



# 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)

