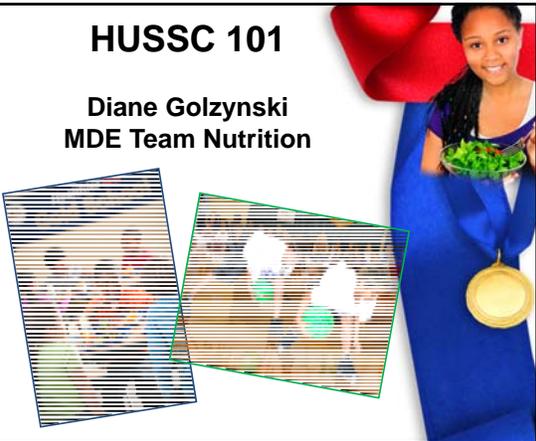


**HUSSC 101**

**Diane Golzynski**  
MDE Team Nutrition




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**HealthierUS School Challenge**

- Voluntary certification initiative recognizing excellence in school nutrition/physical activity
- 2010 Dietary Guidelines for Americans
- 2012 changes to school meal pattern requirements
- 4 Award Levels
  - Bronze
  - Silver
  - Gold
  - Gold Award of Distinction




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**Purpose of HUSSC**

- Schools take a leadership role in helping students make life-long healthy eating and activity choices
- USDA wants to recognize nationally a school's commitment to the health and well-being of its students




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## HUSSC Environments



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




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## Award Criteria



- School is enrolled as a Team Nutrition (TN) school
- Reimbursable breakfasts and lunches meet USDA nutrition standards
- School Food Authority must be certified for 6 cents
- Average Daily Participation (ADP) for meals meets or exceeds:

	Bronze	Silver	Gold and Gold Award of Distinction
Elementary/Middle Schools <i>Breakfast</i>	No Minimum	20%	35%
High Schools <i>Breakfast</i>	No Minimum	15%	25%
Elementary/Middle Schools <i>Lunch</i>	No Minimum	60%	75%
High Schools <i>Lunch</i>	No Minimum	45%	65%




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## Award Criteria



- Participate in National School Lunch Program (NSLP) *and* School Breakfast Program (SBP)
- Complete all corrective actions
- Provide more nutritious competitive foods, if offered
- Submit local school wellness policy and describe ways school is meeting wellness goals
- Provide nutrition education, physical education, and opportunities for physical activity




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## Meal Criteria

- Schools submit 2 consecutive weeks of menus that meet meal requirements
- Schools are required to include foods that are
  - Whole grain-rich
  - Dark-green, red/orange, beans and peas (legumes)
  - Fruits (canned, dry, fresh, frozen, etc.)




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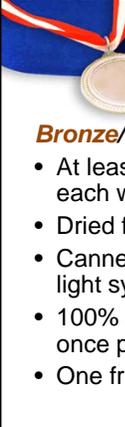
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## Breakfast Criteria: Fruits

**Bronze/Silver**

- At least three different fruits\* must be offered each week
- Dried fruit must have no added sweetener
- Canned fruit must be packed in juice or light syrup
- 100% juice can be counted as a fruit\* only once per week
- One fruit per week must be served fresh




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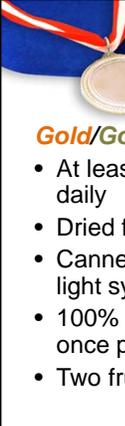
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## Breakfast Criteria: Fruits

**Gold/Gold Award of Distinction**

- At least one different fruit must be offered daily
- Dried fruit must have no added sweetener
- Canned fruit must be packed in juice or light syrup
- 100% juice can be counted as a fruit only once per week
- Two fruits per week must be served fresh




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## Breakfast Criteria: Grains



- **Bronze/Silver**
  - 50% of grains offered weekly are whole grain-rich\*
- **Gold**
  - 70% of grains offered weekly are whole grain-rich\*
- **Gold Award of Distinction**
  - 100% of grains offered weekly are whole grain-rich\*




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## Lunch Criteria: Vegetables



- **All Award Levels**
  - Dark-green, red/orange, beans and peas must be offered in amounts equivalent to the meal pattern
- **Bronze/Silver**
  - Offer one additional serving weekly from any of three vegetable sub-groups (dark-green, red/orange, beans and peas)
- **Gold/Gold Award of Distinction**
  - Offer two additional servings weekly from any of three vegetable sub-groups (dark-green, red/orange, beans and peas)




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## Lunch Criteria: Fruits



- **All Award Levels**
  - At least five different fruits must be offered each week
  - Dried fruit must have no added sweetener
  - Canned fruit must be packed in juice or light syrup
  - 100% juice can be counted as a fruit only once per week




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## Lunch Criteria: Fruits



- **Bronze**
  - One fruit per week must be served fresh
- **Silver**
  - Two fruits per week must be served fresh
- **Gold**
  - Three fruits per week must be served fresh
- **Gold Award of Distinction**
  - Four fruits per week must be served fresh




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## Lunch Criteria: Grains



- **Bronze/Silver/Gold**
  - At least three different types of whole grain-rich\* foods offered during the week
- **Gold Award of Distinction**
  - Same as Gold plus only one whole grain-rich\* offering per week may be a grain-based dessert




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## Lunch Criteria Whole Grain-Rich Variety



- **Bronze/Silver**
  - Two-thirds of grains offered weekly are whole grain-rich\*
- **Gold/Gold Award of Distinction**
  - 100% of grains offered weekly are whole grain-rich\*

All grains must meet oz eq requirements for grains component as defined by guidance (SP30-2012)




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## Confusing Terminology!

- Foods may or may not be whole grain products if labeled with these words:
  - Multi-grain
  - Whole grain
  - Contains whole grain
  - Stone-ground
  - 100% wheat
  - Cracked Wheat Bread
  - Bran






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## Mixed & Blended Dishes

- Mixed Dishes
  - Whole grains must be primary grain ingredient by weight
    - Examples: pizza, corn dogs, burritos
- Blended Products
  - Example: ¼ cup cooked brown rice blended with ¼ cup cooked enriched rice is an example of 1.0 oz eq grain that meets whole grain-rich criteria






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## Recipes for Healthy Kids

Legume  
Recipes

Dark  
Green/Red  
Orange Veggie  
Recipes



Whole Grain  
Recipes

Also check out Michigan Team Nutrition recipe resources at: [www.michigan.gov/teamnutrition](http://www.michigan.gov/teamnutrition)






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## Production Records



- Required
- Must be complete and legible
- Must include:
  - Actual daily meal counts (students and adults)
  - Menu items
  - Planned portion size by age/grade
  - Quantities prepared for each menu item
  - A la carte items sold on serving line
  - Leftovers




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## Additional HUSSC Criteria



- Criteria focus on entire school environment
- Established criteria to impact students at school, home, and in the community
  - Nutrition Education
  - Physical Education
  - Physical Activity
  - Local School Wellness Policy
  - Fundraising
  - Other Criteria for Excellence




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## Nutrition Education



- Elementary School
  - **All Award Levels**
    - Nutrition education is provided to all students in all grades
- Middle School
  - **Bronze/Silver**
    - Offered in at least one grade during the school year
  - **Gold/Gold Award of Distinction**
    - Offered in at least two grades
- High School
  - **All Award Levels**
    - Nutrition education offered in two courses required for graduation

All grades: Nutrition education activities should involve classroom, cafeteria and home/family.




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## Team Nutrition Resources



- Nutrition Voyage: The Quest to be Our Best
- Serving Up MyPlate: A Yummy Curriculum
  - Eat Smart to Play Hard with MyPlate Poster
  - MyPlate at Home Parent Booklet
- Healthier Middle Schools: Everyone Can Help
- Just the Facts!
- And more!







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## Physical Education (PE) Elementary School



- Structured PE must be provided
  - **Bronze/Silver**
    - Minimum average of 45\* minutes per week, throughout the school year
  - **Gold**
    - Minimum average of 90\* minutes per week, throughout the school year
  - **Gold Award of Distinction**
    - Minimum average of 150\* minutes per week, throughout the school year





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## Physical Education (PE) Elementary School



- Using structured physical activity to meet PE criteria
  - **Bronze/Silver**
    - Up to 20 minutes of the PE requirement may be met by providing **structured physical activity**
  - **Gold/Gold Award of Distinction**
    - Up to 45 minutes of the PE requirement may be met by providing **structured physical activity**
  - All students must participate in physical activities

Structured physical activity cannot count as both PE and physical activity.





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## Physical Education (PE) Middle and High School

- Middle School
  - **All Award Levels**
    - Structured physical education offered to at least two grades
- High School
  - **All Award Levels**
    - Structured physical education offered in at least two courses




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## Physical Activity

- Elementary School
  - **All Award Levels**
    - Physical activity opportunities are provided each day for all full day students
- Middle and High School
  - **All Award Levels**
    - School provides students in all grades opportunities to participate in physical activity throughout the school year
    - School actively promotes participation in physical activity (in and out of school) to all students

All grades and award levels: School reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment




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## Local School Wellness

- **All Award Levels**
  - Submit copy of school's local wellness policy with HUSSC application and provide documentation for the following
    - Three ways your school is working to meet local wellness policy goals
    - How parents, students, school administration and staff, and the community are involved in the implementation of the local wellness policy at your school

All grades and award levels: School reinforces a healthy food environment where food is not used as a reward (including healthy foods).




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## Fundraising

- **All Award Levels**
  - Primarily non-food items should be sold through school fundraising activities
  - If food items are sold during the school day, they must meet HUSSC criteria for competitive foods

[http://michigan.gov/documents/mdch/Healthy\\_Fundraising\\_369122\\_7.pdf](http://michigan.gov/documents/mdch/Healthy_Fundraising_369122_7.pdf)




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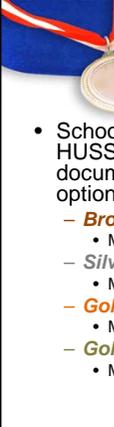
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## Other Criteria for Excellence

- Schools select from a list of options that reflect HUSSC excellence and submit descriptions or documentation with application that support options selected
  - **Bronze**
    - Must select at least two of the 20 options
  - **Silver**
    - Must select at least four of the 20 options
  - **Gold**
    - Must select at least six of the 20 options
  - **Gold Award of Distinction**
    - Must select at least eight of the 20 options




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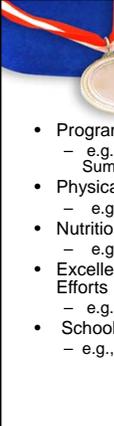
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## Other Criteria for Excellence Categories

- Program Outreach Excellence
  - e.g., Increase School Breakfast Program participation, make Summer Food Service Program available
- Physical Activity Excellence
  - e.g., Promote walking to school, recess before lunch
- Nutrition Education Excellence
  - e.g., Team Nutrition lessons, Chefs Move to Schools
- Excellence in School and Community Involvement in Wellness Efforts
  - e.g., School partners with community groups
- School Food Service Excellence
  - e.g., Farm to School initiative, Smarter Lunchroom techniques




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## Competitive Foods Criteria

- **All Award Levels**
  - Criteria for competitive foods unchanged in 2012
  - Set limits on total fat, trans fat, saturated fat, sodium, total sugars, and portion sizes
  - Only allowable beverages include
    - low-fat/fat-free milk
    - 100% fruit and vegetable juice
    - unflavored, non-carbonated water
  - Competitive Foods Calculator available online




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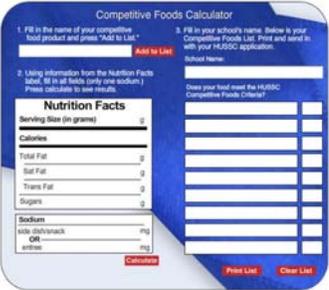
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## Competitive Foods Calculator





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## Competitive Foods

- Covers A la Carte, vending, snack bar, school store
  - Foods sold must meet this criteria:
    - Total Fat  $\leq$  35%
    - Saturated Fat  $\leq$  10%
    - *Trans* Fat  $\leq$  0.5g/serving
    - Sugar  $\leq$  35% by weight
    - Sodium  $\leq$  480 mg (side dish) or  $\leq$  600 mg (entrée)
    - Portion size/calories  $\leq$  200 calories/package or NSLP portion size




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## HUSSC Awardees Receive

- Display Banner
- Certificate signed by the Secretary of Agriculture and mounted in a plaque
- Recognition on the Team Nutrition Web site
- Congratulatory letter signed by the First Lady
- Congratulatory letter signed by the State Superintendent
- Monetary incentives




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## HUSSC Incentives

- Currently, awarded schools are eligible to receive incentives

Award	Bronze	Silver	Gold	Gold of Distinction
Amount	\$500	\$1,000	\$1,500	\$2,000




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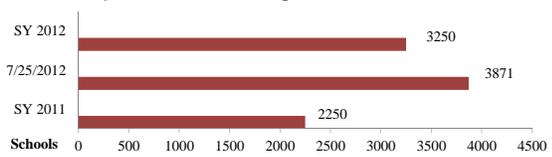
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## HUSSC Goals

- HUSSC meets annual goals set by First Lady Michelle Obama
  - In 2012, HUSSC has met the goal *and* surpassed the 2013 goal!




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## HUSSC Success Stories

- <http://teamnutrition.usda.gov/HealthierUSWinners/1.html>



USDA 

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## Take the Challenge Get Awarded

- Get recognized for all you and other staff do to create a healthy school nutrition environment!



USDA 

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## As You Apply, Remember

- Join Team Nutrition
- Use official school name on application and all supporting documents
- Submit completed and legible production records

USDA 

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## As You Apply, Remember

- Additional Documentation
  - Recipes, manufacturer documentation, or product label for combination foods, and items that may need clarification in meeting HUSSC criteria (i.e., vegetable medleys, all whole grain items)
  - Copy of correctly entered competitive food calculator results




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## Alliance for a Healthier Generation Healthy Schools Program (HSP)

### Streamlined Application Process

HSP fast-tracks recognition for HUSSC awardees:	HUSSC fast-tracks recognition for HSP awardees:
Schools with any level of HUSSC award can achieve Bronze in HSP school meals with no additional evidence.	Schools with any level of HSP award can bypass the application process for nutrition education, physical education and physical activity sections.




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## Common Application Errors

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




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## Best Practices

- Work closely with MDE Team Nutrition Staff
- Use HUSSC online resources
- Ask questions often to avoid common application errors
- Apply for district-wide awards where ever possible
- Complete production records





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## Resources

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





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## Why Apply?

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





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## Join the Conversation

Join the conversation and Michigan Team Nutrition:

 Facebook:  
[www.facebook.com/michiganteamnutrition](http://www.facebook.com/michiganteamnutrition)

 Twitter: <http://twitter.com/TeamNutritionMI>  
 (@TeamNutritionMI)

 Youtube:  
[www.youtube.com/user/miteamnutrition1](http://www.youtube.com/user/miteamnutrition1)

- Make sure you are a Team Nutrition school at:  
<http://teamnutrition.usda.gov/team.html>






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## Questions?

Diane Golzynski  
 GolzynskiD@michigan.gov  
 517-373-3383

<http://teamnutrition.usda.gov/healthierUS>






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## HealthierUS School Challenge

Thank you for your commitment to creating healthier school environments and helping everyone to reach the goal of eliminating obesity within a generation.

We appreciate all you do!




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