Discover the HealthierUS School Challenge: Smarter Lunchrooms Award

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Montana Team Nutrition Program, MSU

Rural Health Initiative – Webinar Series – Part 2
November 3, 2015
THANK YOU

Montana Rural Health Initiative, MSU for co-hosting this webinar series. This is Part 2 of a five part series.

School nutrition professionals across Montana who work so hard to serve our students healthful, tasty meals each day to support their growth and development, and fuel academic and athletic success.
Learning Objective

Participants will understand…

2. Benefits related to a HUSSC:SL Award.
3. Tips for a successful application process.
What is the HUSSC: SL Award?

- National level Healthy School Award
- Recognizes schools which prioritize
  - Nutrition and nutrition education
  - Physical education and physical activity
  - Strong school wellness policies

4 levels to apply at—
Bronze, Silver, Gold and Gold with Distinction

History – HUSSC is now......

HUSSC: Smarter Lunchrooms

- Started in 2004

- Montana Schools are HUSSC Champions!
  - Over 100 Montana Schools have received HUSSC awards
  - 14% of all schools in our state!

See the list at http://www.fns.usda.gov/hussc/award-winning-schools

Excellent work being done – application often viewed as documenting what a school is already doing
Why would my school want to go for a HUSSC: SL award?

Be recognized at the national and state level as being one of the healthiest schools in the nation.

Canyon Creek School, Billings, MT

Great way to recognize food service staff
Why would my school want to go for a HUSSC: SL award?

Receive award money!

- Bronze level - $500 per school site
- Silver level - $1000 per school site
- Gold level - $1500 per school site
- Gold of Distinction level - $2000 per school site

Award funds are paid into the School District School Food Service Account
Why would my school want to go for a HUSSC: SL award?

Promotes your school meals programs in a positive manner within your community.

“It completed changed the community’s perception of our school meals program (for the better),” says a Montana School Food Service Manager.
Why would my school want to go for a HUSSC: SL award?

Jumpstart or revitalize your School Wellness Committee!

- Brings key players together to make positive strides in creating a healthy school
- School Food Service
- Health Enhancement staff
- Classroom teachers
- Parent group
- School Wellness Committee
Poll Question # 1

- My position/affiliation with a Montana school includes:
  
  - School Food Service Director or Staff
  - Health Enhancement or Classroom Teacher
  - School Wellness Committee Member
  - Parent
  - Other – please list
HUSSC: SL – NEW & IMPROVED

What’s New?!

- No Meal Criteria!
  - Easier (less paperwork) for school food service manager

- Smarter Lunchroom techniques are required

- Smart Snacks criteria are required

- School breakfast program is required
General Criteria

- **Handout – 2014 HUSSC SL Award Criteria**

- Enrolled as a Team Nutrition School
  - Check database by searching with zip code

- Participate in School Breakfast Program and the National School Lunch Program

- Meet average daily participation levels for Silver level or higher. *(none for Bronze level)*
Average Daily Participation (ADP) – the number of students participating in the school lunch and breakfast program

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<th>Gold Award of Distinction</th>
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Smarter Lunchrooms Criteria

- Smarter Lunchrooms – [www.smarterlunchrooms.org](http://www.smarterlunchrooms.org)

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**About Our Work**

- Childhood Predictors of Adult BMI

- Offering Healthy Foods at High School Concession Stands

- Banning Chocolate Milk in School Cafeterias
  - Decreases Sales and Increases Waste
School Wellness Policy Linkages

- Smarter Lunchrooms is the basis for a school achieving a HealthierUS School Challenge/Smarter Lunchroom award.

- Smarter Lunchrooms may be a component of a school’s wellness policy implementation plan.

- Smarter Lunchrooms is the most positive way to make healthy changes!
Focus on Fruit

- Promoting Veggies & Fruits
- Moving More White Milk
- Entrée of the Day
- Increasing sales of Reimbursable Meals
- Creating School Synergies

6 areas:
- Real time assessment
- 100 evidenced-based suggestions
- Average score is 40 points

Smarter Lunchrooms Self-Assessment

Instructions
Read each of the statements below. Visualize your cafeteria, your service areas and your school building. Indicate whether the statement is true for your school by checking the box to the left. If you believe that your school does not reflect the statement 100% do not check the box on the left. After you have completed the checklist, tally all boxes with check marks and write this number in the designated area on the back of the form. This number represents your school’s baseline score. The boxes which are not checked are areas of opportunity for you to consider implementing in the future. We recommend completing this checklist annually to measure your improvements!

Important Words
Service areas: Any location where students can purchase or are provided with food
Dining areas: Any location where students can consume the food purchased or provided
Grab and Go Meals: Any meal with components pre-packaged together for ease and convenience – such as a brown bag lunch or “Pam Lunch” etc.
Designated Line: Any foodservice line which has been specified for particular food items or concepts – such as a pizza line, deli line, salad line etc.
Alternative entrée options: Any meal component which could also be considered an entrée for students - such as the salad bar, yogurt parfait, vegetarian/vegan or meatless options etc.
Reimbursable “Combo Meal” pairings: Any reimbursable components available independently on your foodservice lines which you have identified as a part of a promotional complete meal – for example you decided your best taco, seasoned beans, frozen strawberries and 1% milk are part of a promotional meal called the, “Mi Amigo Meal” etc.

Non-functional lunchroom equipment: Any items which are either broken, Favoring repair or are simply not used during meal service – such as empty or broken steam tables, coolers, regatzen etc.

Good Rapport: Communication is completed in a friendly and polite manner

All Points of Sale: Any location where a register/pin-pad is located for example: deli-line, salad window, a la carte line, hot line, kiosks/cards etc.

Focusing on Fruit
- At least two types of fruit are available daily
- Sliced or cut fruit is available daily
- Fruit options are not browned, bruised or otherwise damaged
- Daily fruit options are given creative, age-appropriate names

- Fruit is available at all points of sale (deli-line, snack windows, a la carte lines etc.)
- Daily fruit options are available in at least two different locations on each service line
- At least one daily fruit option is available near all registers (if there are concerns regarding edible peel, fruit can be bagged or wrapped)
- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing/hotel pans)
- A mixed variety of whole fruits are displayed together
- Daily fruit options are easily seen by students of average height for your school
- Daily fruit options are bundled into all grab and go meals available to students
- Daily fruit options are written legibly on menus boards in all service and dining areas

Promoting Vegetables & Salad
- At least two types of vegetable are available daily
- Vegetables are not wilted, browning, or otherwise damaged
- At least one vegetable option is available in all foodservice areas
- Individual salads or a salad bar is available to all students
- The salad bar is highly visible and located in a high traffic area
- Self-serve salad bar utensils are at the approximate portion size or larger for all fruits and vegetable offered
- Self-serve salad bar utensils are smaller for croutons, dressing and other non-produce items
- Daily vegetable options are available in at least two different locations on each service line
- Daily vegetable options are easily seen by students of average height for your school
- A daily vegetable option is bundled into grab and go meals available to students
- A default vegetable choice is established by pre-plating a vegetable on some of the trays

- Available vegetable options have been given creative or descriptive names
- All vegetable names are printed/written on name-cards or product IDs and displayed next to each vegetable option daily
- All vegetable names are written and legible on menu boards
- All vegetable names are included on the published monthly school lunch menus

Moving More White Milk
- All beverage coolers have white milk available
- White milk is placed in front of other beverages in all coolers
- White milk crates are placed so that they are the first beverage option seen in all designated milk coolers
- White milk is available at all points of sale (deli-line, snack windows, a la carte lines etc.)
- White milk represents at least 1/3 of all visible milk in the lunchroom
- White milk is easily seen by students of average height for your school
- White milk is bundled into all grab and go meals available to students as the default beverage
- White milk is promoted on menu boards legibly
- White milk is replenished so all displays appear “full” continually throughout meal service and after each lunch period

Entrée of the Day
- A daily entrée option has been identified to promote as a “targeted entrée” in each service area and for each designated line (deli-line, snack windows, a la carte lines etc.)
- Daily targeted entrée options are highlighted on posters or signs
- Daily targeted entrée is easily seen by students of average height for your school
- Daily targeted entrees have been provided creative or descriptive names
- All targeted entrée names are printed/written on name-cards or product IDs and displayed next to each respective entrée daily
Tips:

- Arrive 15 minutes before service line starts
- Verify any questions with food service manager prior to service
- Observe at least one lunch period; then do scorecard in real time.
- Mark the items that you see.
- Circle items that are not present. Write N/A if it doesn’t apply.

Since its founding in 2009 the Smarter Lunchrooms Movement has championed the use of evidence-based, simple low and no-cost changes to lunchrooms which can substantially improve participation and profits while decreasing waste. This tool can help you to evaluate your lunchroom, congratulate yourself for things you are doing well and identify areas of opportunity for improvement.

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Tips:

- Can’t “remove” N/A items; total score is still based upon 100 points.
- Tally the number of checks.
- Don’t get hung up on the number!
- An opportunity to see where you are doing well and identify areas to improve.
Smarter Lunchrooms Criteria

- Smarter Lunchrooms
  - Smarter Lunchroom Self-Assessment Scorecard
    - Bronze – at least 30 action items
    - Silver/Gold – 50 action items
    - Gold Award of Distinction – 70 action items
Criteria for Smart Snacks

All Award Levels (Bronze, Silver, Gold, Gold Award of Distinction)

Must meet Smart Snacks in School Nutrition Standards.

- All foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards for all foods and beverages sold to students

- A la carte, vending, school stores, snack or food carts and any food-based fundraising held during the school day
Nutrition Education Criteria

- Elementary School (All Award Levels)
  - Provided to all full-day students
  - Part of structured/systematic unit of instruction
  - Must incorporate Team Nutrition curricula/materials

- Resources:

- Must be consistent with Dietary Guidelines for Americans and MyPlate
- Utilizes multiple channels of communication
Nutrition Education Criteria

Nutrition Education

- Middle School
  - Bronze/Silver: Offered in at least one grade
  - Gold or higher: Offered in at least two grades

- High School (All Award Levels)
  - Offered in two courses required for graduation
Physical Education Criteria

Physical Education

- Elementary School
  - Bronze/Silver: Minimum average of 45* min/wk
  - Gold: Minimum average of 90* min/wk
  - Gold Award of Distinction: Minimum average of 150* min/wk

This is regularly scheduled PE (Health Enhancement)- not recess.

*Structured physical activity can count towards part of PE time requirement. (Classroom activity breaks)
Physical Education Criteria

Physical Education

- Middle School
  - For all award levels, structured PE offered to at least two grades.

- High School
  - For all award levels, structured PE offered in at least two courses.
Physical Activity Criteria

Physical Activity- opportunities for students to be active before, during, after school, includes recess.

For all grades and award levels

- School neither denies nor requires physical activity as a means of punishment.

Such as:
Taking away recess time.
Ordering physical activity as a punishment.
Provide copy of your School Wellness Policy

Local School Wellness Policy – required since 2006

- Montana School Wellness Policy Resources
  http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/SWellness.html

- Does your School Wellness Policy Measure Up? Checklist

- Demonstrate a commitment to prohibit use of food as a reward.
Other Criteria for Excellence

Other Criteria for Excellence – 14 options

- Program Outreach Excellence
- Excellence in School and Community Involvement in Wellness Efforts
- School Food Service Excellence

Bronze: 2 of the 14
Silver: 4 of the 14
Gold: 6 of the 14
Gold Award of Distinction: 8 of the 14
Steps to apply:

1. Contact Montana Team Nutrition for assistance
2. Complete the Smarter Lunchrooms Self Assessment Scorecard
3. Is your school compliant with the USDA Smart Snacks Rule?
5. Review School Wellness Policy and provide a copy
6. Submit the application
Tips for Success

- Be aware of the timeline. Typically takes one year from start to finish.

- Get help from school and community partners - divvy up the sections between key partners – food service, health enhancement, school wellness committee members

- Apply at the level where you “naturally” fit.
  Bronze is impressive!

- Is my school a good candidate to apply?
Good Candidates to Apply

- Schools with no competitive foods (student stores, a la carte lines, vending machines) = elementary schools
- Schools interested in Smarter Lunchrooms techniques
- Schools with a Food Corps Service Member
- Schools with a strong school wellness policy and/or
- Schools which want to update/improve their school wellness policy
Support available from start to finish

Montana Team Nutrition  www.opi.mt.gov/MTeamNutrition

Katie Bark
Molly Stenberg
Aubree Roth
Mary Ann Harris
Regional School Wellness Coaches
Christy Ewing, Kalispell area
Virginia Mermel, Billings area
Action Steps

- Complete the Smarter Lunchrooms Self Assessment Scorecard

- Plan to participate in Webinar Series: Part 3 on November 10, 2015 at 2:00 – 2:30 pm

  *Montana’s Smarter Lunchrooms- Tips for a Fast, Friendly and Satisfying Service Line*

- Contact us for more information and assistance!
Poll Question #2

- Did your knowledge of the HealthierUS School Challenge: Smarter Lunchrooms Award increase as a result of this webinar?
  1 = Yes
  2 = No
Questions or Comments ??
For more information, please contact

Montana Team Nutrition, Montana State University

www.opi.mt.gov/MTeamNutrition

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