



HOW HEALTHY IS YOUR SCHOOL?



RESOURCE AND ASSESSMENT MANUAL

Idaho Department of Education • Child Nutrition Programs

How Healthy Is Your School?

Resource and Assessment Manual

This manual was created to:

- ✓ Provide you with online resources that are available to assist you with your planning, implementation and assessment needs;
- ✓ Offer self-assessment tools to guide your school in becoming a resource in nutrition and wellness for the students and community you serve;
- ✓ Instill the desire from school administration, teachers, parents, students and others to join in the effort to improve the health of the nation's children by promoting an overall healthier school environment through:
 - » *elevating the quality of the foods served,*
 - » *expanding access to school breakfast,*
 - » *providing students with nutrition education, and*
 - » *supplying students with physical education and opportunities for physical activity.*



Background

The *Healthy, Hunger-Free Kids Act (HHFKA)* of 2010 was put into law in December of 2010 with the intent that it would help improve Child Nutrition Programs in schools (these include the National School Lunch Program, School Breakfast Program, Child and Adult Care Food Program, and the Summer Food Service Program) to make meals and snacks more nutritious while combating childhood hunger. As a result, the entire school environment changed to instigate better nutrition while reducing obesity. The HHFKA allowed for improvements throughout the various meal programs that brought them into compliance with the latest nutritional science and Dietary Guidelines for Americans.

In January 2012, the United States Department of Agriculture (USDA) made further changes to the HHFKA by building on the recommendations made by the Institute of Medicine (IOM). These changes went into effect on July 1, 2012, but many schools throughout the nation had already been working to meet the standards. The IOM's changes included:

-  *Ensure students are offered both fruits and vegetables every day of the week*
-  *Limit calories based on the age of the children being served to ensure proper portion size*
-  *Increase offerings of whole grain-rich foods*
-  *Increase the focus on reducing the amounts of saturated fat, trans fats, added sugars, and sodium*
-  *Offer only fat-free or low-fat milk*

Some of the changes, such as those for the School Breakfast Program, were allowed to take place over three years so that schools could more easily introduce them over time, and successfully conform to the regulations. The HHFKA also helped to reform the local school wellness policies which serve as a tool to promote healthy improvements for the whole community. The law also included other changes and incentives that reward, through reimbursements, schools that meet the new meal standards.

Source:http://www.fns.usda.gov/sites/default/files/HHFKA_080112.pdf



Contents

This manual will focus on five primary areas that are all inter-related and join together in their efforts to bring about a healthier, happier, and more productive student, classroom, school, and community. These areas are:



1 Smarter Lunchrooms Movement



2 School Breakfast Program



3 Smart Snacks in Schools



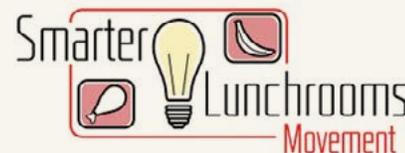
4 School Wellness



5 Healthier US School Challenge: Smarter Lunchrooms (HUSC:SL)

Smarter Lunchrooms Movement

The [Smarter Lunchrooms Movement](#) was a result of research done by the Cornell University Center for Behavioral Economics in Child Nutrition Programs (or [The B.E.N. Center](#)) in an effort to assist school lunchrooms with tools that have been shown to improve children's eating behaviors. They have created low/no cost methods that incorporate evidence-based principles and practices to promote healthy eating in children.



According to the B.E.N. Center:

“A smarter lunchroom is one that nudges kids towards nutritious foods. Over 30 million children are fed by the National School Lunch Program (NSLP). We believe that this program is an opportunity for kids to select and consume a balanced diet. The Smarter Lunchroom applies research-based principles that lead children to make healthy choices when provided with the full spectrum of choice.”

Source: <http://smarterlunchrooms.org/ideas>

The B.E.N Center incorporates Best Practices that have been shown to help create an ideal environment to “nudge kids” in the right direction for more healthy options. Those Best Practices created by the B.E.N. Center pinpoint certain areas of the school meal, specifically such as:



Focusing on Fruit



Entrée of the Day



Promoting Vegetables and Salad



Increasing Sales of Reimbursable Meals



Moving More White Milk



Creating School Synergies

These Best Practices have been used, incorporated and practiced in a number of schools across the country with proven results in each category.



Online Resources

Smarter Lunchroom Movement

The Cornell Center for Behavioral Economics in Child Nutrition Programs has put together a helpful site that focuses on the Smarter Lunchrooms Movement.



<http://smarterlunchrooms.org>

USDA Team Nutrition Smarter Lunchrooms Resources

This site provides a wealth of information and related links on Smarter Lunchrooms to use for training and implementation.



<http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>

Cornell University Food and Brand Lab, Smarter Lunchrooms

Information on pilot studies being performed utilizing the recommended Smarter Lunchroom techniques.



<http://foodpsychology.cornell.edu/content/smarter-lunchrooms>



HOW SMART IS YOUR SCHOOL'S LUNCHROOM?

Use the [Smarter Lunchrooms Self-Assessment Scorecard](#) to see how you are doing.

[CLICK HERE TO GET STARTED](#) >

Smarter Lunchrooms Self-Assessment
2014 Scorecard

Score by checking in 2014 the Smarter Lunchrooms Movement has designated 2014 as the year of student choice, health and social change in lunchrooms which can intentionally improve participation and profits while decreasing waste. The tool can help you evaluate your lunchroom operations around the things you do, don't do, and identify areas of opportunity for improvement.

Instructions: Read each of the statements below. Uncheck your criteria, your service area and your school building. Indicate whether the statement is true for your school by checking the box in the table. If you believe that your school does not select for statement 100% do not check the box in the table. After you have completed the checklist, all items will check marks and scores that number in the designated area on the back of the form. This number represents your school's lunchroom score. The lower the score, the more work you need to do to reach the maximum score. The maximum score is 100. Use the score to track your progress over time.

Statement	True	False
Important Words: Service area: Any location where students eat or drink, or are provided with food. Dining areas: Any location where students eat, consume the food purchased or prepared. Grab-and-go meals: Any meal with components you purchased together for use and consumption on-site or through food service. Designated Line: Any foodservice line which has been operated in particular food service category—such as a pizza line, deli line, salad bar, etc. Alternative menu options: Any menu component to which students do not regularly order. Reimbursable “Combo Meal” pricing: Any reimbursable menu item which is priced at a rate which is less than the sum of the individual components. Non-functional lunchroom equipment: Any piece of lunchroom equipment which is not functional or is not used for its intended purpose. Good Rapport: Communication in compliance with the relevant regulations. All Points of Sale: Any location where food or beverage is sold to students. Posting on Fruit: Any fruit which is posted on a sign or menu. Posting on Veg: Any vegetable which is posted on a sign or menu. Posting on Dairy: Any dairy product which is posted on a sign or menu. Posting on Meat: Any meat product which is posted on a sign or menu. Posting on Grains: Any grain product which is posted on a sign or menu. Posting on Nuts: Any nut product which is posted on a sign or menu. Posting on Seeds: Any seed product which is posted on a sign or menu. Posting on Legumes: Any legume product which is posted on a sign or menu. Posting on Eggs: Any egg product which is posted on a sign or menu. Posting on Fish: Any fish product which is posted on a sign or menu. Posting on Shellfish: Any shellfish product which is posted on a sign or menu. Posting on Other: Any other food product which is posted on a sign or menu.	<input type="checkbox"/>	<input type="checkbox"/>
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School Breakfast Program

Idaho students need a good breakfast to maximize learning, minimize negative behaviors, and establish good habits for the future health of Idaho. When breakfast is available at school, students have improved attendance and receive fewer tardiness and discipline referrals. The few minutes it takes to add breakfast to the school day are offset by students' active participation once their brains are fueled. Breakfast programs may face challenges with participation because they are too early or students are embarrassed to participate. When schools improve access to school breakfast, typically more students will participate in the program. This allows more students to receive the academic and behavioral benefits of breakfast each day. Considering a new method of serving the breakfast meal that meets the needs of school staff and students can increase meal participation and revenue. For example, Breakfast in the Classroom has been shown to be very successful in elementary schools while Second Chance and Grab 'n Go breakfasts work well in middle and high schools.



Many studies have been conducted on breakfast. Here are some of the proven benefits.

1

Eating breakfast can help improve math, reading, and standardized test scores.

2

Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.

3

Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.

4

Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.

5

By eating breakfast, students get more of the important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

6

Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.

7

Eating breakfast as a child is important for establishing healthy habits for later in life.

8

Schools that provide Breakfast in the Classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.

9

What you eat for breakfast can have an impact on learning. One study showed that eating food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.

10

School breakfast provides $\frac{1}{4}$ the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.

Source: Benefits of Breakfast handout at <http://www.fns.usda.gov/sites/default/files/benefitsbreakfast.pdf>

Online Resources

USDA School Breakfast Program (SBP)

USDA has put together a helpful site that focuses on the School Breakfast Program.

 <http://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

USDA Discover School Breakfast Toolkit

This kit provides information on increasing access to the School Breakfast Program, determining the type of meal service most suited to current needs, and developing a marketing plan that will promote participation.

 <http://www.fns.usda.gov/sbp/discover-school-breakfast-toolkit>

Assessing School Breakfast Potential

Information on analyzing the current program, identifying strengths and barriers to increasing participation, creating an action plan and building an expansion team to address program improvements, and incorporating marketing strategies to make school breakfast healthier and more appealing to students.

 <http://www.fns.usda.gov/sbp/assessing-school-breakfast-potential#step1>

No Kid Hungry Center for Best Practices School Breakfast

This site provides research on the importance of providing breakfast as well as guides and toolkits for successful implementation.

 <https://bestpractices.nokidhungry.org/school-breakfast>

Food Research and Action Center (FRAC) School Breakfast Program

FRAC is a nonprofit organization working to improve public policies and promote partnerships to address food insecurity. They provide resources that support the importance of breakfast.

 <http://frac.org/federal-foodnutrition-programs/school-breakfast-program>



HOW SUCCESSFUL IS YOUR SCHOOL'S BREAKFAST PROGRAM?

Complete the [School Breakfast Program Evaluation](#) to find out.

[CLICK HERE TO GET STARTED](#) 

School Breakfast Program Evaluation		
Determine if your school is doing what it can to implement a successful School Breakfast Program.		
SCENARIO	YES	NO
Breakfast participation meets or exceeds the targeted level.	<input type="checkbox"/>	<input type="checkbox"/>
School directly certifies as many students as possible through coordination with food stamp offices, migrant education programs, and/or homeless/runaway liaisons.	<input type="checkbox"/>	<input type="checkbox"/>
School has implemented Provision 2 or Community Eligibility Provision (CEP) to streamline meal counting and claiming at breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
School meals are offered at prices students can afford.	<input type="checkbox"/>	<input type="checkbox"/>
School has taken steps to maximize participation by implementing student friendly breakfast options.	<input type="checkbox"/>	<input type="checkbox"/>
Cases and bus schedules are coordinated so that all students can eat breakfast at school.	<input type="checkbox"/>	<input type="checkbox"/>
School has successfully implemented an alternative meal service, such as Grab 'n Go, Breakfast in the Classroom, or Second Chance Breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
Customer issues, such as arrangements for trash removal if students eat in classrooms, have been addressed.	<input type="checkbox"/>	<input type="checkbox"/>
Teachers provide nutrition education and breakfast promotion.	<input type="checkbox"/>	<input type="checkbox"/>
Teachers and administrators encourage students to eat breakfast and make efforts to endorse the benefits.	<input type="checkbox"/>	<input type="checkbox"/>
Schools promote breakfast through menu, school website, parent newsletters, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Students have sufficient time to eat breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
Schools have restricted access or eliminated foods and beverages that compete with breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
The cafeteria is viewed as a welcoming place for students to eat.	<input type="checkbox"/>	<input type="checkbox"/>
Students are encouraged to choose and consume the full meal.	<input type="checkbox"/>	<input type="checkbox"/>
School foodservice follows food safety protocols and proper food preparation techniques.	<input type="checkbox"/>	<input type="checkbox"/>
School foodservice prepares breakfasts that meet the nutrition standards and provide healthy choices lower in saturated fat, sodium, and sugar.	<input type="checkbox"/>	<input type="checkbox"/>
School breakfasts offer and promote whole grains, low-fat or fat-free dairy products, and fresh fruits daily.	<input type="checkbox"/>	<input type="checkbox"/>
School breakfasts include produce from local farms whenever possible.	<input type="checkbox"/>	<input type="checkbox"/>
School foodservice prepares foods that include local, cultural, and ethnic favorites.	<input type="checkbox"/>	<input type="checkbox"/>
Menus are planned with input from students.	<input type="checkbox"/>	<input type="checkbox"/>

Smart Snacks In School

The [Healthy Hunger-Free Kids Act \(HHFKA\)](#) of 2010 required the USDA to make some major changes to school meals and the school food environment. School meals started the transformation in 2012. After those were well underway, USDA addressed the issues related to the school food environment. One of the most significant issues was the introduction of nutrition standards for all food sold in school, which has been nicknamed Smart Snacks. These standards are Federal Rules (7 CFR 210.11) that apply to all schools that participate in the National School Lunch Program. The transition to compliance with Smart Snacks was in full effect by July 1, 2014.

The standards apply to all food and beverages sold on school campuses during the school day. This means all a la carte items sold in the cafeteria, as well as foods sold in vending machines, school stores, snack bars, and classrooms must adhere to the standards as set forth in the HHFKA. The school campus is considered to be all areas under the jurisdiction of the school accessible to students. Generally, a teachers' lounge is off limits to students so any vending machine in that area does not need to comply with Smart Snacks if not available for students to purchase food. The school day is defined as midnight the night before to 30 minutes after the end of the official school day to be all inclusive of all the variations on school days.

Smart Snacks do not apply to food that is given to students, such as a pizza party that is being provided for a celebration, as long as the exchange of money does not take place. If a teacher hosts a pizza party and charges each student \$2, then the pizza must comply with Smart Snacks. The standards also do not apply to foods brought to school by students for their own consumption.

IN SUMMARY, SMART SNACKS:



- **Apply** to items sold in vending machines, school stores, snack bars, classrooms, and ala carte items sold in the cafeteria during the school day.
- **Apply** to items sold at sports tournaments held on campus during the school day.
- **Do not apply** to activities held on campus after the school day (i.e. sporting events).
- **Do not apply** to off campus field trips held during the school day.
- **Do not apply** to off campus fundraising.
- **Do not apply** to food items brought from off campus during the school day (open campus).

Highlights of the Smart Snacks in School standards include:

- **More of the foods we should encourage.** Like the new school meals, the standards require healthier foods, more whole grains, low-fat dairy, fruits, vegetables and leaner protein.
- **Less of the foods we should avoid.** Food items are lower in fat, sugar, and sodium and provide more of the nutrients kids need.
- **Targeted standards.** Allowing variation by age group for factors such as portion size and caffeine content.
- **Flexibility for important traditions.** Preserving the ability for parents to send their kids to school with homemade lunches or treats for activities such as birthday parties, holidays, and other celebrations; and allowing schools to continue traditions like fundraisers and bake sales.
- **Reasonable limitations on when and where the standards apply.** Ensuring that standards only affect foods that are sold on school campus during the school day. Foods sold at afterschool sporting events or other activities will not be subject to these requirements.
- **Flexibility for state and local communities.** Allowing significant local and regional autonomy by only establishing minimum requirements for schools. States and schools that have stronger standards than what is being proposed will be able to maintain their own policies.

Online Resources

Idaho Child Nutrition Programs Smart Snacks in Idaho Schools

A beneficial site providing resources for Smart Snacks food and beverage standards, policy implementation, USDA guidance, and fundraiser ideas, along with tools for tracking, and exemption requests.

 <http://www.sde.idaho.gov/site/cnp/nslp/smartSnacks.htm>

USDA Team Nutrition Smart Snacks in School Resources

This site provides a wealth of information and related links on Smart Snacks to use for guidance and to address questions and concerns.

 <http://healthymeals.nal.usda.gov/smartsnacks>

Alliance for a Healthier Generation

Joined by the School Nutrition Association (SNA), the Alliance has put together a helpful site that includes a *Smart Snacks Product Calculator*, that evaluates if a product meets the current nutrition standards based on entry of data from the product label, and the *Alliance Product Navigator*, which allows you to search for and view products that meet Smart Snacks standards.

 https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks

Cornell University Food & Brand Lab, Offering Healthy Foods at High School Concession Stands

A published study by the prestigious group offering insight and suggestions for healthy foods sold at school concession stands without negative effects on revenue and customer satisfaction.

 <http://foodpsychology.cornell.edu/op/concessions>

Bridging the Gap

Brought about through a partnership between the Robert Wood Johnson Foundation and the Center for Digital Information, this online tool provides data on state-specific laws governing school snack foods and beverages.

 <http://foods.bridgingthegapresearch.org/>

Center for Disease Control and Prevention (CDC)

Among the vast quantity of information in their organization is a section regarding Health and Academics that spotlights the correlation between good eating habits and success in the classroom.

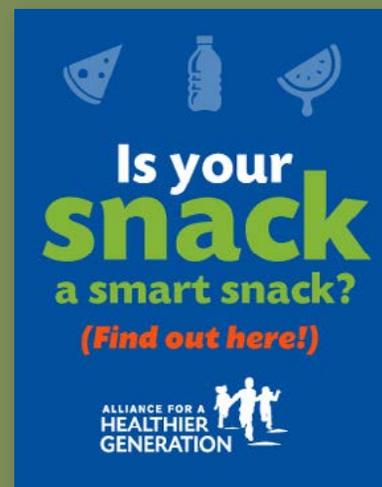
 http://www.cdc.gov/HealthyYouth/health_and_academics



HOW DO THE FOOD AND BEVERAGES SOLD IN YOUR SCHOOL RATE?

Follow the Compliance Decision Trees or use the Alliance for a Healthier Generation [Smart Snacks Product Calculator](#) or [Product Navigator](#) to see if your snacks are compliant with the Smart Snacks Standards.

CLICK HERE
TO GET STARTED >



Local School Wellness Policy

Section 204 of the [Healthy, Hunger-Free Kids Act \(HHFKA\)](#) of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Local School Wellness Policy Implementation. The provision set forth in Section 204 expanded upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

The HHFKA expands the scope of local school wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

The Act requires each local educational agency participating in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. Each local education agency must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy.

Source : <http://www.fns.usda.gov/tn/local-school-wellness-policy-requirements>



At a minimum, a local school wellness policy must include:

1

Measurable goals for nutrition education, physical activity, nutrition promotion and school-based activities to promote student wellness

2

Nutrition guidelines for all foods available on the school campus and for school meals

3

Involvement of parents, students, school board, PE teachers, school health professionals, food service, administrators, and community members

4

A way to measure the school's progress toward achieving its wellness goals

5

A way to share the wellness policy and how much progress the school has made in achieving its wellness policy goals with the public

6

One or more designee responsible for ensuring compliance

Online Resources

Idaho Child Nutrition Programs School Wellness Policies

Provides a vast array of resources for implementation, monitoring, and evaluation, as well as model policy examples, tools for success, and federal requirements.

 <http://www.sde.idaho.gov/site/cnp/wellness/>

USDA Team Nutrition Local School Wellness Policy

This site outlines, through additional links, the rules and requirements of the wellness policy as well as provides additional resources available to assist in the policy's overall execution.

 <http://www.fns.usda.gov/tn/local-school-wellness-policy>

WellSAT:2.0 Wellness School Assessment Tool

Developed by the Rudd Foundation in partnership with the Robert Wood Johnson Foundation, this online tool provides a way to measure the quality of written policies and provides a personalized scorecard.

 <http://www.wellsat.org/>

Centers for Disease Control and Prevention (CDC) School Health Index

The School Health Index (SHI) is an online self-assessment and planning tool that allows schools (one for Elementary Schools and another for Middle/High Schools) to find out where they stand with their wellness policy in order to improve the policies already in place.

 <http://www.cdc.gov/healthyyouth/shi/index.htm>

GENYOUth Foundation

Provides programs and information to assist schools in increasing physical activity and proper nutrition in schools. Through a growing list of partners, this is a useful tool that includes studies such as The Wellness Impact Report.

 <http://www.genyouthfoundation.org/programs>

Fuel Up to Play 60

This program has been organized between the National Dairy Council and NFL in association with USDA to provide prizes and incentives for students to make simple choices each day to eat healthy foods and get active for at least 60 minutes a day.

 <http://www.fueluptoplay60.com>

HOW EFFECTIVE IS YOUR SCHOOL'S WELLNESS POLICY?

Complete the [Idaho Wellness Policy Progress Report](#) to find out.

[CLICK HERE TO GET STARTED](#) 



Idaho Wellness Policy Progress Report Updated 2013

This template provides information on wellness policy requirements and practices within your school. Use this tool to track your progress and gather ideas on ways to create a healthier school environment.

District Name: _____ District Number: _____ Date of Evaluation: _____

School Name: _____ Most recent review by Wellness Committee: _____

Select all that apply: PK 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
 Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

We have a designee to ensure each school is in compliance with the wellness policy.
Name/Title: _____

We make our policy available to the public.
Please describe: _____

We communicate the results of wellness policy implementation and progress toward our policy goals to the public.
Please describe: _____

Our district periodically reviews the written wellness policy for compliance and adherence to best practices.

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards-based nutrition education in a variety of subjects (e.g., science, health, math, etc.).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with groups, use of creative names, posters, bulletin boards, etc.

We have reviewed Snapper Lunchroom techniques and evaluated our ability to implement various techniques.

We ensure students have access to hand-washing facilities prior to meals.

We place fruits and vegetables where they are easy to access (e.g., near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal programs.

We regularly share school meal nutrition information (e.g., calories, fat, & sodium content) with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g., buildings, playing fields, etc.).

We give nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-beverage options at: Breakfast/Mid-morning School Events Track Bars 24-Hr Canteen

We have nutrition standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of non-food reward options.

We prohibit the use of food and beverages as a reward.

Click on page 2

HealthierUS School Challenge: Smarter Lunchrooms (HUSC:SL)

The program that brings the previous four elements together, is the [HealthierUS School Challenge: Smarter Lunchrooms \(HUSC:SL\)](#). This is a voluntary certification initiative for any school enrolled as a [Team Nutrition School](#). This opportunity offers incentives and recognition to those schools that have implemented, and continue to improve upon, healthy school environments through ongoing efforts to encourage good exercise and nutrition habits.

It has never been easier to apply for, not only HUSC:SL, but also other awards that have partnered with this program to reward your school and students through an updated, less paperwork, and more [streamlined application](#) process.



Recognition and Incentive

The HealthierUS Challenge: Smarter Lunchroom recognizes schools in compliance with all current HUSC:SL criteria at four distinctive award levels (Bronze, Silver, Gold, and Gold Award of Distinction). Schools participating in HUSC:SL provide students with a healthier school environment, which supports their health and academic achievement. Additionally, awardees will receive the following:

- *Display banner*
- *Award plaque signed by the Secretary of Agriculture*
- *National recognition by being listed on the USDA Team Nutrition web site*
- *Congratulatory letter signed by the First Lady of the United States*
- *Monetary incentive at award level:*



\$500
BRONZE



\$1,000
SILVER



\$1,500
GOLD



\$2,000
**GOLD AWARD
OF DISTINCTION**



Online Resources

USDA HUSSC:SL

A basic introduction to the HUSSC:SL program with information including past recipients.



<http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>

USDA HUSSC:SL Application Criteria and Guidance

Breaks down the general criteria on how to apply for HUSSC:SL, requirements and monetary incentives.



<http://www.fns.usda.gov/hussc/application-criteria-and-guidance>

USDA HUSSC:SL Streamlined Application

Recipients of the Alliance for a Healthier Generations Healthy Schools Program National Recognition Award may also be eligible for a streamlined application process for HUSSC:SL.



<http://www.fns.usda.gov/hussc/streamlined-application>

Idaho Child Nutrition Programs HealthierUS School Challenge

Provides helpful resources such as training webinars, and information on applying for HUSSC:SL.



<http://www.sde.idaho.gov/site/cnp/healthierUS>

USDA Team Nutrition Join the Team

In order to apply for HUSSC:SL, a school must be enrolled as a Team Nutrition School. This site provides the School Enrollment Form as well as strategies, values and beneficial nutrition education resources.



<http://www.fns.usda.gov/tn/join-team>



HOW HEALTHY IS YOUR SCHOOL?

Complete the [HUSSC:SL Assessment Score Card](#) to find out your school's qualification level.

CLICK HERE
TO GET STARTED >

HUSSC:SL SELF-ASSESSMENT SCORE CARD			
<p>This tool provides information on applying for HUSSC:SL. Use it to track your progress and gather ideas on ways to create a healthier school environment.</p>			
District Name: _____		District Number: _____	
School Name: _____		Date of Assessment: _____	
Grade Levels: _____			
Unless specified, criteria are for all grades/award levels.			
I. General Criteria			
General		Select One	
Our school is enrolled as a Team Nutrition School.			
		Yes	No
We have completed all corrective actions from the school's most recent State review of the school meal program.			
		Yes	No
Our school currently meets school meal pattern requirements for the NSLP and SSP as specified in 7 CFR 246.8(a)(2)(ii) .			
		Yes	No
The School Food Authority is certified to receive the additional all-earn performance-based reimbursement (DHFA 2020).			
		Yes	No
Our school participates in the School Breakfast Program (SBP) and National School Lunch Program (NSLP).			
		Yes	No
BREAKFAST: List the Average Daily Participation (ADP) based on student attendance of one month.			
Elementary/Middle School	High School	Award Level	
≤19%	≤14%	Bronze	🥉
20% - 34%	15% - 24%	Silver	🥈
≥35%	≥25%	Gold	🥇
Gold Award of Distinction 🏆			
LUNCH: List the Average Daily Participation (ADP) based on student attendance of one month.			
Elementary/Middle School	High School	Award Level	
≤50%	≤44%	Bronze	🥉
60% - 74%	65% - 69%	Silver	🥈
≥75%	≥70%	Gold	🥇
Gold Award of Distinction 🏆			
List the award level identified above for the Average Daily Participation (ADP) for Breakfast and Lunch. (If the award levels for the above scores are different, select the lowest award level.)			



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