



Get Set!

Tips for Meeting the Challenge

This section provides detailed charts of the criteria for the HealthierUS School Challenge and additional resources to assist you in maintaining and/or implementing the criteria in your school or school district. Resources such as the HealthierUS School Challenge Checklist, Whole-Grains Resource, and Tips for Increasing Participation will help you meet the Challenge!


The HealthierUS School Challenge criteria emphasize key areas that are based on the *2005 Dietary Guidelines for Americans* and *MyPyramid* principles. The criteria will assist you in promoting a healthy school environment that provides nutritious meals, while also providing nutrition education, physical education, and opportunities for physical activity.

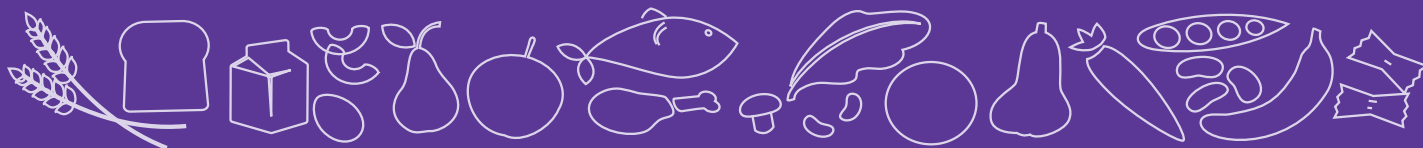
Now that you are ready, there are some tips and resources that can help you meet the Challenge. The following charts list the criteria and the requirements to fulfill in order to meet each award level in elementary and secondary schools.



HealthierUS School Challenge Application Kit

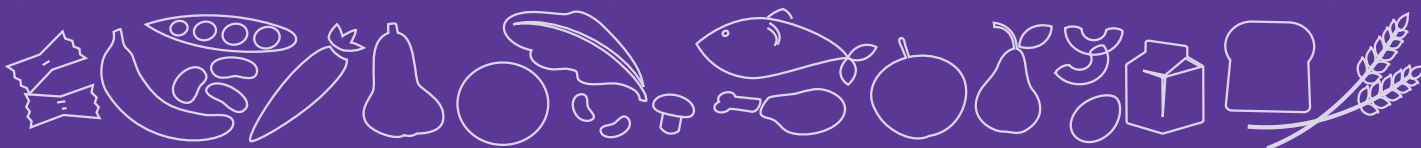
Criteria for Elementary Schools

HealthierUS School Challenge Criteria for Elementary Schools		Award Level General Requirements			
		Bronze	Silver	Gold	Gold Award of Distinction
 School is enrolled as a Team Nutrition (TN) school.		✓	✓	✓	✓
Reimbursable lunches meet the USDA nutrition standards. School district had a School Meals Initiative (SMI) review within 5 years and all corrective actions have been completed.		✓	✓	✓	✓
Average Daily Participation for lunch meets or exceeds a minimum.	Elementary Schools	N/A	60%	70%	70%
School lunch menu allows students to select each of the food items listed below:		✓	✓	✓	✓
<ul style="list-style-type: none"> A different vegetable every day of the week. All servings must be at least ¼ cup. Of these five: <ul style="list-style-type: none"> Dark green or orange vegetables offered 3 or more days per week (of the 3, at least 2 must be different) Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas). 		✓	✓	✓	✓
<ul style="list-style-type: none"> A different fruit every day of the week (fresh, frozen, canned, dried, or 100% juice). All servings must be at least ¼ cup. <i>Dried fruit must have no added sweetener (nutritive or non-nutritive); canned fruit must be packed in juice or light syrup.</i> 		✓ plus 1 day/ week fruit must be served fresh	✓ plus 1 day/ week fruit must be served fresh	✓ plus 2 days/ week fruit must be served fresh	✓ plus 2 days/ week fruit must be served fresh
<ul style="list-style-type: none"> 100% fruit juice can be counted as a fruit only once per week. 		✓	✓	✓	✓
<ul style="list-style-type: none"> A whole-grain food serving. A serving size of whole-grain food is equal to a serving of Grains/Bread as defined in the <i>Food Buying Guide</i>, pages 3.15-3.16. The majority of whole-grain food products served must have the whole grain(s) listed first in the ingredient statement. Other whole-grain servings must have whole grain as the primary grain ingredient. 		At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)
<ul style="list-style-type: none"> Only low-fat (1% or less) and fat-free (skim) fluid milk, flavored or unflavored, offered each day. 		✓	✓	✓	✓





HealthierUS School Challenge Criteria for Elementary Schools	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
<p>If the school sells any other foods and beverages on campus (competitive foods), sales must meet the criteria below, as well as the restricted times and locations stated at the right.</p> <p>Competitive foods are defined as any foods or beverages sold in competition with reimbursable meals. This includes a la carte, vending, snack bar, school store, and/or any other food and beverage sales on campus.</p> <p>Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.</p>	<p>The criteria apply during meal periods within the foodservice area(s) <i>Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i></p>	<p>The criteria apply during meal periods within the foodservice area(s) <i>Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i></p>	<p>The criteria apply throughout the school day (including meal periods), throughout the school campus</p>	<p>The criteria apply throughout the school day (including meal periods), throughout the school campus</p>
<p>Competitive foods and beverages must meet these criteria:</p> <ul style="list-style-type: none"> • Competitive Foods: <ul style="list-style-type: none"> • Total fat: Calories from total fat must be at or below 35% per serving. <i>Excludes nuts, seeds, nut butters, and reduced-fat cheese.</i> • Trans fat: Less than 0.5 grams (<i>trans</i> fat free) per serving. • Saturated fat: Calories from saturated fat must be below 10% per serving. <i>Excludes reduced-fat cheese.</i> • Sugar: Total sugar must be under or equal to 35% sugar by weight (includes naturally occurring and added sugars). <i>Excludes fruits, vegetables, and milk.</i> • Sodium: See information at right for sodium limits. • Portion size/Calories: Not to exceed the serving size of the food served in the NSLP; for other items, the package or container is not to exceed 200 calories. 	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>≤ 200 mg sodium per non-entrée; ≤ 480 mg per entrée OR Physical Education is 150 minutes/week</p> <p>✓</p>
<ul style="list-style-type: none"> • Competitive Beverages: (Only the following beverages are allowed) <ul style="list-style-type: none"> • Milk: Only low-fat (1% or less) and fat-free (skim), flavored or unflavored fluid milk, and/or USDA approved alternative dairy beverages; <i>limit serving size to maximum of 8 fluid ounces.</i> • 100% full strength fruit & vegetable juices with no sweeteners (nutritive or non-nutritive); <i>limit serving size to maximum of 6 fluid ounces.</i> • Water: Unflavored, no sweeteners (nutritive or non-nutritive), noncarbonated, caffeine-free. 	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>

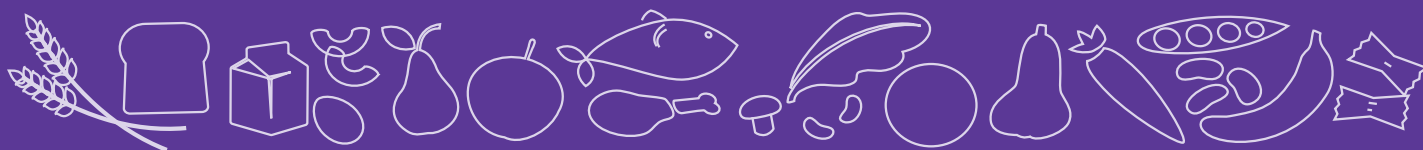









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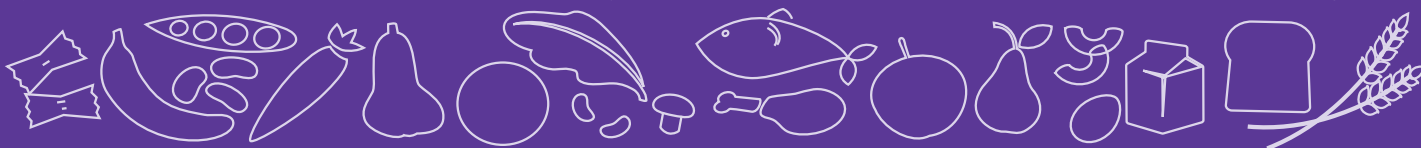
Criteria for Elementary Schools

HealthierUS School Challenge Criteria for Elementary Schools	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
Nutrition Education: <ul style="list-style-type: none"> Is provided for at least half, but no fewer than two, of the grade levels in the school. If the school consists of a single grade, nutrition education is provided to all students in the school. Is part of a structured and systematic unit of instruction, such as <i>MyPyramid</i> lessons from Team Nutrition. Involves multiple channels of communication, including the classroom, cafeteria, and home/parents. Messages are reinforced by prohibiting the use of food as a reward (school holiday parties are excluded). 	✓	✓	✓	✓
Physical education/activity is promoted by: <ul style="list-style-type: none"> Providing structured physical education classes for all full-day students throughout the school year. Providing unstructured daily opportunities for physical activity for all full-day students, such as recess. Reinforcing physical education/activity messages by neither denying nor requiring physical activity as a means of punishment. 	A minimum average of 45 minutes per week throughout school year ✓ ✓	A minimum average of 45 minutes per week throughout school year ✓ ✓	A minimum average of 90 minutes per week throughout school year ✓ ✓	A minimum average of 150 minutes per week throughout school year OR meet stricter sodium requirements plus a minimum average of 90 minutes per week throughout school year ✓ ✓
School policies support a wellness environment by permitting primarily nonfood items being sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods, as outlined in this chart.	✓	✓	✓	✓
The school district has developed a Wellness Policy . A copy of the Wellness Policy is submitted with the application.	✓	✓	✓	✓





HealthierUS School Challenge Criteria for Secondary Schools		Award Level General Requirements			
		Bronze	Silver	Gold	Gold Award of Distinction
 School is enrolled as a Team Nutrition (TN) school.		✓	✓	✓	✓
Reimbursable lunches meet the USDA nutrition standards. School district had a School Meals Initiative (SMI) review within 5 years and all corrective actions have been completed.		✓	✓	✓	✓
Average Daily Participation for lunch meets or exceeds a minimum.	Middle Schools High Schools	N/A	60% 45%	70% 65%	70% 65%
School lunch menu allows students to select each of the food items listed below:		✓	✓	✓	✓
<ul style="list-style-type: none"> A different vegetable every day of the week. All servings must be at least ¼ cup. Of these five: <ul style="list-style-type: none"> Dark green or orange vegetables offered 3 or more days per week (of the 3, at least 2 must be different). Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas). 		✓	✓	✓	✓
<ul style="list-style-type: none"> A different fruit every day of the week (fresh, frozen, canned, dried, or 100% juice). All servings must be at least ¼ cup. Dried fruit must have no added sweetener (nutritive or non-nutritive); canned fruit must be packed in juice or light syrup. 		plus 1 day/ week fruit must be served fresh	plus 1 day/ week fruit must be served fresh	plus 2 days/ week fruit must be served fresh	plus 2 days/ week fruit must be served fresh
<ul style="list-style-type: none"> 100% fruit juice can be counted as a fruit only once per week. 		✓	✓	✓	✓
<ul style="list-style-type: none"> A whole-grain food serving. A serving size of whole-grain food is equal to a serving of Grains/Bread as defined in the Food Buying Guide, pages 3.15-3.16. The majority of whole-grain food products served must have the whole grain(s) listed first in the ingredient statement. Other whole-grain servings must have whole grain as the primary grain ingredient. 		At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)
<ul style="list-style-type: none"> Only low-fat (1% or less) and fat-free (skim) fluid milk, flavored or unflavored, offered each day. 		✓	✓	✓	✓

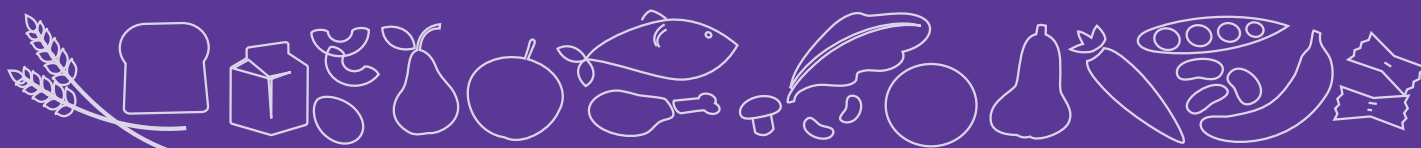





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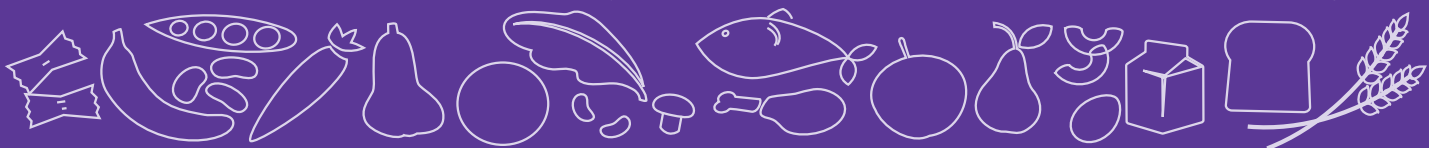
Criteria for Secondary Schools

HealthierUS School Challenge Criteria for Secondary Schools	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
<p>If the school sells any other foods and beverages on campus (competitive foods), sales must meet the criteria below, as well as the restricted times and locations stated at the right.</p> <p>Competitive foods are defined as any foods or beverages sold in competition with reimbursable meals. This includes a la carte, vending, snack bar, school store, and/or any other food and beverage sales on campus.</p> <p>Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.</p>	<p>The criteria apply during meal periods within the foodservice area(s)</p> <p><i>Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i></p>	<p>The criteria apply during meal periods within the foodservice area(s)</p> <p><i>Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i></p>	<p>The criteria apply throughout the school day (including meal periods), throughout the school campus</p>	<p>The criteria apply throughout the school day (including meal periods), throughout the school campus</p>
<p>Competitive foods and beverages must meet these criteria:</p> <ul style="list-style-type: none"> Competitive Foods: <ul style="list-style-type: none"> Total fat: Calories from total fat must be at or below 35% per serving. <i>Excludes nuts, seeds, nut butters, and reduced-fat cheese.</i> Trans fat: Less than 0.5 grams (<i>trans</i> fat free) per serving. Saturated fat: Calories from saturated fat must be below 10% per serving. <i>Excludes reduced-fat cheese.</i> Sugar: Total sugar must be under or equal to 35% sugar by weight (includes naturally occurring and added sugars). <i>Excludes fruits, vegetables, and milk.</i> Sodium: See information at right for sodium limits. Portion size/Calories: Not to exceed the serving size of the food served in the NSLP; for other items, the package or container is not to exceed 200 calories. 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ≤ 200 mg sodium per non-entrée; ≤ 480 mg per entrée ✓
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HealthierUS School Challenge Criteria for Secondary Schools	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
Nutrition Education: <ul style="list-style-type: none"> Offered to middle school students in at least one grade level as part of required year round instruction. Offered to high school students in 2 courses required for graduation. Involves multiple channels of communication. Messages are reinforced by prohibiting the use of food as a reward (school holiday parties are excluded). 	✓	✓	✓	✓
Physical education/activity is promoted by: <ul style="list-style-type: none"> Offering structured physical education classes to at least two grades and providing students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) throughout the school year. In addition, actively promoting participation in physical activities (in and out of school) to all students. Reinforcing physical education/activity messages by neither denying nor requiring physical activity as a means of punishment. 	✓	✓	✓	✓
School policies support a wellness environment by permitting primarily nonfood items being sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods, as outlined in this chart.	✓	✓	✓	✓
The school district has developed a Wellness Policy . A copy of the Wellness Policy is submitted with the application.	✓	✓	✓	✓

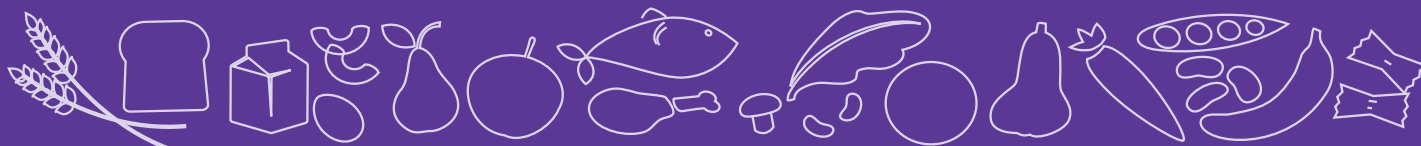




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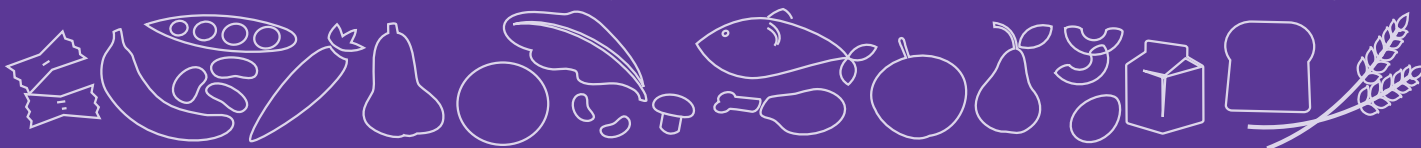
Criteria for All Schools

HealthierUS School Challenge Comparison Criteria for All Schools		Award Level General Requirements			
		Bronze	Silver	Gold	Gold Award of Distinction
 School is enrolled as a Team Nutrition (TN) school.		✓	✓	✓	✓
		✓	✓	✓	✓
Reimbursable lunches meet the USDA nutrition standards. <i>School district had a School Meals Initiative (SMI) review within 5 years and all corrective actions have been completed.</i>		✓	✓	✓	✓
Average Daily Participation for lunch meets or exceeds a minimum.	Elementary Schools	N/A	60%	70%	70%
	Middle Schools	N/A	60%	70%	70%
	High Schools	N/A	45%	65%	65%
School lunch menu allows students to select each of the food items listed below:		✓	✓	✓	✓
<ul style="list-style-type: none"> A different vegetable every day of the week. All servings must be at least ¼ cup. Of these five: <ul style="list-style-type: none"> Dark green or orange vegetables offered 3 or more days per week (of the 3, at least 2 must be different) Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas). 		✓	✓	✓	✓
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<ul style="list-style-type: none"> 100% fruit juice can be counted as a fruit only once per week. 		✓	✓	✓	✓
<ul style="list-style-type: none"> A whole-grain food serving. A serving size of whole-grain food is equal to a serving of Grains/Bread as defined in the <i>Food Buying Guide</i>, pages 3.15-3.16. The majority of whole-grain food products served must have the whole grain(s) listed first in the ingredient statement. Other whole-grain servings must have whole grain as the primary grain ingredient. 		At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)
<ul style="list-style-type: none"> Only low-fat (1% or less) and fat-free (skim) fluid milk, flavored or unflavored, offered each day. 		✓		✓	✓





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<ul style="list-style-type: none"> Competitive Beverages: (Only the following beverages are allowed) <ul style="list-style-type: none"> Milk: Only low-fat (1% or less) and fat-free (skim), flavored or unflavored fluid milk, and/or USDA approved alternative dairy beverages; <i>limit serving size to maximum of 8 fluid ounces.</i> 100% full strength fruit & vegetable juices with no sweeteners (nutritive or non-nutritive); <i>limit serving size to maximum of 6 fluid ounces for elementary and middle schools and 8 fluid ounces for high schools.</i> Water: Unflavored, no sweeteners (nutritive or non-nutritive), noncarbonated, caffeine-free. 	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>

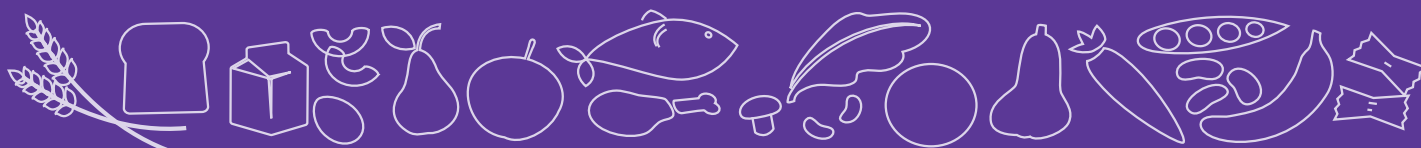




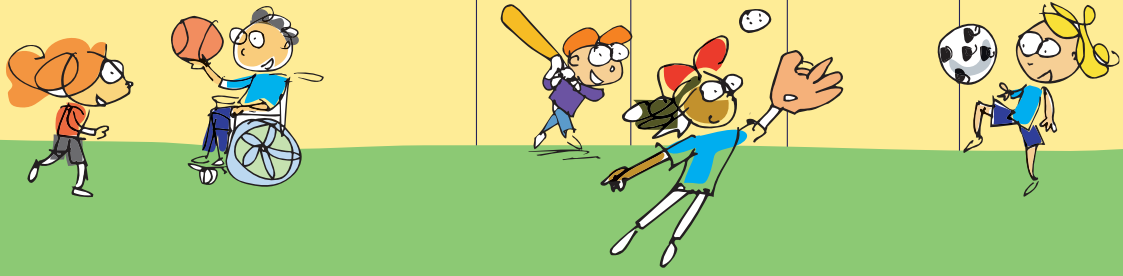
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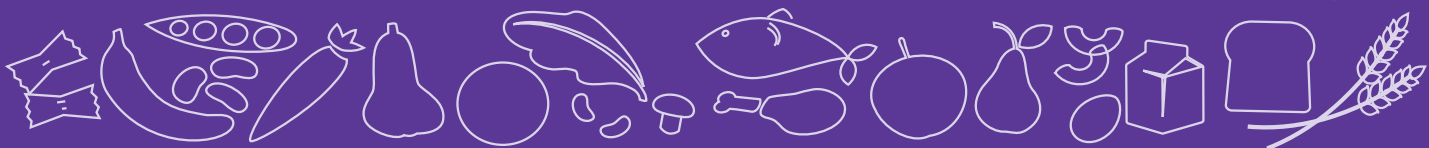
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HealthierUS School Challenge Comparison Criteria for All Schools	Award Level General Requirements			
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Physical education/activity is promoted by: Elementary Schools <ul style="list-style-type: none"> Providing structured physical education classes for all full-day students throughout the school year. Providing unstructured daily opportunities for physical activity for all full-day students, such as recess. Reinforcing physical education/activity messages by neither denying nor requiring physical activity as a means of punishment. 	A minimum average of 45 minutes per week throughout school year	A minimum average of 45 minutes per week throughout school year	A minimum average of 90 minutes per week throughout school year	A minimum average of 150 minutes/week throughout school year OR meet stricter sodium requirements plus a minimum average of 90 minutes per week throughout school year






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<p>Physical education/activity is promoted by:</p> <p>Secondary Schools</p> <ul style="list-style-type: none"> Offering structured physical education classes to at least two grades and providing students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) throughout the school year. In addition, actively promoting participation in physical activities (in and out of school) to all students. Reinforcing physical education/activity messages by neither denying nor requiring physical activity as a means of punishment. 	✓	✓	✓	✓
<p>School policies support a wellness environment by permitting primarily nonfood items being sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods, as outlined in this chart.</p>	✓	✓	✓	✓
<p>The school district has developed a Wellness Policy. A copy of the Wellness Policy is submitted with the application.</p>	✓	✓	✓	✓





HealthierUS School Challenge Application Kit

Checklist

 HealthierUS School Challenge Checklist Are You Ready To Take the HealthierUS School Challenge? If You Can Check "Yes!" in Each Box Below, You Are Ready!	
	YES!
Is your school a Team Nutrition School?	
Does your school implement a local school wellness policy?	
Did your school complete requirements of most recent SMI review?	
Does your school provide nutrition education to students?	
Elementary Schools: Does your school provide 45 minutes or more of physical education to students in every grade per week? (Gold requirement is 90 minutes; Gold of Distinction is 90 minutes with stricter sodium requirements OR 150 minutes.)	
Secondary Schools: Does your school offer physical education classes to at least two grades and provide students in all grades opportunities to participate in physical activity?	
Elementary and Middle Schools: Does your school maintain an Average Daily Participation (ADP) of at least 60% for Silver level? (For Gold & Gold of Distinction, the requirement is 70% or higher.) There is no ADP requirement for Bronze.)	
High Schools: Does your school maintain an ADP of 45% or higher for Silver level? (For Gold and Gold of Distinction, the requirement is 65% or higher.) There is no ADP requirement for Bronze level.)	
In your school lunch, do you:	
• Offer a different vegetable each day of the week?	
• Offer dark green or orange vegetables 3 or more days each week?	
• Offer dry beans and/or peas 1 or more days each week?	
• Offer a different fruit each day of the week? (At least one being fresh for Bronze/Silver and at least two fresh for Gold/Gold of Distinction)	
• Offer at least a serving of whole grains 3 or more days each week? (Daily for Gold and Gold of Distinction)	
• Offer only low-fat and fat-free milk each day?	
Are competitive foods:	
• Served in portions of 200 calories or less (includes fundraising)?	
• Under or equal to 35% calories from fat (excluding nuts and reduced-fat cheese)?	
• <i>Trans</i> -fat free?	
• Under 10% calories from saturated fat (excluding reduced-fat cheese)?	
• Under or equal to 35% sugar by weight? (fruits are exempt)	
• Under or equal to 480 mg sodium per side dish, 600 mg per entrée for Bronze/Silver/Gold (or Gold of Distinction only for elementary schools with 150 minutes of physical education)?	
• Under or equal to 200 mg sodium per side dish; or 480 mg per entrée for Gold of Distinction?	
• Are competitive beverages limited to low-fat or fat-free milk, 100% fruit/vegetable juice, or water?	

