

## HealthierUS School Challenge Mini-Grant Summary

Grant Overview: The HealthierUS School Challenge (HUSSC) was established to recognize schools that are creating healthier school environments through their promotion of good nutrition and physical activity. Four levels of superior performance are awarded: Bronze, Silver, Gold, and Gold of Distinction.

To qualify for the awards, a school must submit a formal application and meet basic criteria set forth by the U.S. Department of Agriculture, Food and Nutrition Service (FNS). The HUSSC criteria reflect the recommendations of the 2005 Dietary Guidelines for Americans and the Institute of Medicine (IOM) published recommendations (April 2007) for foods that should be served in schools, outside of the organized school lunch meals.

HealthierUS Schools must also have a local school wellness policy as mandated by Congress. Local school wellness policies support the HUSSC initiative and affirm that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. The Challenge operates under the following guiding principles:

1. Schools receiving a HUSSC award will commit to meeting the criteria throughout their certification period.
2. Schools will meet all the School Meals Initiative (SMI) requirements including energy and nutrient standards and age-appropriate portion sizes on an ongoing basis.
3. Schools will serve reimbursable meals that reflect good menu planning principles, such as serving a variety of healthier foods that look good, taste good, and appeal to the cultural sensitivities of the school community populations.
4. Schools will plan meals that emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; that include lean meats, poultry, fish, beans, eggs, and nuts; and that are low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.
5. Schools will offer foods that ensure students can select a meal that meets all the HUSSC criteria. Such foods should be routinely selected by students, not just be token foods to meet HUSSC criteria.

Elementary, middle and high schools applying at the Bronze level do not have an Average Daily Participation (ADP) requirement. Elementary and middle schools applying at the Silver level or higher must have a minimum ADP of 60 percent, and high schools applying at the Silver level or higher must have a minimum ADP of 45 percent. The school must also be enrolled as a Team Nutrition school, and be in compliance with all USDA nutrition standards for school lunches. In addition, each school must provide nutrition education and meet the physical education and activity requirements.

Amount of Award: Up to \$2,000 per applicant.

Due Date/Notification of Award: Due May 6, 2011. Notification in early June 2011.

Alternatives if not Awarded: this is a voluntary study. Activities will not occur if a teacher is not participating.

WCSD Resources Required: None.

Administrative Recommendation: That the Board of School Directors authorizes the administration to work with district schools to determine eligibility for a HealthierUS School Challenge Mini-Grant, and to work with any qualified schools to develop and submit an application.