



# HealthierUS School Challenge: Recognizing Excellence in Nutrition and Physical Activity

*New Criteria Effective July 1, 2012*



## General Criteria

<b>Team Nutrition School</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• School is enrolled as a Team Nutrition School.</li> </ul>
<b>School Meals Programs</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• School participates in the School Breakfast Program (SBP) <i>and</i> National School Lunch Program (NSLP).</li> <li>• Reimbursable meals meet USDA nutrition standards.</li> <li>• All corrective actions from school's most recent State review of school meals program must be completed.</li> </ul>
<b>6 Cent Certification</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• School Food Authority must be certified for 6 Cents.</li> </ul>
<b>Average Daily Participation (ADP; calculated based on attendance)</b>	<p><i>Breakfast</i></p> <ul style="list-style-type: none"> <li>• Elementary/Middle School <ul style="list-style-type: none"> <li>○ Bronze: No ADP requirement</li> <li>○ Silver: 20%</li> <li>○ Gold: 35%</li> <li>○ Gold Award of Distinction: 35%</li> </ul> </li> <li>• High School <ul style="list-style-type: none"> <li>○ Bronze: No ADP requirement</li> <li>○ Silver: 15%</li> <li>○ Gold: 25%</li> <li>○ Gold Award of Distinction: 25%</li> </ul> </li> </ul>

**General Criteria (cont.)**

**Average Daily Participation**  
(ADP;  
calculated  
based on  
attendance)

*Lunch*

- Elementary/Middle School
  - Bronze: No ADP requirement
  - Silver: 60%
  - Gold: 75%
  - Gold Award of Distinction: 75%
- High School
  - Bronze: No ADP requirement
  - Silver: 45%
  - Gold: 65%
  - Gold Award of Distinction: 65%

## Breakfast Criteria

<b>Fruits*</b>	<p><i>Bronze/Silver</i></p> <ul style="list-style-type: none"> <li>• At least three different fruits* must be offered each week <b>on three different days.</b></li> <li>• Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.</li> <li>• 100% juice can be counted as a fruit only once per week.</li> <li>• At least <u>one</u> fruit per week must be served fresh.</li> </ul> <p><i>Gold/Gold Award of Distinction</i></p> <ul style="list-style-type: none"> <li>• At least one different fruit* must be offered every day.</li> <li>• Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.</li> <li>• 100% juice can be counted as a fruit only once per week.</li> <li>• At least <u>two</u> fruits per week must be served fresh.</li> </ul> <p>*Vegetables from the dark-green, red/orange, beans and peas (legumes) and “other vegetable” sub-groups may be substituted for fruits to meet the HUSSC fruit variety criteria for breakfast. The substitution must be consistent with meal pattern requirements as defined in §210.10(c)(2)(iii).</p>
<b>Grains</b>	<p><i>Bronze/Silver</i></p> <ul style="list-style-type: none"> <li>• 50% of grains offered weekly are whole grain-rich.*</li> </ul> <p><i>Gold</i></p> <ul style="list-style-type: none"> <li>• 70% of grains offered weekly are whole grain-rich.*</li> </ul> <p><i>Gold Award of Distinction</i></p> <ul style="list-style-type: none"> <li>• 100% of grains offered weekly are whole grain-rich.*</li> </ul> <p>* The definition of whole grain-rich is consistent with USDA policy guidance on new meal pattern requirements 7 CFR 210.10(c)(2)(iv).</p>

## Lunch Criteria

<b>Vegetables</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>Dark-green, red/orange, and dry beans and peas must be offered in amounts equivalent to the meal pattern.</li> </ul> <p><i>Bronze/Silver</i></p> <ul style="list-style-type: none"> <li>Offer <u>one</u> additional* ½ cup offering weekly from any of three vegetable sub-groups (dark-green, red/orange, dry beans and peas).</li> </ul> <p><i>Gold/Gold Award of Distinction</i></p> <ul style="list-style-type: none"> <li>Offer <u>two</u> additional* ½ cup offerings weekly from any of three vegetable sub-groups (dark-green, red/orange, dry beans and peas). This equates to an additional* 1 cup per week.</li> </ul> <p>*Schools may offer the additional 1/2 cup or two ½ cup offerings, respectively, or they may spread the amount out over the course of the week with a minimum of at least 1/8-cup of the vegetable at a time to credit per meal pattern requirements. Schools can meet the HUSSC criteria for vegetables without adding to the total offerings required by the current meal pattern by offering Dark Green, Red/Orange, and Dry Beans and Peas subgroup offerings as some of the “additional vegetables” needed to meet weekly total meal pattern requirements. They may also offer Dark Green, Red/Orange, and Dry Beans and Peas subgroup vegetables in place of vegetables from the “Other vegetables” subgroup.</p>
<b>Fruits</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>At least five different fruits must be offered each week.</li> <li>Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.</li> <li>100% juice can be counted as a fruit only once per week.</li> </ul> <p><i>Bronze</i></p> <ul style="list-style-type: none"> <li>One fruit per week must be served fresh.</li> </ul> <p><i>Silver</i></p> <ul style="list-style-type: none"> <li>Two fruits per week must be served fresh.</li> </ul> <p><i>Gold</i></p> <ul style="list-style-type: none"> <li>Three fruits per week must be served fresh.</li> </ul>

	<p><i>Gold Award of Distinction:</i></p> <ul style="list-style-type: none"><li>• Four fruits per week must be served fresh.</li></ul>
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## Lunch Criteria (cont.)

<b>Grains</b>	<p><i>Bronze/Silver</i></p> <ul style="list-style-type: none"> <li>Two-thirds of the grains offered over a week must be whole grain-rich.*</li> </ul> <p><i>Gold/Gold Award of Distinction</i></p> <ul style="list-style-type: none"> <li>All grains offered must be whole grain-rich*.</li> </ul> <p><b><u>Whole Grain-Rich Variety:</u></b></p> <p><i>Bronze/Silver/Gold</i></p> <ul style="list-style-type: none"> <li>At least three different types of whole grain-rich* foods offered during the week <b>on three different days.</b></li> </ul> <p><i>Gold Award of Distinction</i></p> <ul style="list-style-type: none"> <li>Same as Gold plus only <b>1.0 ounce equivalent</b> whole grain-rich* offering per week may be a grain-based dessert <b>in any serving line throughout the cafeteria.</b></li> </ul> <p>* The definition of whole grain-rich is consistent with USDA policy guidance on new meal pattern requirements 7 CFR 210.10(c)(2)(iv).</p>
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## Additional Criteria

<b>Nutrition Education</b>	<p><i>Elementary School</i></p> <ul style="list-style-type: none"> <li>• For all award levels, nutrition education is provided to all <b>full-day</b> students in all grades.</li> </ul> <p><i>Middle School</i></p> <ul style="list-style-type: none"> <li>• Bronze/Silver             <ul style="list-style-type: none"> <li>○ Offered in at least one grade during the school year.</li> </ul> </li> <li>• Gold/Gold Award of Distinction             <ul style="list-style-type: none"> <li>○ Offered in at least two grades.</li> </ul> </li> </ul> <p><i>High School</i></p> <ul style="list-style-type: none"> <li>• For all award levels, nutrition education offered in two courses required for graduation.</li> </ul>
<b>Physical Education (PE)</b>	<p><i>Elementary School</i></p> <ul style="list-style-type: none"> <li>• Structured PE must be provided.             <ul style="list-style-type: none"> <li>○ Bronze/Silver: Minimum average of 45* minutes per week, throughout the school year.</li> <li>○ Gold: Minimum average of 90* minutes per week, throughout the school year.</li> <li>○ Gold Award of Distinction: Minimum average 150* minutes per week, throughout the school year.</li> </ul> </li> </ul> <p>*Up to 20 minutes (Bronze/Silver) and 45 minutes (Gold/Gold Award of Distinction) of the PE requirement may be met by providing <u>structured</u> physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities, which must be at least moderate-intensity and in increments of at least 10 minutes.</p> <p><i>Middle School</i></p> <ul style="list-style-type: none"> <li>• For all award levels, structured physical education offered to at least two grades.</li> </ul> <p><i>High School</i></p> <ul style="list-style-type: none"> <li>• For all award levels, structured physical education offered in at least two courses.</li> </ul>

### Additional Criteria (cont.)

<b>Physical Activity (PA)</b>	<p><i>Elementary School</i></p> <ul style="list-style-type: none"> <li>• For all award levels, physical activity opportunities are provided each day for all full-day students (e.g., scheduled recess, walking clubs, bike clubs, intramural sports, a walk-to-school program). Such opportunities for physical activity are not the same as physical education (see the Physical Education section of this chart for a definition of physical education).</li> <li>• For all award levels, school reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment.</li> </ul> <p><i>Middle and High School</i></p> <ul style="list-style-type: none"> <li>• For all award levels, school provides students in all grades opportunities to participate in physical activity (e.g., intramural/interscholastic sports or activity clubs) throughout the school year. In addition, the school actively promotes participation in physical activity (in and out of school) to all students.</li> <li>• For all award levels, school reinforces physical activity/physical education messages by neither denying nor requiring physical activity as a means of punishment.</li> </ul>
<b>Local School Wellness Policy</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Submit a copy of the school's local wellness policy with the HUSSC Application, <u>and</u> provide documentation for the following local school wellness policy criteria: <ul style="list-style-type: none"> <li>○ List three ways your school is working to meet local wellness policy goals (e.g., creating specifications for vending machine foods to ensure they meet nutritional criteria, including local wellness policy goals in your school improvement plan, meetings of school wellness committee every other month).</li> <li>○ Describe how parents, students, school administration and staff, and the community are involved in the implementation of the local wellness policy at your school.</li> </ul> </li> <li>• For all award levels, school demonstrates a commitment to prohibit the use of food as a reward. For example, food is not used to reward students for good behavior or for the completion of an assignment.</li> </ul>
<b>Fundraising</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Primarily non-food items should be sold through school fundraising activities. However, if food items are sold during the school day, they must meet the HUSSC criteria for competitive foods.</li> </ul>



## Additional Criteria (cont.)

### Other Criteria for Excellence

*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.

#### **Options:**

##### *Program Outreach Excellence*

- School implements innovative practices to increase SBP participation, such as Breakfast in the Classroom.
- School operates an afterschool program that participates in the Afterschool Snack Program or at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP).
- If percentage of free or reduced students is 50% or more, Summer Food Service Program is available.

##### *Physical Activity Excellence*

- School sponsors a non-competitive afterschool physical activity program.
- 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.
- School has partnered with a chef in the *Chefs Move to Schools* Program.

##### *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.
- Students have the opportunity to provide input 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.

<p><b>Other Criteria for Excellence</b></p>	<p><i>School Food Service Excellence</i></p> <ul style="list-style-type: none"> <li>• School Food Service Manager is a certified food handler (local or national certification)</li> <li>• <b>School has a Farm to School initiative:</b> Local and/or regional products are incorporated into the school meal program. Messages about agriculture and nutrition are reinforced throughout the learning environment via activities such as: school gardens; signage, promotions or special events such as tastings that emphasize local products; field trips to local farms; and curriculum integration.</li> <li>• <u>Smarter Lunchroom techniques are used to encourage fruit consumption:</u> Fruit is displayed in 2 locations, one of which is near the cash register, on all lunch lines. Attractive displays, signage, and staff encouragement are used to draw attention to the fruit and encourage children to select them.</li> <li>• <u>Smarter Lunchroom techniques are used to encourage vegetable consumption:</u> Students are given the opportunity to provide input into vegetable offerings and to identify creative/descriptive names for the offerings. Creative/descriptive names are displayed with vegetables on the lunch line as well as on a poster or menu board outside the school cafeteria.</li> <li>• When offered, 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.</li> <li>• <u>Smarter Lunchroom techniques are used to encourage consumption of dry beans and peas:</u> Entrees that include dry beans or peas are displayed first or most prominently on the lunch line amongst other entrée items on at least 2 days. Dry bean and pea entrée items are given creative/descriptive names with student input.</li> <li>• 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.</li> </ul>
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Criteria for Competitive Foods/A La Carte/Second Servings (No Change)	
<p><b>General Criteria for All Competitive Foods</b> (including a la carte, seconds, in vending machines, school stores)</p>	<p><i>Bronze/Silver</i></p> <ul style="list-style-type: none"> <li>• When competitive foods are served:               <ul style="list-style-type: none"> <li>○ In the foodservice area</li> <li>○ Only during meal periods</li> </ul> </li> </ul> <p><i>Gold/Gold Award of Distinction</i></p> <ul style="list-style-type: none"> <li>• When competitive foods are served:               <ul style="list-style-type: none"> <li>○ Anywhere in the school</li> <li>○ At any time during the school day (including meal periods)</li> </ul> </li> </ul>
<b>Total Fat</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese).</li> </ul>
<b>Trans Fat</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• “Trans fat-free” less than 0.5g <i>trans</i> fat per serving.</li> </ul>
<b>Saturated Fat</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Calories from saturated fat must be below 10%. Reduced- fat cheese is exempt.</li> </ul>
<b>Sugar</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• <u>Total</u> sugar must be at or below 35% by weight (includes naturally occurring and added sugars).</li> <li>• Fruits and vegetables are exempt.</li> </ul>

<b>Criteria for Competitive Foods/A La Carte/Second Servings (cont.)</b>	
<b>Sodium</b>	<p><i>Bronze/Silver/Gold</i></p> <ul style="list-style-type: none"> <li>• Must be at or below 480mg per side dish/non-entrée.</li> <li>• Must be at or below 600mg per main dish/entrée.</li> </ul> <p><i>Gold Award of Distinction</i></p> <ul style="list-style-type: none"> <li>• Must be at or below 200mg per side dish/non-entrée.</li> <li>• Must be at or below 480mg per main dish/entrée.</li> </ul>
<b>Portion Sizes</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Not to exceed the serving size of the food served in the National School Lunch/School Breakfast Programs; for other sales, the item package or container is not to exceed 200 calories.</li> </ul>
<b>Fruits and Non-Fried Vegetables</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide.</li> <li>• Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.</li> </ul>
<b>Milk</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.</li> </ul>
<b>Milk Serving Sizes</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Milk serving size is limited to 8-fluid ounces.</li> </ul>

<b>Criteria for Competitive Foods/A La Carte/Second Servings (cont.)</b>	
<b>Other Approved Beverages</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners.</li> <li>• Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners).</li> </ul>
<b>Juice Serving Size</b>	<p><i>All Award Levels</i></p> <ul style="list-style-type: none"> <li>• Juice serving size is limited to 6-fluid ounces for elementary and middle schools and 8-fluid ounces for high schools.</li> </ul>