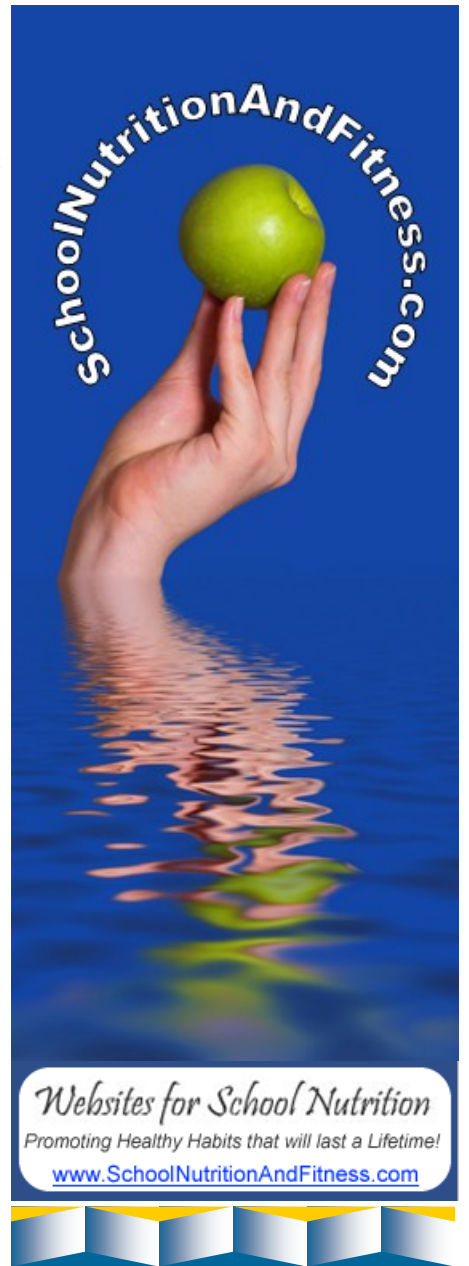




*Promoting Learning by
Creating Healthy Habits
that will last a Lifetime!*

School Nutrition And Fitness dot com



HealthierUS Schools Challenge Awards

The HealthierUS School Challenge (HUSSC) is a voluntary national certification initiative for schools participating in the NSLP that have created healthier school environments through the promotion of nutrition and physical activity...and the results are in!

The winning results are coming in from all across the country for those schools that took the time to access the criteria, fill out the forms, create teams, establish goals, and invite themselves to the dance. The 1st step to achieving an award is to show up.



HealthierUS School Challenge
Recognizing Excellence in
School Nutrition and Physical Activity

HUSSC is an excellent way to set goals as a team, partner with Principals, and involve the students... Congratulations to all those schools who applied & won!

The paperwork can appear daunting, and it is not easy to convince Principals... meeting the whole grain requirements and sourcing affordable dark green vegetables can be difficult. But setting objectives and rallying a team for the common goal of raising the bar on school nutrition & physical activity is very rewarding.

Ask Billy Reid, Director in [Salida Union School District](#), awarded with six Gold with Distinction schools, when he was quoted in the recognition ceremony on the White House lawn by the First Lady, quoting Billy, "It is an honor to get up every morning to feed children" ...it is as simple as that.

Learn more about the HealthierUS School Challenge and [how to apply.](#)

Health-Wise: Public Posting for Health Inspections



A growing trend in regulations across the US is the requirement to post Health Inspections on the School Nutrition website and in school cafeterias. Florida, Georgia and Missouri are just some of the States that now require this practice.

Ruth Rose, Director of Food and Nutrition Services in [North St. Francois Public Schools](#), MO, has result oriented systems in place and excellent staff training. She openly and tastefully invites parents to her view cafeteria sanitation scores on her website.

[Click to Learn about automated eMail Menus](#)



CN Staff Site—Improving School Nutrition with Staff Communication

One of the newest additions to the School Nutrition & Fitness websites is a built-in inter-department website for the school food service staff. Designed as a cross between online employee handbook and a central place to provide all school site employees with easy access to order guides, inventory sheets, time and temperature logs, deposit sheets...anything they need to do their job. It simplifies communication and the age old practice of shared drives, email and...even paper sent to schools with the drivers. This makes it easy to keep everything up-to-date, current and efficient...and it puts your staff on your website!



Across the Country—Best Practices in School Nutrition

Tackling the Flavored Milk Controversy—To Serve or Not to Serve



There is a lot of talk about eliminating flavored milk in schools, but what impact will that have on student nutrition?

Henrietta De'Ora M.S., R.D. and Director of Nutrition Services at Placentia-Yorba Linda USD tackles the flavored milk controversy head on. [Stating the issue clearly on her website](#), she cites the nutrient facts and findings from studies showing the impact of removing flavored milk. And she enlists the opinions and

feedback of the Student Nutrition Advisory Committee. She then thoughtfully states her position, policy, and rationale behind the decision to **offer** one additional low-fat flavor of milk.

In an effort to acknowledge potential objections she gives parents who want a "white milk only option" to send a note to the student's school for anyone wishing to receive white milk only. Win, win, win!

Flavored Milk: Too Important to Cut Back!