Improving Student Wellness with the HealthierUS School Challenge (HUSSC)

Brought to you by the Rural Health Initiative- MSU

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Today’s Webinar Speakers

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Food Service Manager
Billings Public Schools

www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html
What Do We Know About Children’s Wellbeing?

Obesity Rates:

- **Children Ages 6-11**
  - 6.5% in 1980
  - 19.6% in 2008

- **Adolescents Ages 12 – 19**
  - 5% in 1980
  - 18.1% in 2008
What Do We Know About Children’s Wellbeing?

Food/Nutritional Intake:

• Key nutrients, like calcium, iron, zinc, and fiber and often lacking in children’s diets
• 40% of a child’s daily calories are from added fat and added sugar

Physical Activity Levels:

• Decrease as children increase in age
• <60% of Montana teens report participating in moderately vigorous physical activity on a regular basis
Health is Academic
What is the HealthierUS School Challenge?

• USDA initiative to improve student health and well-being

• School commitment to providing students with a healthy school environment

Visit the HUSSC web site at:
How does it work?

- Voluntary program for elementary and secondary schools
- Schools must meet or exceed criteria
- Apply for Bronze, Silver, Gold, or Gold Award of Distinction
- Certified for 4 years
- National recognition and prestige
Why should our school apply?

• Be a Wellness Champion
• Gain recognition
• Receive an award plaque, monetary awards, banner, and community recognition

Lolo School
Our First Winner
Who needs to be involved?

A school-based review team of at least:

- School foodservice manager and district-level foodservice director
- Team Nutrition School Leader
- Parent organization representative (e.g., PTA/PTO)
- School nurse, Coordinated School Health staff, Physical Education (PE) or classroom teacher
- Principal or other administrator

Visit the HUSSC web site at:
School Wellness Champion
HUSSC Silver Level Award Winner

Barbara Dykema
Parent and School Wellness Committee Member
Luther School
HUSSC Silver Level Award Winner

Explore Tibetan Culture
The Application Process

- Elementary or secondary levels
- Simplified on-line application or
- Hard copy application
- School or district level applications available
- Start at the **Bronze Level** and work your way up
  - Receive monetary incentives
  - Give time to implement changes in food, education or physical activity programs

What are the 5 Basic Criteria?

1. Be enrolled as a Team Nutrition School
2. Offer reimbursable lunches that demonstrate healthy menu planning practices and meet USDA nutrition standards
3. Maintain required levels of Average Daily Participation (ADP) in the Lunch Program
   - **Bronze Level**: No required ADP for All Schools
   - **Silver Level**: 60% for Elem/Middle School and 45% for High Schools
   - **Gold Level**: 70% for Elementary/Middle Schools, and 65% for High Schools
More Basic Criteria

4. Meet or exceed menu criteria established for
   – School lunches and
   – Competitive foods and beverages.

5. Provide students with:
   – Nutrition education,
   – Physical education (PE) or Health Enhancement
   – and Physical activity opportunities (PA)
Menu Criteria for School Meals

Competitive Foods

A la carte Offerings in Cafeteria,
Vending Machines,
Snack Bars, and
Student Stores

Lunch Menus
Menu Criteria-Making the Healthy Choice the Easy Choice

Meal Components
- Milk
- Meat/Protein
- Fruits/Veggies
- Grains/Breads
Menu Criteria - MILK

- Offer only low-fat (1%) or fat-free (skim) milk
- Low-fat or fat free Flavored Milk is Allowable
Menu Criteria – MEAT/PROTEIN

• A serving of cooked dry beans or peas must be offered each week

Minimum serving = ¼ cup
Menu Criteria -- Vegetables

- Offer a different vegetable each day of the week
- Of these five vegetables, three must be dark green or orange

Minimum serving = \(\frac{1}{4} \text{ cup}\)
Menu Criteria - FRUIT

- Offer a different fruit each day of the week
- Fresh Fruit must be offered weekly
  - 1/week – Bronze/Silver
  - 2/week – Gold Level

Minimum serving = ¼ cup

Juice can only be counted once per week
Menu Criteria - GRAINS

• More whole-grain products
  – Offer a variety of whole-grain products (not the same one each day)
    – Silver/Bronze: A serving three times a week
    – Gold Level: A serving each day
Your Favorite Menus Can Meet the Criteria with…

Simple Modifications

• Add beans (1/4 cup/serving) to the taco meat recipe
• Substitute a whole grain or corn tortilla for a white tortilla

HealthierUS School Challenge Application Kit
Menu Practices

• Every child should have the opportunity to select a reimbursable meal that meet the Challenge criteria.
Menus with Multiple Choices

**Entrée (select 1)**
Chili (beef/bean) with Whole Grain Cinnamon Roll
Chef Salad (spinach/iceberg lettuce) with Bread Stick

**Sides (select 1 or more)**
Fresh Orange Smiles
Romaine Lettuce Salad
Apple Sauce

**Milk (select 1)**
1% White and Chocolate Milk
Fat-free White Milk
Example #3

**LINE A**
- Grilled Cheese
- Corn on the Cob
- Apple
- 1%/Skim Milk

**LINE B**
- Chicken Stir Fry w/ Brown Rice
- Spinach Salad
- Banana
- 1%/Skim Milk

Does a student have the opportunity to select a HUSSC Meal?
# Sample HUSSC Cycle Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Pumpkin Bar Fruit Choice</td>
<td>Chicken Wrap Lettuce &amp; Tomato Spanish Rice Steamed Carrots Tropical Fruit Fruit Choice</td>
<td>Spaghetti w/ Meat Sauce Garden Spinach Salad French Garlic Bread Sliced Peaches Fruit Choice</td>
<td>Taco Salad Whole Grain Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pineapple Rings Fruit Choice</td>
<td>Chicken &amp; Noodles Mashed Potatoes Green Beans Whole Wheat Roll &amp; Jelly Orange Wedges Fruit Choice</td>
</tr>
<tr>
<td>PBJ Sandwich</td>
<td>Turkey &amp; Cheese Sandwich</td>
<td>Chef Salad w/Spinach &amp; Bread Stick*</td>
<td>Ham &amp; Cheese Sandwich</td>
<td>Yogurt/Muffin</td>
</tr>
<tr>
<td>Hamburger on a Whole Wheat Bun Lettuce &amp; Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bars Fruit Choice</td>
<td>Chicken Nuggets Mashed Potatoes &amp; Gravy Fresh Broccoli Whole Wheat Roll &amp; Jelly Strawberries &amp; Bananas Fruit Choice</td>
<td>Chili Whole Grain Corn Chips Celery &amp; Cucumbers Cinnamon Rolls Orange Smiles Fruit Choice</td>
<td>Pork Rib on a Whole Wheat Bun Tri-Tater Corn Fresh Kiwi Cherry Crisp Fruit Choice</td>
<td>Macaroni &amp; Cheese Smokies Seasoned Peas Fresh Baby Carrots Whole Wheat Bread &amp; Jelly Apple Wedges Fruit Choice</td>
</tr>
<tr>
<td>PBJ Sandwich</td>
<td>Turkey &amp; Cheese Sandwich</td>
<td>Chef Salad w/Spinach &amp; Bread Stick*</td>
<td>Ham &amp; Cheese Sandwich</td>
<td>Yogurt/Muffin</td>
</tr>
</tbody>
</table>

Yellow Highlighted Items = Whole Grain Servings

**Green Font** = Dark Green or Orange Vegetables

**Red Font** = Fruit Choices
HUSSC Gold Level Award Winner
School Wellness Champion

Sandy Bettise
Food Service Manager
Billings Public Schools
(406) 281-5881
E-mail: bettises@billingsschools.org
Ponderosa School
Salad Bar
Eating the Alphabet (and Rainbow) is easy by our A-Z Salad Bar
Menu Criteria for Competitive Foods

Foods offered in A la carte Offerings in Cafeteria, Vending Machines, Snack Bars, and Student Stores
Competitive Foods Criteria
A la carte, vending, snack bar, school store

Foods and beverages must meet specific levels for the following nutrients:

• Total Fat, Saturated Fat and Trans Fat
• Sugar, and
• Sodium
• Calories (portion size)
When Must Meet Competitive Foods Criteria

A la carte, vending, snack bar, school store

• Bronze/Silver
  – during meal periods in all foodservice areas

• Gold/Gold Award of Distinction
  – throughout the school day, throughout the school campus

Second or extra servings of NSLP entrée or main dish are exempt!
Competitive Beverages Criteria

A la carte, vending, snack bar, school store

- **Milk**
  - Only low-fat and fat-free
  - Limit to maximum serving size of 8 fluid ounces

- **Juice**
  - 100% full strength with no sweeteners
  - Limit to maximum serving size of 6 fluid ounces for elementary and middle schools and 8 fluid ounces for high schools

- **Water**
  - Unflavored, non-carbonated, caffeine-free, no sweeteners
HUSSC Silver and Gold Level Award Winner
School Wellness Champion

Kimberly Patacsil
Food Service Manager
Box Elder School
Healthy School Meals
Welcoming Cafeteria filled with Nutrition Ed!
Nutrition Education Criteria

Nutrition Education for elementary school must:

• Be offered to at least half of the grade levels in the school
• Be integrated into classroom instruction
• Use multiple channels of communication such as in the classroom, cafeteria, and at home

Nutrition Education for middle and high schools must:

• Be offered to middle school students in at least one grade level as part of required year round instruction.
• Be offered to high school students in 2 courses required for graduation.
• Involve multiple channels of communication.
Nutrition Education Activities

• Health Enhancement, or Family and Consumer Science, or Agricultural Education Curriculums
• School Garden Projects
• After school Programming
• Cafeteria Connections
Cafeteria Connections

Teaching through Menus, Bulletin Boards, Murals and Tasting Activities
Physical Education Criteria

Elementary schools should offer structured physical education (PE):

- **Bronze/Silver**
  - 45 minutes/week
- **Gold**
  - 90 minutes/week
- **Gold with Distinction**
  - 150 minutes/week*

\* Reduced to 90 minutes of PE if stricter sodium restrictions on competitive food sales are met.
Physical Education Criteria

• New flexibility in required minutes of PE.
• Up to 20 minutes (Bronze/Silver) and 45 minutes (both Gold levels) of the PE requirement may be met by providing structured physical activity planned by the PE (Health Enhancement) teacher, implemented by the classroom teacher.
• All students must participate (moderate intensity) for at least 10 minutes.
Physical Activity Criteria

Physical activity opportunities offered outside the classroom
Physical Education Criteria

Middle and High Schools:

• Offer structured physical education classes to at least two grades.
• Provide students in all grades opportunities to participate in physical activity throughout the school year.
• Actively promote participation in physical activities (in and out of school) to all students.
Physical Activity at Box Elder
Physical Activity at School

Lolo Health Enhancement Teachers, Jeannie Bates and Courtney Carroll, Challenge Students to Be Active Daily
School Health Policies & Practices

- Fundraising
- Student Rewards
- Wellness policy

Policies & practices support a wellness environment and provide consistent messages.
The Time is Right for School Wellness Policies

• Increased awareness and commitment to nutrition and student wellbeing

Challenges to Applying

- Taking the time to complete the application
- Making gradual menu modifications to meet the criteria for lunch and competitive foods
- Providing enough minutes of structured physical education
Keeping Our Eye on the Prize

HealthierUS School Challenge
Application Kit
Your Schools Should Be Recognized!

- Excellence in student wellness environment
- Addressing concerns of childhood overweight and related health problems
- Promote healthy eating and lifestyle changes students can use for a lifetime
- Link to academic success
HUSSC Gold Level Award Winner
School Wellness Champion

Lolo School -- First Montana Winner
Linda Free, Manager and foodservice staff
HUSSC Gold, and Bronze Level Award Winners—School Wellness Champions

Bozeman School District – 4 Awards
Mr. Bob Burrows and Mrs. Sherri Pearson
HealthierUS School Challenge
Application Kit
Resources and Training

For more resources and/or in-depth training on any of the HealthierUS School Challenge criteria, contact:

• Montana Team Nutrition Program at (406) 994-5641
  or

Visit the HUSSC web site at:

October (Free) Regional Training
How to Meet the Criteria?

• **October 21\(^{st}\), 2010  8:00 to 10:30 a.m. via**
• Interactive video conferencing at four sites: **Billings, Great Falls, Helena, Missoula**
• Purpose: To work on school meals, nutrition education and physical education/activity criteria
• Pre-registration required - Form at this web site: [www opi mt gov /Programs/SchoolPrograms/School_Nutrition/index.html](http://www opi mt gov /Programs/SchoolPrograms/School_Nutrition/index.html) under Current Events and Training link

Contact Montana Team Nutrition Program at (406) 994-5641 or email stenberg@montana.edu
Questions?

Contact Montana Team Nutrition Program or Award Winning Schools

Molly Stenberg
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stenberg@montana.edu

Katie Bark
(406)994-5641
kbark@mt.gov

www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html
Competitive Foods Criteria

A la carte, vending, snack bar, school store

• Total fat
  – At or below 35% calories from total fat (nuts, seeds, nut butters and reduced-fat cheese is exempt)

• Saturated fat
  – Less than 10% calories (reduced-fat cheese is exempt)

• Trans fat
  – Less than .5 grams per serving

• Sugar
  – Under or equal to 35% sugar by weight (fruits and vegetables are exempt)

Second or extra servings of NSLP entrée or main dish are exempt!
Competitive Foods Criteria
A la carte, vending, snack bar, school store

Sodium

• Bronze/Silver/Gold
  • ≤ 480 mg per non-entrée, ≤ 600 per entrée
• Gold Award of Distinction*
  • ≤ 200 mg per non-entrée, ≤ 480 per entrée
• Portion size/Calories
  • Not to exceed NSLP portion or 200 calories

*Elementary schools that offer more PE (150 minutes) can follow the sodium levels for the other awards and still receive the Gold Award of Distinction. Middle and high schools must meet the lower sodium levels in order to receive the Gold Award of Distinction.