS 101: WHAT FAMILIES SHOULD KNOW

The goal of offering healthy, appetizing meals is shared between families and school nutrition professionals. School meals are often in the “hot seat” with families for not being healthy. School meals have changed a lot over the years and learning more about them can help ease a parent’s mind about what is being served at school.

### DID YOU KNOW THAT:

- Children who eat school meals are more likely to consume milk, fruit and vegetables and less likely to eat desserts and snack items than children who do not.<sup>31</sup>
- There is no evidence that either the school breakfast or lunch program is contributing to rising rates of childhood obesity.<sup>31</sup>
- Students are less likely to gain weight during the school year when in school than during the summer when school is out.<sup>32</sup>

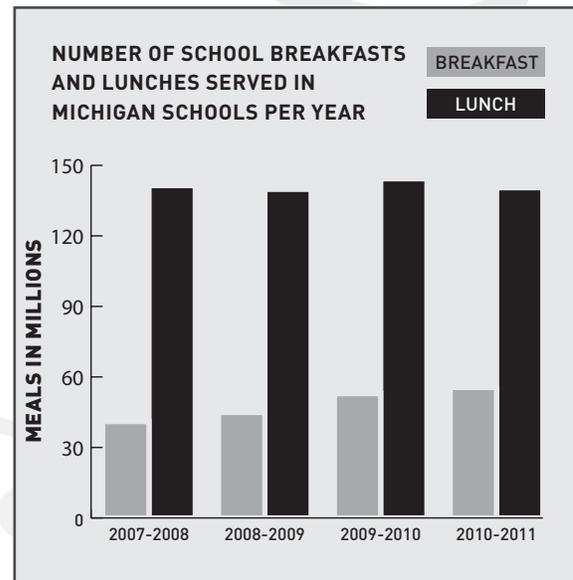


### WHAT ARE THE NATIONAL SCHOOL LUNCH PROGRAM (NSLP) AND SCHOOL BREAKFAST PROGRAM (SBP)?

The NSLP and SBP are federally assisted meal programs for school children through the United States Department of Agriculture (USDA). Schools that participate in the NSLP and SBP get cash reimbursement for free, reduced and paid meals and receive USDA foods. School lunches and breakfasts must meet the Dietary Guidelines for Americans and meet nutrient standards. While school lunches must meet federal requirements, decisions about what specific foods to serve and how they are prepared are made locally. Local schools set their own prices for full-price meals but must operate a nonprofit lunch program. Schools are monitored by the Michigan Department of Education for compliance with the federal guidelines.

### QUALIFICATIONS FOR FREE AND REDUCED PRICED MEALS

Any child at a school participating in the NSLP may purchase meals. However, children from families with incomes at or below 130 percent of the poverty level are eligible for free meals. Those with incomes between 130 percent and 185 percent of the poverty level are eligible for reduced-priced meals. For the period July 1, 2011—June 30, 2012, the income limit to qualify for free meals for a family of four is \$29,055 and the income limit for reduced-priced meals for a family of four is \$41,348. To receive free or reduced priced meals a family must submit an application available at their local school district. Contact the school Food Service Director for more information.



**SCHOOL MEALS FUNDING**

School food service programs receive their funding through federal reimbursements for free, reduced and paid meals, state supplemental funding, and revenue from meals and a la carte. Schools also receive credit for meals served to use towards USDA foods.

For the 2010-2011 school year, the basic reimbursement rates were:

• **FREE LUNCH:** \$2.72    • **REDUCED PRICE LUNCH:** \$2.32    • **PAID LUNCH:** \$0.26

In addition to cash reimbursements, schools are entitled to receive USDA foods at a value of 20.25 cents for each meal served in School Year 2010-2011. Schools can also get “bonus” commodities if available from agricultural surplus.

**USDA FOODS (FORMERLY KNOWN AS USDA COMMODITY FOODS)****USDA FOODS:**

- Are foods USDA purchases and makes available to schools
- Help food service programs stretch their budgets to provide nutritious, well balanced meals
- Make up approximately 15 to 20 percent of the food served in each school lunch.
- Provide a variety of healthy food choices, including fruits, vegetables, meat, fish, poultry, dairy, and grains.
- Include a selection of more than 180 nutritious food items—fresh, frozen, packaged, canned, dried, and bulk.
- Meet rigorous food safety standards set by Federal regulatory agencies and USDA’s two purchasing agencies—the Agricultural Marketing Service and the Farm Service Agency.

A school lunch program is required to offer five food items at a lunch from the following components—fruit & vegetable, grain, meat or meat alternate and milk.

**BUILDING A MEAL**

A school lunch program is required to offer five food items at a lunch from the following components—fruit & vegetable, grain, meat or meat alternate and milk. A student must take three of the five components for the meal to qualify for reimbursement. Schools must build their menus to meet the federal guidelines. These include minimum weekly amounts for each component that must be offered to students. The current federal guidelines have calorie minimums that schools must follow. For example, an elementary lunch must have at least 664 calories but there are no maximums set. These calorie guidelines will change when the new national nutrition standards in the [Healthy, Hunger Free Kids Act of 2010](#) go into effect. With the new guidelines, the calories will need to be between 550-650 for an elementary lunch. Keep these things in mind when you look at your school’s menu. Just like in homes, schools have to play a balancing act to create nutritious, student appealing meals that meet the federal guidelines and stay within their food and labor budget.

**NUTRITION STANDARDS FOR SCHOOL**

The current federal school meal guidelines are under revision to meet the current nutrition needs of students. This revision is taking place because of the [Healthy, Hunger Free Kids Act of 2010](#). The proposed school meal guidelines will include calorie maximums as well as minimums, maximums for sodium, fat, and saturated fat. In addition to the calorie guidelines, there are also minimum amounts for foods with health benefits such as dark green and deep yellow/orange/red vegetables, whole grains, and legumes. The new federal meal guidelines are expected to go in effect during the 2012-2013 school year.

Adapted from: USDA—National School Lunch Program fact sheet; MDE School Meals in Michigan; and USDA—USDA Foods: Healthy Foods for Our Schools



## COMMUNITIES CAN! GAINING SUPPORT FOR THE STANDARDS

You've probably heard the expression, "It takes village to raise a child." Community support, whether it's from individuals or businesses and organizations, is vitally important to successfully implement the *Michigan Nutrition Standards* in schools. Regardless of whether or not you have children attending school in your district, you can help support the standards and encourage others to do the same. Try these suggestions:

### INDIVIDUALS CAN...

- **LEARN ABOUT THE STANDARDS.** If you don't know what they are, contact your school district foodservice director or superintendent or go to: [www.michigan.gov/schoolnutrition](http://www.michigan.gov/schoolnutrition) for a copy.
- **VISIT THE SCHOOL.** Find out what's being offered or served in school vending machines, school stores, fundraisers, and tour the cafeteria. Be sure to make an appointment first. Many schools do not allow walk-in visitors.
- **SUPPORT HEALTHIER FUNDRAISERS** that focus on non-food items such as wrapping paper, car washes, raffles, or contests.
- **JOIN THE COORDINATED SCHOOL HEALTH TEAM**, or Local Wellness Policy Committee if you have time and talents to share.
- **BE A HEALTHY ROLE MODEL.** Eat healthy food that meet the standards and be active yourself.

### BUSINESSES CAN...

- **LEARN MORE ABOUT THE STANDARDS.** Ask yourself: *Is there a way through my business I can support the standards?* Be creative.
- **DONATE OR OFFER LOW-COST ITEMS** (stickers, pencils, etc.) for schools to use as rewards for students instead of food.
- **OFFER A PERCENTAGE OF A PURCHASE** (e.g. 10% on dry-cleaning) to help schools raise funds without selling unhealthy food and beverages.
- **LABEL 3-5 OF THE BEST CHOICES.** If you are a grocery store or other store that sells food, place healthy items that meet the standards where consumers can easily find and purchase them.
- **INCREASE YOUR EFFORT** to better market healthy food and beverages such as fresh fruits and vegetables, low fat dairy, and whole grain snacks if you sell them. Limit advertising of unhealthy food and beverages.
- **OFFER LOW-COST, NON-FOOD FIELD TRIP EXPERIENCES** to schools such as touring a radio station or a printing business or going bowling or roller skating.
- **PUT HEALTHY MESSAGES** that support the standards on your business marquee.
- **PRODUCE A GOOD** that meets the standards and offer it to schools, e.g. a low-fat fruit or vegetable muffin.
- **BE PRESENT AT HEALTH FAIRS AND OTHER SCHOOL EVENTS.** Show community members that your business supports community health.





### ORGANIZATIONS CAN...

- **BE PART OF THE COORDINATED SCHOOL HEALTH TEAM,** or Local Wellness Policy team. Contact your school district superintendent to find out if this is a possibility.
- **TAKE PART,** as a team or committee member, in completing the Healthy School Action Tools (HSAT) and other health-related community and school assessments.
- **HELP SCHOOLS LINK BETTER WITH LOCAL FARMERS** and food producers to offer local foods that meet the standards in schools.
- **HELP CREATE A SOCIAL MARKETING CAMPAIGN** to educate citizens about the *Michigan Nutrition Standards*. Make best use of social media such as Facebook and Twitter.
- **LEAD BY EXAMPLE.** Offer healthy food and beverages at meetings, implement a worksite wellness challenge, conduct a health fair, or distribute healthy messages to employees of your organizations and partners.





## GO! FAMILY RESOURCE SHEETS

### WHAT IS GO!?

54321GO! is an everyday plan for students to follow for a healthy lifestyle. It is a prevention message and marketing tool that has been adopted by *Healthy Kids, Healthy Michigan*, a coalition focused on fighting childhood obesity through policy change. The pilot districts utilized 54321GO! resources to implement the *Michigan Nutrition Standards*.

### WHAT ARE GO! FAMILY RESOURCES?

GO! Family Resources are a group of handouts that provide ideas to families on how to meet the *Michigan Nutrition Standards*.

### WHAT GO! FAMILY RESOURCES ARE AVAILABLE?

- [GO! for Healthy Snacks with Grandparent](#)
- [GO! for School Birthday Celebrations](#)
- [GO! for School Parties](#)
- [GO! for Rewards](#)
- [GO! for Healthy Fundraising](#)
- [GO! for Concessions](#)

### HOW CAN THE GO! FAMILIES RESOURCES BE USED?

- Add to take-home packets, school or classroom newsletters, or family folders.
- Provide message to PTA/PTO, boosters or other parent involvement groups to distribute at parent events.
- Have available at open house and parent teacher conferences.
- Provide to all fundraising groups in the district.
- Use at events and parent education nights.

For links to the underlined resources, go to the online toolkit at [www.michigan.gov/nutritionstandards](http://www.michigan.gov/nutritionstandards)







## THE MICHIGAN NUTRITION STANDARDS FAMILIES AND COMMUNITIES TRAINING

A PowerPoint training has been created to help families and community members better understand the importance of, and how they may be able to help implement, the *Michigan Nutrition Standards*. Creating a healthy school environment where “healthy” is the easy choice requires support from everyone in the community. Students and families will get consistent messages about healthy eating throughout the community if everyone is on the same page. So, no matter where students are in the community—the school, the mall, the park, or the football game—they know they are supported by the community in making healthy choices.

### WHERE CAN I FIND THE TRAINING?

At the *Michigan Nutrition Standards Toolkit website* ([www.michigan.gov/nutritionstandards](http://www.michigan.gov/nutritionstandards)) you will find in PDF format:

- A one-hour training for families and community members
- A 30-minute training for families and community members

Don't forget to train families and community members that may be affected by the standards. One pilot district educated community groups like the Rotary Club about healthy changes taking place at their concessions stands. This helped set expectations of what food would be available to purchase.

### WHERE AND WHEN SHOULD I CONDUCT THE TRAINING?

Consider conducting the *Michigan Nutrition Standards* families and community training for...

- Parent involvement groups (PTA/PTO, boosters, and other volunteers)
- Employees of your local hospital, local doctors, dentists, or dietitians
- Civic groups such as Rotary or Kiwanis
- City government employees and downtown or city development groups

“It helped to communicate the changes to community groups. It helped that we went to people before they came to us.”

.....  
PILOT DISTRICT

### TRAINING TIPS

There are many things you can do to make your training more successful and fun. Try these suggestions:

- **Invite community members** to attend the training by running an article about the standards and the training in your local newspaper.
- **Make the standards available for review** (ahead of time if desired) by community members on the school web site.
- **Offer food samples or snacks at your training.** Work with your foodservice director to prepare and offer healthy snacks for a taste testing, demonstrate the difference between healthy and less-healthy beverage choices, or model activities for a classroom party that take the focus off of food.
- **As an activity, ask training participants to take a mental tour of the community.** What places (businesses, organizations, public entities, etc.) are available in the community that could help support or promote the *Michigan Nutrition Standards*? How could they help?
- **Keep communicating.** Use school or parent newsletters, the school web site, a school or community TV station, and email to remind attendees about the standards.
- **Allow time for questions.** Have a parent and a school staff member answer the questions to show the unity of making healthy changes.
- **Check back in one month** with people who attended the training. Ask them if they have done anything they identified at the training and if not, ask if they need help getting started.

For links to the underlined resources, visit [www.michigan.gov/nutritionstandards](http://www.michigan.gov/nutritionstandards)

