

**HealthierUS School Challenge**

**Helpful Tips & Clarification**

 

Application Process

* + ADP – must come from any month prior to the date the submitted menus are served
  + Simplified Application Process (more than one school applying in the School District)
* Only one set of menu worksheets are required if the menu is the same
* Complete a school directory list – electronic copy available
* Cover sheets for each school are not required
  + K-12 Schools
* A K-12 school defined as a single entity by the state, ALL grades must meet the criteria

\*Both Elementary AND Secondary Nutrition Education and Physical Education/Activity worksheets are required

* Separate entities located in the same building can apply and receive award money
  + Menu - 4 consecutive weeks
* If a school has Spring Break/Winter Break in the middle of the 4 consecutive weeks, the menu is still considered consecutive – a total of 4 weeks is required

Dry Bean/Peas

* + There is no minimum amount of beans required in burritos and mixed dishes with beans – as long as there are “some” beans, the dish meets the dry bean/pea criteria
  + Dry beans/peas that are served as a side dish i.e. baked beans must be at least a ¼ cup serving

Dark Green and Orange Vegetables

* Dark green and orange vegetables included in desserts must have at least ¼ cup serving of the vegetable in each serving – the recipe must be provided

Whole Grains

* + Recipes must show the whole grain as the heaviest ingredient by weight to be categorized as a Group A whole grain
* Calculate the weight of water (8 lbs/gallon) when determining whole grains

\*Show the nonfat dry milk as reconstituted in the recipe and list that separate from the water, if applicable

* + Each week the majority of the whole grains must come from Group A whole grains
* Bronze/Silver – at least 2 Group A whole grains are required
* Gold/Gold of Distinction – at least 3 Group A whole grains are required
  + Products listing a “flour blend” with whole wheat listed as the first component on the ingredients statement is categorized as Group A whole grain

Nutrition Education

* There is no minimum amount of time established for the nutrition education
* Must be provided through multiple channels and recorded on the Nutrition Education worksheet including specific examples of nutrition education in the classroom, cafeteria, and information provided to home/parents

Competitive Foods

* + Allowed Beverages – only water, low-fat/skim milk, and 100% Juice (6 oz for elementary, 8 oz for secondary)
  + Use the Competitive Foods Online Calculator for packaged food items
  + Use the Sugar By Weight Resource for scratch recipe items

Documentation

* + Production Records – ensure they are legible and complete
* Verify portion sizes, actual number of students served, leftovers and specific menu item served i.e bananas vs “fresh fruit” are recorded

Team Nutrition Enrollment Forms

* Each school applying must be enrolled
* Online form now available: <http://teamnutrition.usda.gov/team.html>

Award Money

* Award monies for each awarded school are deposited into the non-profit School Food Service account
* Schools may use the money for allowable expenses under that account