HealthierUS School Challenge: Digging Into the Other Criteria for Excellence

December 17, 2013

2:30 – 3:30 p.m. EST

Presenters

- **Claudia Barker**, Executive Director, Edible Schoolyard NOLA
- **Donna Cavato**, Health and Wellness Manager, Edible Schoolyard NOLA
- **Lea Claye**, BS USDA/FNS
- **Ebony James**, MS, RD USDA/FNS
- **Mary Kurkowski**, Port Huron Area School District, Michigan
- **Sara Simmerman**, Dexter Community Schools, Michigan
- **Nicole Zammit**, RD, LD USDA/FNS

HealthierUS School Challenge (HUSSC)

Recognizing Excellence in Nutrition and Physical Activity

Background

Over 6500 schools currently certified….. and counting!

Objectives

- By the end of this presentation, you will be able to
  - Understand the Other Criteria for Excellence
  - Identify steps to implement one of the options
  - Encourage others to join efforts and apply for HUSSC

Other Criteria for Excellence

- 5 Categories of Options
  - Program Outreach Excellence
  - Physical Activity Excellence
  - Nutrition Education Excellence
  - Excellence in School and Community Involvement in Wellness Efforts
  - School Food Service Excellence
- 20 Options

Other Criteria for Excellence

- Bronze: Must select at least two of the 20
- Silver: Must select at least four of the 20
- Gold: Must select at least six of the 20
- Gold Award of Distinction: Must select at least eight of the 20

Program Outreach Excellence

- School implements innovative practices to increase SBP participation
  - Breakfast in the classroom; Breakfast on the bus; Breakfast carts, etc.
- School operates an afterschool program that participates in Afterschool Snack Program/at-risk afterschool meals component of CACFP
- School makes SFSP available if percentage of free or reduced students is 50% or more

Physical Activity Excellence

- School sponsors a non-competitive afterschool physical activity program
  - Dance, Martial Arts, Jump Rope
- School actively supports and promotes walking or bicycling to and from school
- School offers at least 20 minutes of recess daily before lunch

Nutrition Education Excellence

- School uses grade appropriate Team Nutrition curricula and lessons to teach nutrition education – teamnutrition.usda.gov

Nutrition Education Excellence

- School has partnered with a chef in the *Chefs Move To Schools* Program

Get Started!
http://www.chefsmovetoschools.org/get-started.html

Excellence in School and Community Involvement in Wellness Efforts

- Provides annual training to before and after school program staff on physical activity and nutrition
- All school staff receives annual training on wellness policies and ways to promote nutrition and physical activity
- School partners with one or more community groups to promote wellness

Excellence in School and Community Involvement in Wellness Efforts

- Students have the opportunity to provide inputs on school food and physical activity options
- School informs public on amount of time allotted for lunch. Solicits input from students and community members on the amount of time that is adequate for lunch.

School Food Service Excellence

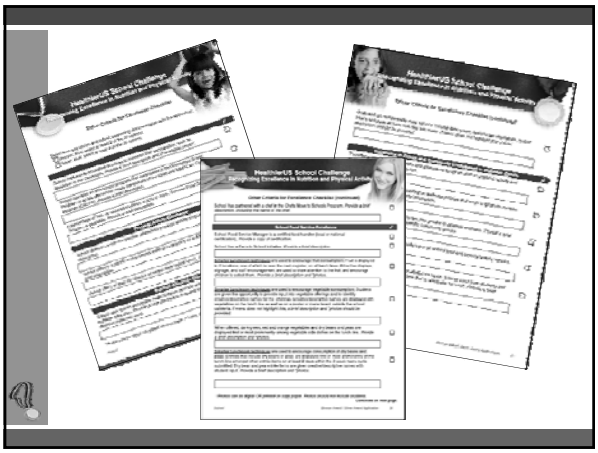
- ❑School Food Service Manager is a certified food handler
- ❑School has a Farm to School initiative
- ❑Smarter Lunchroom techniques are used to encourage fruit consumption
- ❑Smarter Lunchroom techniques are used to encourage vegetable consumption

School Food Service Excellence

- ❑Dark-green, red and orange vegetables and dry beans and peas are displayed first or most prominently among vegetable side dishes on the lunch line
- ❑Smarter Lunchroom techniques are used to encourage consumption of dry beans and peas
- ❑Grab-and-go reimbursable meal options include dark-green, red and orange vegetables, and/or dry beans and peas at least one day per week

Tips for Completing Application

- 3 pages



THE Farm to School PROGRAM

Nicole Zammit, RD
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SW Region Farm to School Lead
Nicole.zammit@fns.usda.gov
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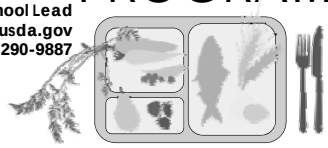


- What is Farm to School?
- Challenges and Solutions
- Many Shapes and Sizes
- Why is USDA involved?
- How is USDA involved?
- Resources

Overview

WHAT IS FARM TO SCHOOL?

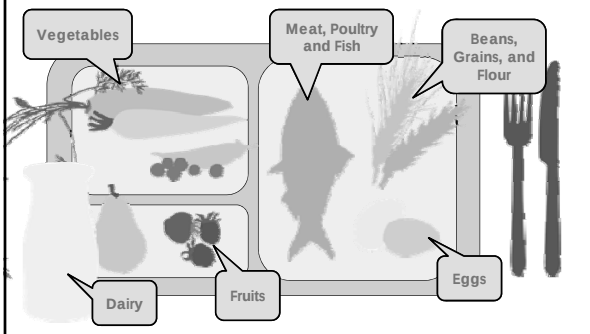
Farm to school programs are believed to:

- Improve knowledge and attitudes toward food, agriculture, nutrition, and environment.
- Increase fruit and vegetable consumption.
- Increase market opportunities for producers.
- Support economic development.

Why Farm to School?

The term 'farm to school' encompasses efforts that connect schools with local food producers in order to serve their products to children in cafeterias and classrooms.

Procuring Local Foods for Schools



LOCAL WHAT?

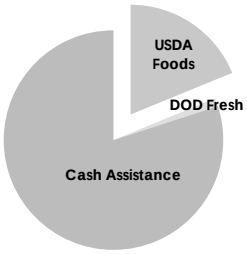
- Through distributors
- Through food service management companies
- From food processors
- From individual producers
- From producer co-ops
- From school gardens

Local How?

Institutions receiving funds through the USDA Child Nutrition Programs are allowed to apply an optional geographic preference in the procurement of unprocessed locally grown or locally raised agricultural products.

THE GEOGRAPHIC PREFERENCE OPTION

- Geographic preference can be applied to most school food purchases for unprocessed locally grown or raised agricultural products.
- Local sourcing is possible through DOD Fresh.
- USDA Foods save money and can be part of healthful, local meals.



Bringing Local into the Cafeteria

Farm to school programs can also include food, agriculture and nutrition-based educational efforts that span a host of activities.

THE EDUCATIONAL COMPONENT

DELTA GARDEN STUDY, ARKANSAS

DELTA GARDEN STUDY, ARKANSAS

DELTA GARDEN STUDY, ARKANSAS

MOUNTAIN MAHOGANY COMMUNITY SCHOOL, NEW MEXICO

OKLAHOMA CULINARY TRAINING

OKLAHOMA CULINARY TRAINING

September	October	November	December	January	February	March	April	May
Watermelon Pinto Beans	Apples/ Manzanas (English/ Spanish)	Microgreens Mini Vegetables (English/ Spanish)	Cabbage (English) El Repollo (Spanish)	Butternut Squash, Beets and Sweet Potatoes	Grapefruit	Oranges	Red Potatoes	Cream Peas

DALLAS ISD HARVEST OF THE MONTH

» Volume
» Distribution
» Price
» Acceptance of new foods
» Facilities
» Time
» Staff skills
» Food safety

CHALLENGES, AND SOLUTIONS!

KNOW YOUR FARMER KNOW YOUR FOOD

Healthier US School Challenge

LET'S MOVE

THE PEOPLE'S GARDEN

WHY IS USDA INVOLVED?

In November, 2013, USDA awarded $5.2 million in grants to support 71 farm to school projects in 42 states across the country.

- **Planning grants** are for schools just starting to incorporate farm to school program elements into their operations.
- **Implementation grants** are for schools and entities working in partnership with schools to scale or further develop existing farm to school initiatives.
- **Support Service grants** are intended for state and local agencies, Indian tribal organizations, agricultural producers or groups of agricultural producers, and non-profit entities working with school districts or schools to further develop existing farm to school initiatives and to provide broad reaching support services to farm to school initiatives

http://www.fns.usda.gov/farmtoschool/fy-2014-farm-school-grant-awards

Farm to School Grants

In March 2013, USDA launched the first ever F2S Census. From a total of approximately 13,194 public school districts in the target list frame, an estimated 8,800 school districts completed usable responses for a total response rate of over 65% percent

- The total number of responses from each school district by state can be found at the top of each state summary page on the Census website:

http://www.fns.usda.gov/farmtoschool/census#/national

Farm to School Census

Check us out online:
http://www.fns.usda.gov/farmtoschool:

- Farm to School Resources
- Farm to School E-letter
- Farm to School Grants
- Farm to School related policies and policy guidance

Check out the Know Your Farmer, Know Your Food Compass to find USDA-supported local and regional food projects in your area. www.USDA.gov

FARM TO SCHOOL RESOURCES

USDA F2S Regional Leads

- National F2S Network
  - Regional and State Leads
- State Agencies
  - Department of Education
  - Department of Agriculture
- Ag in the Classroom
- Extension Services
- Universities
- Local Nonprofits
- Local Food Hubs and Co-ops

Other Resources

Success Stories

- Edible School Yard New Orleans, Louisiana (ESYNOLA) and First Line Schools – Claudia Barker and Donna Cavato
- Dexter Community Schools, Michigan - Sara Simmerman
- Port Huron Area School District, Michigan – Mary Kurkowski

Edible School Yard New Orleans, LA

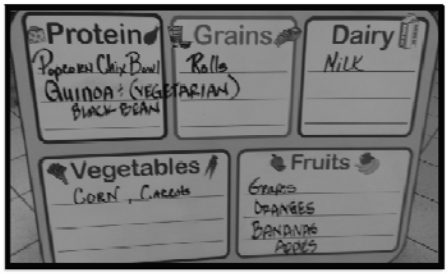
Claudia Barker and Donna Cavato

- ESYNOLA – Signature Program of FirstLine Schools
- Gardening/Kitchen Education
- All FirstLine Schools achieved GAWD
- Funding – Champions (Local/National)

SMARTER LUNCHROOMS

COME TO DEXTER COMMUNITY SCHOOLS

SMARTER LUNCHROOMS



MENU BOARDS HELP STUDENTS KNOW WHAT TO LOOK FOR

SMARTER LUNCHROOMS

CENTRALLY-LOCATED SALAD BAR ATTRACTS STUDENTS

SMARTER LUNCHROOMS

COLORFUL FRUITS & VEGGIES CREATE AN APPETIZING SALAD BAR

SMARTER LUNCHROOMS

STUDENTS ENJOY THE COLORFUL CHOICES ON THE SALAD BAR

SMARTER LUNCHROOMS

INCREASED CONVENIENCE: PRE-PACKAGED SALADS MAKE FOR A NUTRITIOUS AND DELICIOUS GRAB N' GO LUNCH

SMARTER LUNCHROOMS

INCREASED CONVENIENCE:

PLACING THE ALA CARTE ITEMS NEAR THE END OF THE LUNCH LINE ALONGSIDE HEALTHIER CHOICES DECREASES IMPULSE BUYING

SMARTER LUNCHROOMS

WELL-LIT DISPLAYS INCREASE VISIBILITY OF HEALTHY ITEMS

SMARTER LUNCHROOMS

HEALTHY MEAL BUNDLING

SMARTER LUNCHROOMS

SMARTER LUNCHROOMS

MANAGE PORTION SIZES BY PACKAGING INDIVIDUAL SERVINGS

SMARTER LUNCHROOMS

SMARTER LUNCHROOMS

SMARTER LUNCHROOMS

INTRODUCING STUDENTS TO THE WHOLE GRAIN GOODNESS OF QUINOA

SMARTER LUNCHROOMS

SHARING KALE FUN FACTS AND FLAVORS IN THE LUNCH ROOM

SMARTER LUNCHROOMS

STUDENTS ARE EXCITED TO TRY THE KALE SALAD

SMARTER LUNCHROOMS

CREATIVELY NAMED VEGETABLE OPTIONS

- Example—Super 20 Salad Bar consists of:
  - Superb Spinach
  - Colorful Carrots
  - Premium Peppers
  - Cool Cucumbers
  - Boss Broccoli
  - Keen Cauliflower
  - Celestial Celery
  - Terrific Tomatoes
  - Perfect Peas
  - Cosmic Chickpeas
  - Exceptional Edamame
  - Excellent Eggs
  - Topnotch Turkey
  - Hip Ham
  - Outstanding Olives
  - Notable Noodles
  - Rad Raisins
  - Champion Cheese
  - Powerful Peaches
  - Cowabunga Cottage Cheese

SMARTER LUNCHROOMS

…ARE EASY!

- Use signage like menu boards
- Salad bar centrally-located
- Colorful choices
- Healthy grab n' go items
- Healthy options in a variety of locations
- Ala carte placed at the end of the line reduces impulse buying
- Increase visibility of healthy foods
- Healthy meal bundling
- Manage portion sizes
- Introduce new foods alongside old favorites
- Use creative and descriptive names for fruits and vegetables

Holland Woods School, Michigan

Mary Kurkowski, Port Huron Area School District, MI

- School Breakfast Promotion and Participation

HOLLAND WOODS BREAKFAST IN THE CLASSROOM

by PHASD

WELCOME

BE OUR GUEST

NO MORE TARDY SLIPS

FOLLOW THE LEADER……

RELAXED

BREAKFAST=HAPPY=NUTRITION TO LEARN

Questions?

Additional Questions?

Email us at teamnutrition@fns.usda.gov

Thank you for your attention!