

HealthierUS School Challenge: Applying and Submitting an Application

September 2013



Presenters

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Objectives

- Become familiar with HUSSC application
- Identify and review steps to submit an application successfully
- Practice the completion of an application



HealthierUS School Challenge (HUSSC): More Than Meets The Eye

- Why Apply?
 - Recognizes efforts
 - Boost staff morale
 - Publicizes efforts to parents/school community
 - Positive publicity
 - \$\$



Include HUSSC in
Back-To-School
Promotions



HealthierUS School Challenge Application

- The applications can be found through the HUSSC page on the Team Nutrition site at:
<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/>
- Requires Adobe Acrobat 9.0 or higher
- Individual or Simplified District Application
- Once completed, applicants can mail their paper application to OSSE or email it to USDA



2012 HUSSC PRELIMINARY CHECKLIST
Are you ready to complete the application process?



- Application references:
 - [HUSSC Criteria Chart](#)
 - [HUSSC FAQs](#)
 - [Meal Pattern](#)
 - [Meal Pattern O&A's](#)
 - HUSSC Evaluation Sheets – detailed application checklists
- SFA is certified for 6 cents
- Team Nutrition enrollment form included for each school
- Product Information-such as nutrition facts label, ingredient statements, recipes, whole grain rich documentation(for all whole grain rich foods served)
 - Copies of the actual product label/ CN label are recommended
 - Product formulation statement from manufacturer may be necessary
 - Information on acceptable product documentation, including those from the Internet, or manufacturer product fact sheets, can be found in guidance memo TA 07-2010. http://www.fns.usda.gov/cnd/cnlabeling/TA_07-2010_os.pdf
- Production records (if applicable) are complete, legible and include:
 - Actual daily meal count-students & adults
 - Menu items
 - Planned portion sizes by age/grade
 - Quantities prepared for each menu item
 - A la care items sold on the serving line
 - Leftovers
- School/district meets physical education requirement
- Physical activity is available for all students
- Local Wellness policy included
- Fundraising – non-food items primarily used for school fundraising. If foods are sold during school day, they must meet HUSSC criteria for competitive foods.
- Food is prohibited as a reward (ANY TYPE of food).
- School meets Other Criteria for Excellence –
 - Bronze – 2 out of 20 options
 - Silver – 4 out of 20 options
 - Gold – 6 out of 20 options
 - Gold of Distinction - 8 out of 20 options
- Competitive Foods calculator used for all competitive foods served -include copies of print-outs and labels for all foods (not used for beverages)
- Ensure the school name is accurate – HUSSC certificates will be typed exactly as is written on Application cover sheet – abbreviations should be removed or they will appear on certificates
- Check that the application cover sheet is complete and record or make copies of the application's basic information for your own files (since the complete application is forwarded).
- Application verification – all pages are completed, additional documents are attached



Menu



WELCOME BACK!
Menus for
**August & September
2013**

ABC School Nutrition
Elementary Menu

This institution is an equal opportunity provider.

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Monday, August 26

Breakfast
French Toast, Juice,
Fresh Fruit, Milk

Lunch
Baked Ziti
Chicken Nuggets
Broccoli w/Cheese
Greek Salad
Mandarin Oranges
Milk

Tuesday, August 27

Breakfast
Kolache, Juice,
Fresh Fruit, Milk

Lunch
Steak Fingers
BBQ Franks
Whipped Potatoes
Green Beans
Applesauce
Milk

Wed., August 28

Breakfast
Breakfast Wrap, Juice,
Fresh Fruit, Milk

Lunch
Pepperoni Pizza
Corn Dog
Baby Carrots
Tater Tots
Pears
Milk

Thursday, August 29

Breakfast
Mini Pancakes, Juice,
Fresh Fruit, Milk

Lunch
Spaghetti w/Meat Sauce
Baked Ham
Lettuce & Tomato
Vegetable Medley
Pineapple Tidbits
Wheat Roll
Milk

Friday, August 30

Breakfast
Cereal, Juice
Fresh Fruit, Milk

Lunch
Nacho Supreme
Mexi Corn
Refried Beans
Fruit Cocktail
Milk

Monday, September 2



No School

Tuesday, September 3

Breakfast
Cinna Bun, Juice,
Fresh Fruit, Milk

Lunch
Beef Cutlet
Baked Ziti
Broccoli w/Cheese
Sweet Potatoes
Mandarin Oranges
Milk

Wed., September 4

Breakfast
Yogurt, Juice,
Fresh Fruit, Milk

Lunch
Pizza
Rib B Que
AuGratin Potatoes
Green Beans
Milk

Thursday, September 5

Breakfast
Sausage Biscuit, Juice,
Fresh Fruit, Milk

Lunch
Crispy Taco
Grilled Cheese
Spanish Rice
Cucumber Stix
Sliced Carrots
Pineapple Tidbits
Milk

Friday, September 6

Breakfast
Bagel, Juice
Fresh Fruit, Milk

Lunch
Cheeseburger
Lettuce & Tomato
French Fries
Fruit Cocktail
Milk



**First
things
First**

**BREAKFAST
@SCHOOL**
For first-class learning!

Featuring
Healthy Fruits
& Grains!



Production Records

Production Services
Elementary
Mon - 10/3/2011

Wk 2: Fruit

M: Plums T: Mix W: Apple
Th: Grapes F: Peaches

A: Elem Lunch K-5

SITE: _____

PROJ COUNT: 680

HAZCP	RECIPE & INGREDIENTS	QTY #	SVGS /CS	SCOOP /SZ	# CS /QTY	TEMP	PREP	EXTRA	TOTAL	LO KEPT	LO TOSS	SPLLS	TOTAL SVG
U6	999792 Grilled Cheese Sandwich (Local)	A: 1 EACH	744424	72		50S	360		360	38			322
	999793 Grilled Cheese Sandwich NC	1 EACH											
	999133 Pizza Dippers Wh Grn (Local)	A: 2 EACH	500575	96		4CS	288		288				288
	990280 Max Box Whole Grain #500075-	2 EACH											
	999557 Jamwich PB Jelly	A: 1 EACH	500433	72			30		30				30
	990400 Jamwich PB Grapes	1 EACH											
	991828 Yogurt 4oz - Animal Crackers	A: 1 ea		48									
	990392 Yogurt 4OZ Peach L/F 910081	1 EACH	200543	200			20		20	5			15
	990030 Animal crackers 1&1 Snack 2005	1 Package											
	999977 Cheese Sticks Ched&Mac	A: 2 OZ	990690	148									
	900687 Cheese, Mozzarella String	1 EACH	500692	148			20		20	6			14
	992729 Cheese, Mild Cheddar Sticks 1 ea	1 EACH Stick											
	995962 Fruit Mix 300085 (Local)	A: 1/4 CUP	200085	46	#16								
	990007 Fruit Mix Diced in 1/4 Cup #20	1/4 cup				0#	384		384	75			309
	999724 Carron Baby L-Sm pk #999252 L	A: 1 EACH	990251	150		20S	390		390	24			366
	990352 Carron Baby pk #1 L ea	1 ea											
	999266 Cosmic Rais Sprinkles P Bag #10	A: 1 EACH	990150	150		4CS	600		600	110			490
	9900303 Cosmic Rais Sprinkle P Bag #10	1 EACH											
	995961 Milk, White 1% ea	A: 8 OZ	910002	90			150		150	60			90
	990006 Milk, White 1%	8 oz											
	995960 Milk, Chocolate ea	A: 8 OZ	910003	90			150		150	17			573
	990017 Milk, Choc Fat Free	8 oz											
	999134 Macinears Sauce (Local)	A: 1 OZ	005128	96		20g	192		192				192
	9902128 Macinears Sauce NC	1 ea											
	Sack Lunch (Sect. School)						17		17				17

664 (Available Total) 20 (Unavail Total) 2 (Total Lunch Total) 686 (Total Total Served) Manager Signature: BB



Production Records

Daily Food Production Record-Food Based Tue - 10/25/2011

D: Lunch PK-3
C: Lunch 4-5

Students(130)
Students(70)

Adults(0)
Adults(0)

Total(130)
Total(70)

DISTRICT

Meal Prep Site:
Site # 002

Kitchen

FOOD BASED: TRADITIONAL

OFFER VS SERVE: YES

MA OZ	Q/S Srv	FN Cup	Milk fl oz	recipe & ingredients		to qty used	add'l amt req'd	plan reimb	plan amt act'd	plan total	lb	waste	used	comments
2	2			000161 HAMBURGER (Local)	D: 1 ea C: 1 ea			40	10	50				
2	2			900161 Beef Chlpatty w/ VPP Ric Fat, Adv	36 case (200)	24 (ea)	50 (ea)	20	10	30	29 (ea)		51 (ea)	freeze
				990066 Hamburger Bun, Wheat 1.8 oz	30 case (120 ea)									
2	2			001052 Chicken Patty/Bun	D: 1 ea C: 1 ea			90	10	100				
2	2			900113 Chicken Patty breaded, Tyson	160 patty (3.4oz)			60	10	60	43 (ea)		117 (ea)	freeze
				990066 Hamburger Bun, Wheat 1.8 oz	160 bun (1.8 oz)									
		1/4		000403 Lettuce/tomato/pick up	D: 1/4 cup C: 1/4 cup			80		80				
		1/4		011253 LETTUCE, GRN LEAF, RAW	2 3/4 lb			40		40	72 (1/2c)		48 (1/2c)	was on salad bar HS 10-26
				011529 TOMATOES, RED, RIPE, RAW, YEAR	5 1/3 lb									
				990064 PICKLES, CUCUMBER, DILL, slices	4 1/8 cts									
19				000267 Slice Cheese	D: slice C: slice			60		60				
32				990071 Cheese, Sliced RF	115 slice (1.5 oz)			50		50	39 (Shia)		71 (slice)	
	1/2			000132 Carrots, glazed	D: 1/2 cup C: 1/2 cup	33 (1/2c)	60 (1/2c)	53		53				
	1/2			011128 CARROTS, CND, REG PK, DRND BCL	#610 Carrots			40		40	26 (1/2c)		67 (1/2c)	freeze
	1/2			000561 Veg Cup	D: 1/2 c C: 1/2 c			44		44				
	1/2			011960 CARROTS, BABY, RAW	# 23 lbs	29 (1/2c)	51 (1/2c)	36		36	32 (1/2c)		48 (1/2c)	
				011990 Broccoli, Raw, florets	2 7/8 LB, florets									
1				000064 APPLES, Fresh 125-138	D: 1 EACH C: 1 EACH			30		30				
	1			000003 APPLES, RAW WITH SKIN	13 1/2 lb			20		20			50 (ea)	
	1/2			000419 Mixed Fruit w/ juice can 8 oz	D: 1/2 CUP C: 1/2 CUP			24		24				
	1/2			000096 FRUIT COCKTAIL, CND, LT, SYR, PL	1 3/4 #12 Cans	14 (1/2c)	26 (1/2c)	18		18	27 (1/2c)		13 (1/2c)	
	1/2			000437 Peaches w/ juice can 8 oz	D: 1/2 cup C: 1/2 cup			24		24				
	1/2			000146 Peaches, sliced	1 2/3 #10 can	18 (1/2c)	22 (1/2c)	16		16	14 (1/2c)		26 (1/2c)	
	1/2			000458 Pears w/ juice can 8 oz	D: 1/2 CUP C: 1/2 CUP			24		24				
	1/2			990056 PEARS, CND, LT, SYR, PL, DRND, dca	1 2/3 #10 can	17 (1/2c)	27 (1/2c)	16		16	21 (1/2c)		19 (1/2c)	



Are you a Team Nutrition School?

- Go to:
 - <http://teamnutrition.usda.gov/team.html>
 - Check School Database
- If not enrolled, go to Online Enrollment Form



Print Enrollment Page



Search Results

Marlboro Middle School

355 Route 520 County Road *Phone: 732-972-*

Fax: 732-972-20

Marlboro, NJ 07746

Principal: Dr. Stephan Charton, Principal

TN Leader: Vincent Palmeri

Food Service Manager: Vincent Palmiero

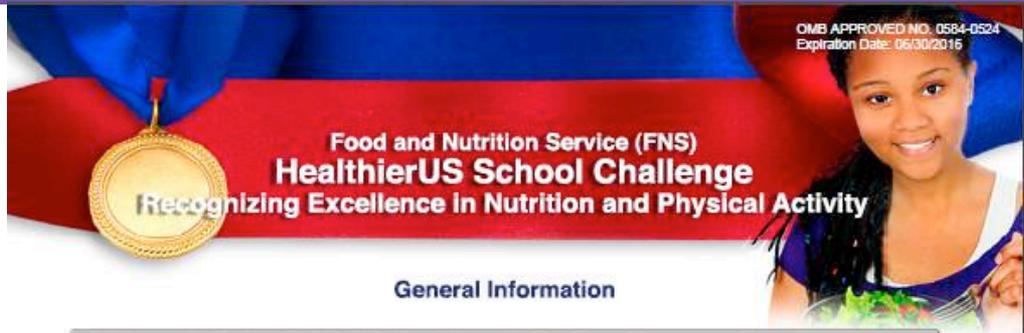
[Click here to return to search page.](#)



HealthierUS School Challenge Application – Page 1-2

- General information
- How to submit application
- District application –same menu





General Information

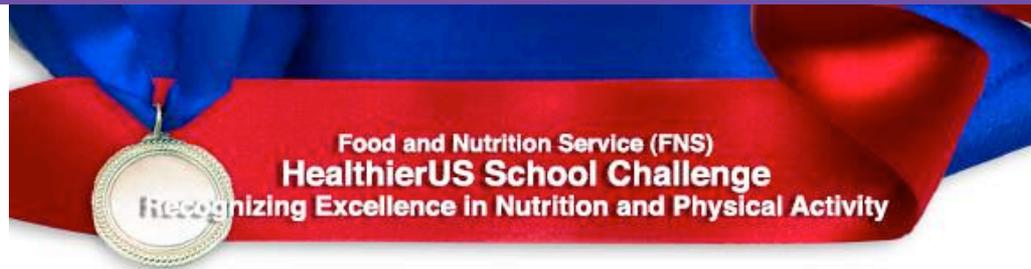
Public reporting burden for this collection of information is estimated to average 2 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. **An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.** Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.

Tips for Completing Application:

1. You can submit your application two ways:
 - Submit the application and supporting documentation in a 3-ring binder to your [State Child Nutrition Agency](#).
 - Submit the application and supporting documentation electronically to hussc@ars.usda.gov
2. When more space is needed to accommodate for additional days of the week or to provide more information, schools and residential child care institutions (RCCI's) can attach additional pages as needed.
3. Multiple schools can apply under the same district application when all of the following apply:
 - The same menu and same foods were served throughout the district. The district can submit:
 - a.) One set of consecutive two-week breakfast and lunch menus (the one week that is sent to the State Agency for certification and an additional week of menus)
 - b.) One set of Lunch Certification Worksheets for the two week period
 - c.) Breakfast and lunch whole grain documentation, and
 - d.) If there are multiple age/grade groups, a Lunch Certification Worksheet for each age/grade group.Simplified Nutrient Assessments are not needed.

(continued on next page)





General Information Continued

- The same nutrition education, physical education, and physical activities are provided or offered (according to the grade level).
- The same competitive foods and beverages were sold throughout the cafeteria and/or school campus. Submit:
 - a.) One Competitive Foods Worksheet with a listing of foods available and
 - b.) One set of supporting documentation.
- Each individual school follows the district's wellness policy.

In addition, *each school* must submit an individual School Wellness Policy Worksheet (if applicable) and complete the Other Criteria for Excellence Checklist, which are both included in the online application. **If a district finds that their schools have the same menu with corresponding foods served, but has different nutrition education, physical education, physical activities, competitive foods, or wellness policies, they can still apply as a district, but must make note of those items that differ among the schools and submit additional documentation for those schools with the district application.**

Each District should submit an Application Cover Sheet reflecting the name of the District with a completed [District School List form](#), NSLP 6-cent certification Menu Worksheet, food production records*, Competitive Foods Worksheet that includes a la carte information and vended items (unless they are the same throughout the district), Nutrition Education and Physical Education/Activity Worksheets, School Wellness Policy Worksheet, a copy of each school's wellness policy (unless it is a district wellness policy), and Other Criteria for Excellence Checklist.

*Not required for Bronze level.



HealthierUS School Challenge Application – Page 3

- Application Cover Sheet
- Award Level
- School Name
- School Address
- Contact Person
- Date Submitted to State Agency
- Save your work



Food and Nutrition Service (FNS)
HealthierUS School Challenge
 Recognizing Excellence in Nutrition and Physical Activity

Application Cover Sheet

Application for: Bronze Award Silver Award

* The school name on the Award Certificate will be typed exactly as written in the School Name section below. Please ensure that the entire name with any appropriate punctuation is clearly indicated. Award Certificates will not be re-printed due to an incorrect or illegible school name.

PRINT OR TYPE ALL INFORMATION

? School Name

School District

School Address

Grades in School (list)

more info.

Contact Person's Name and Title

Contact Person's Phone Number & Email

Date Submitted to State Agency

Reminder
 Save Your Work!

FOR OFFICE USE ONLY
 State Agency

State Child Nutrition Director Approval: _____
 Signature Date

Reviewed by: _____ Phone: _____

Reviewer's Email: _____

Email of the State Child Nutrition Director: _____

Regional Office

FNS Region: _____ Reviewed by: _____

Child Nutrition Director Approval: _____
 Signature Date

FNS Headquarters

Application received HQ: _____ Reviewed by: _____

Decision/Date: _____ Award period: _____



HealthierUS School Challenge Application – Page 4

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HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

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HealthierUS School Challenge Application – Page 5

- General Criteria Worksheet
 - Check-off boxes
 - Team Nutrition
 - State Review
 - SBP and NSLP
 - 6-Cent Certification
 - ADP





HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Application for Gold or Gold Award of Distinction

General Criteria Worksheet	Yes	No
----------------------------	-----	----

Are you a Team Nutrition School? (check our Team Nutrition directory at: <http://teamn nutrition.usda.gov/schools/directory/page.asp>) Print and enclose a copy of each school(s) Team Nutrition enrollment form. If your school is not a Team Nutrition School, complete the [Online Enrollment Form](#) and submit a copy with your HUSSC application.

Yes No

Have all corrective actions from your school's most recent State review of your school meals program been completed? If not, please contact your [State Agency](#).

Yes No

Is your school currently meeting school meal pattern requirements for the National School Lunch Program and School Breakfast program as specified in 7 CFR 210 and 220?

Yes No

Is your School Food Authority certified to receive the additional six cent performance-based reimbursement (Healthy Hunger-Free Kids Act 2010)?

Yes No

Do all students have the opportunity to select reimbursable meals that meet HUSSC criteria during the week? If so, please describe your meal service structure to include number of entrees and side dishes offered, specify how all students served have an opportunity to select HUSSC items available on serving line(s), and implementation of Offer vs. Serve (if applicable):

Does your school meet the Average Daily Participation (ADP) criteria for breakfast and lunch?

Yes No

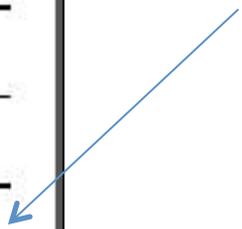
Breakfast:
 Elementary and Middle School ADP: 35% Gold and Gold Award of Distinction
 High School ADP: 25% Gold and Gold Award of Distinction
Lunch:
 Elementary and Middle School ADP: 75% Gold and Gold Award of Distinction
 High School ADP: 65% Gold and Gold Award of Distinction



List ADP for Breakfast calculated based on attendance: [more info.?](#)
 _____ Month/Year: _____

List ADP calculated for Lunch based on attendance: [more info.?](#)
 _____ Month/Year: _____

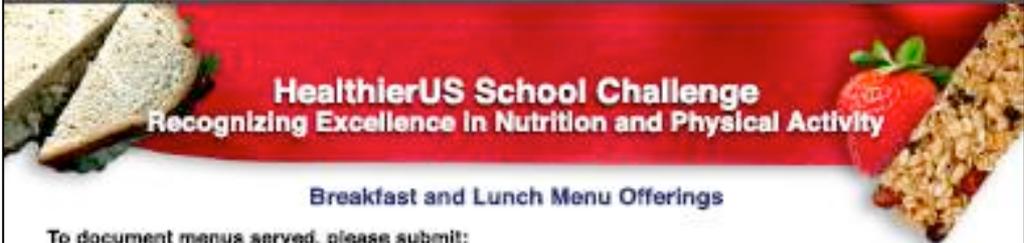
The State Agency and FNS reserve the right to verify all information on the application and reject applications that are incomplete or otherwise fail to provide factual information.



HealthierUS School Challenge Application – Page 6

- Breakfast and Lunch Menu Offerings
 - Documentation
 - Dates of submitted menus (2 full weeks)
 - Whole Grain-Rich Criteria





HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Breakfast and Lunch Menu Offerings

To document menus served, please submit:

- Copy of school breakfast and lunch menus for a consecutive two-week period.
- Copies of completed NSLP [6-cent certification Menu Worksheet](#) for the consecutive two-week period specified below.
- Breakfast and lunch production records showing actual daily meal count (students and adults); menu items (used to meet meal pattern requirements), planned portion size (by age/grade); quantity prepared for each menu item, a la carte items sold (if applicable), and leftovers. Additional documentation is required for whole grain-rich offerings. For each whole grain-rich offering listed below, submit one or more of the following:
 - An ingredients label that lists whole grain as the first ingredient by weight.
 - A copy of food label showing the amount of whole grain in grams provided for appropriate serving size.
 - A customized product specification sheet on manufacturer's letterhead.
 - A recipe that includes the ingredients and ingredient amounts by weight and volume.

For additional information and examples of acceptable whole grain-rich documentation, please refer to the Whole Grain Resource for School Meal Programs (<http://teamnutrition.usda.gov/healthierus/application.html>). All recipes submitted must also include the whole grain labels for whole grain products used in the recipes.

Provide the dates of the consecutive two-week period for which you are providing menus and other supporting materials. The two-week period must be two full weeks with no missing days due to school closing for holidays, teacher workdays, weather, etc. The two-week period used for breakfast and lunch should be the same, and must have been served within the last 6 months.

List the dates of your menus here (month/day/year format):

Example: Week 1: 3/3/2013-3/7/2013

Week 1: _____

Week 2: _____

Reminder
Save
Your
Work!

Whole Grain-Rich Criteria

Breakfast

Gold: 70% of grains offered weekly are whole grain-rich.

Gold Award of Distinction: 100% of grains offered weekly are whole grain-rich.

Lunch

Gold/Gold Award of Distinction: All grains offered must be whole grain-rich.

Whole Grain-Rich Variety:

Gold: At least three different types of whole grain-rich foods offered during the week.

Gold Award of Distinction: Same as Gold plus only 1.0 ounce equivalent of whole grain offering per week may be a grain-based dessert in any line throughout the cafeteria.



HealthierUS School Challenge Application – Page 7-8

- Breakfast and Lunch Grain Menu Offerings
 - List all Grains Offered
 - Specify Whole Grain-Rich Offerings



All Natural Whole Wheat Pasta

Whole Wheat Pasta

Serving Size 2 OZ

Amount per serving

Calories 200	Calories From fat 15
--------------	----------------------------

% daily value*

Total fat 1.5g	2%
----------------	----

Saturated fat 0g	0%
------------------	----

Trans fat 0g	
--------------	--

Cholesterol 0mg	0%
-----------------	----

Sodium 10mg	0%
-------------	----

Total Carbohydrate 41g	14%
------------------------	-----

Dietary Fiber 6g	24%
------------------	-----

Sugar 2g	
----------	--

Protein 7g	
------------	--

Vitamin A%	• Vitamin C 0%
------------	----------------

Calcium 0%	• Iron 10%
------------	------------

Not a significant source of Cholesterol,
Vitamin A, Vitamin C

*Percent Daily Values are based on a 2000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs



Ingredients:
Whole grain wheat flour,
wheat flour, oat fiber.



Whole Grain Cheese Pizza



INGREDIENTS:

Crust (Flour blend [whole wheat flour, enriched wheat flour {bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}], water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners [wheat flour, salt, soy oil, ascorbic acid], wheat gluten). **Shredded Mozzarella Cheese** (Pasteurized part skim milk, cheese cultures, salt, enzymes). **Shredded Mozzarella Cheese Substitute** (Water, oil [soybean oil, partially hydrogenated soybean oil with citric acid], casein, milk protein concentrate, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], disodium phosphate, sorbic acid. **Sauce** (Water, tomato paste [not less than 28% NTSS], pizza seasoning [salt, sugar, spices, dehydrated onion, guar and xanthan gum, garlic powder, potassium sorbate, citric acid, tricalcium phosphate and soybean oil {prevent caking}], modified food starch). CONTAINS: WHEAT, MILK, AND SOY.

CN

XXXXXX*

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable,

CN and 2.0 oz eq Grains for the Child Nutrition Meal Pattern

CN

Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN



White Corn Tortillas

Nutrition Facts	
Serving Size 1 Tortilla (41g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

Whole com treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), dextrose, guar gum, amylase.



FDA Whole Grain Health Claim

Does the product include one of the following U.S. Food and Drug Administration (FDA)-approved whole-grain health claims on its packaging:

“Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers.”

OR

“Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”



White Whole Wheat Breadsticks



INGREDIENTS FOR U.S. MARKET: WHOLE WHEAT FLOUR, WATER, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, SUGAR, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF THE FOLLOWING: SOYBEAN OIL, SALT, OAT FIBER, HONEY, SODIUM STEAROYL LACTYLATE, DATEM, ACESULFAME POTASSIUM, ASCORBIC ACID, ENZYME. MAY CONTAIN MILK, SOY, EGG AND SESAME.

NUTRITION

Nutrition Facts

Serving Size: 2 BREADSTICKS (48 G)

Amount Per Serving

Calories 130

Calories from Fat 15

	Per Serving	% Daily Value*
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	280 mg	12%
Total Carbohydrate	24 g	8%
Dietary Fiber	3 g	12%
Sugars	4 g	
Protein	5 g	

	Per Serving		Per Serving
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	8 %
Ash	%	Folate	6 %
Niacin	10 %	Riboflavin	4 %
Thiamin	10 %		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 Total Carbohydrate 4 Protein 4



Whole Grain Ready to Eat Cereal



INGREDIENTS:

Whole grain wheat, sugar, brown rice flour, whole grain oats, honey, canola oil, maltodextrin, salt, corn syrup, cinnamon, barley malt syrup, barley malt extract, color added, soy lecithin, artificial flavor, baking soda, trisodium phosphate, vitamin E (mixed tocopherols) and BHT added to preserve freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin E acetate, a B vitamin (niacinamide), Vitamin C (sodium ascorbate), Iron (a mineral nutrient), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3.

Nutrition Facts

Serving Size 3/4 cup (29g)
Servings Per Container about 9

Amount Per Serving	Cereal with 1/2 Cereal cup skim (dry) milk	10	10
Calories		120	160
Calories from Fat		10	10
	% Daily Value**		
Total Fat 1g*		2%	2%
Saturated Fat 0g		0%	0%
Trans Fat 0g			
Cholesterol 0mg		0%	0%
Sodium 85mg		4%	6%
Total Carbohydrate 25g		8%	10%
Dietary Fiber 1g		4%	4%
Sugars 7g			

Protein 2g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	15%	15%
Vitamin D	10%	25%
Thiamin	15%	20%
Riboflavin	10%	25%
Niacin	15%	15%
Vitamin B6	15%	15%
Folic Acid	15%	15%
Vitamin B12	15%	25%

*Amount in Cereal (dry). Cereal with 1/2 cup skim milk contributes an additional 40 Calories, 0.5 g Total Fat, 55 mg Sodium, 6 g Total Carbohydrate (6 g Sugars), 4 g Protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g





HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Grain Offerings: Breakfast

Please list all the grains offered (should be consistent with the names of grains on the menu) in all lines throughout the cafeteria during the consecutive two-week period. For example, specify the food item, such as *whole wheat bread, brown rice, quinoa, etc.* Put an asterisk beside items that are whole grain-rich and include documentation with the application such as, actual nutrition facts and ingredient label from package or copy of actual labels.

Week 1		
Day Served	Breakfast	Serving Amount
Monday 4/8/13	Sausage Biscuit* (Whole grain biscuit)	1 biscuit (2.45 oz.)
Tuesday 4/9/13	Cereal choice (whole grain)*	1 bowlpak (varies)
Tuesday 4/9/13	Bear Grahams*	1 bag (1 oz.)
Wed. 4/10/13	Cinnamon Glazed French Toast*	1 slice (3.25 oz.)
Thursday 4/11/13	Breakfast Bun*	1 each (3 oz.)
Friday 4/12/13	Apple Muffin	1 each (2 oz.)
Daily	Cereal choice (whole grain)*	1 bowlpak (varies)
Daily	Bear Grahams*	1 bag (1 oz.)

Week 2		
Day Served	Breakfast	Serving Amount
Monday 4/15/13	Breakfast Bun*	1 each (3 oz.)
Tuesday 4/16/13	Cereal choice (whole grain)*	1 bowlpak (varies)
Tuesday 4/16/13	Bear Grahams*	1 bag (1 oz.)
Wed. 4/17/13	Sausage Biscuit* (Whole grain biscuit)	1 biscuit (2.45 oz.)
Thursday 4/18/13	Bear Grahams*	1 bag (1 oz.)
Friday 4/19/13	Cinnamon Glazed French Toast*	1 slice (3.25 oz.)
Daily	Cereal choice (whole grain)*	1 bowlpak (varies)
Daily	Bear Grahams*	1 bag (1 oz.)



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Grain Offerings: Lunch

Please list all the grains offered (should be consistent with the names of grains on the menu and reflected in the 6-cent Certification Menu Worksheet) in all lines throughout the cafeteria during the consecutive two-week period. For example, specify the food item, such as whole wheat bread, brown rice, quinoa, etc. Put an asterisk beside items that are whole grain-rich and include documentation with the application such as, actual nutrition facts and ingredient label from package or copy of actual labels.

Day Served		Week 1	Serving Amount
Lunch			
4/8/13	Cheese stuffed shells*		4.46 oz.
4/8/13	Whole wheat roll*		1 roll (32g)
4/8/13	Hamburger bun (whole wheat)*		1 bun (53g)
4/9/13	Corn tortilla chips*		1 oz.
4/9/13	Hot dog bun (whole wheat)*		1 bun (53g)
4/10/13	Shrimp poppers (breading)		3 oz.
4/10/13	Macaroni & cheese (whole grain pasta)*		3/8 c. (#10 scoop)
4/10/13	Hot dog bun (whole wheat)*		1 bun (53g)
4/11/13	Chicken nuggets		3 oz.
4/11/13	Whole wheat roll*		1 roll (32g)
4/11/13	Hot dog bun (whole wheat)*		1 bun (53g)

See next page

Day Served		Week 2	Serving Amount
Lunch			
4/15/13	Chicken tenders		2.9 oz.
4/15/13	Whole wheat roll*		1 roll (32g)
4/15/13	Hamburger bun (whole wheat)*		1 bun (53g)
4/16/13	Taco shells		23g (2 shells)
4/16/13	Spanish rice (brown rice)*		1/2 cup
4/16/13	Macaroni & cheese (whole grain pasta)*		6 oz.
4/17/13	Whole wheat roll*		1 roll (32g)
4/17/13	Chicken Corn Dog*		4 oz.
4/18/13	Popcorn chicken		3.6 oz.
4/18/13	Biscuit (whole grain)*		1 biscuit (2 oz.)
4/18/13	Hot dog bun (whole wheat)*		1 bun (53g)

See next page



HealthierUS School Challenge Application – Page 9-10

- Lunch Vegetable Menu Offerings
 - Vegetable Offerings – indicate vegetable subgroup



HealthierUS School Challenge

Recognizing Excellence In Nutrition and Physical Activity



LUNCH - Week 1

List each vegetable served from lunch menu week one in the vegetable column. In addition, indicate serving amount of the vegetable in the amount column and indicate with an X the vegetable subgroup. Mark with an asterisk the additional servings of vegetables used to meet the HUSSC criteria within the meal pattern. Attach additional pages of this worksheet as needed to accommodate all vegetables offered on all lines. Optional: Manually enter in the total number of vegetables in the total boxes.

	Vegetable	Amount (cups/ounces)	Dark Green	Red/Orange	Legume	Starchy	Other
Monday							
Total:							
Tuesday							
Total:							
Wednesday							
Total:							
Thursday							
Total:							
Friday							
Total:							
Total:							

Gold Award/Gold Award

School

HealthierUS School Challenge

Recognizing Excellence In Nutrition and Physical Activity



LUNCH - Week 2

List each vegetable served from lunch menu week two in the vegetable column. In addition, indicate serving amount of the vegetable in the amount column and indicate with an X the vegetable subgroup. Mark with an asterisk the additional servings of vegetables used to meet the HUSSC criteria within the meal pattern. Attach additional pages of this worksheet as needed to accommodate all vegetables offered on all lines. Optional: Manually enter in the total number of vegetables in the total boxes.

	Vegetable	Amount (cups/ounces)	Dark Green	Red/Orange	Legume	Starchy	Other
Monday							
Total:							
Tuesday							
Total:							
Wednesday							
Total:							
Thursday							
Total:							
Friday							
Total:							
Total:							

Gold Award/Gold Award of Distinction Application

School



HealthierUS School Challenge Application – Page 11-12

- Breakfast and Lunch Fruit Menu Offerings
 - Fruit Offerings
 - 100% juice may be counted towards the HUSSC criteria only 1 time per week for both breakfast and lunch





HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Fruit: Please complete the charts below to demonstrate the menu has met the Breakfast fruit criteria.

Fruit - Breakfast - Week 1		Food Item	Amount
Criteria Fruit Variety Offer a different fruit* every day (at least 1/4 cup each**). Note that various preparations of the same fruit (or vegetable) are considered the same, e.g., apple slices, apple sauce, and apple juice are all forms of apple. Fresh fruit:*** Offer fresh fruit at least 2 days a week (at least 1/4 cup each**).	M	<input style="width: 100%;" type="text"/>	1/4 CUP
	T	<input style="width: 100%;" type="text"/>	1/4 CUP
	W	<input style="width: 100%;" type="text"/>	1/4 CUP
	T	<input style="width: 100%;" type="text"/>	1/4 CUP
	F	<input style="width: 100%;" type="text"/>	1/4 CUP
		1.	1/4 CUP
		2.	1/4 CUP

*Vegetables from the dark-green, red/orange, beans and peas (legumes) and 'other vegetable' sub-groups may be substituted for fruits to meet the HUSSC fruit variety criteria for breakfast. The substitution must be consistent with meal pattern requirements as defined in §210.10(c)(2)(8).

**One quarter-cup of dried fruit counts as 1/4 cup of fruit; 1 cup of leafy greens counts as 1/4 cup of vegetables. Juice may be counted toward the HUSSC fruit variety criteria for breakfast only once per week. Juice must be 100% full strength.

***If unable to obtain adequate fresh fruit to meet the requirement, applicant can work with FNS to determine suitable alternative. Justification will be required.

Fruit - Breakfast - Week 2		Food Item	Amount
Criteria Fruit Variety Offer a different fruit* every day (at least 1/4 cup each**). Note that various preparations of the same fruit (or vegetable) are considered the same, e.g., apple slices, apple sauce, and apple juice are all forms of apple. Fresh fruit:*** Offer fresh fruit at least 2 days a week (at least 1/4 cup each**).	M	<input style="width: 100%;" type="text"/>	1/4 CUP
	T	<input style="width: 100%;" type="text"/>	1/4 CUP
	W	<input style="width: 100%;" type="text"/>	1/4 CUP
	T	<input style="width: 100%;" type="text"/>	1/4 CUP
	F	<input style="width: 100%;" type="text"/>	1/4 CUP
		1.	1/4 CUP
		2.	1/4 CUP

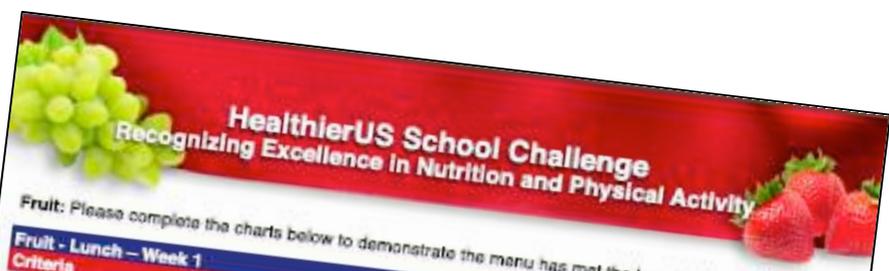
*Vegetables from the dark-green, red/orange, beans and peas (legumes) and 'other vegetable' sub-groups may be substituted for fruits to meet the HUSSC fruit variety criteria for breakfast. The substitution must be consistent with meal pattern requirements as defined in §210.10(c)(2)(8).

**One quarter-cup of dried fruit counts as 1/4 cup of fruit; 1 cup of leafy greens counts as 1/4 cup of vegetables. Juice must be 100% full strength.

***If unable to obtain adequate fresh fruit to meet the requirement, applicant can work with FNS to determine suitable alternative. Justification will be required.

School

Gold Award/Gold Award of Distinction



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Fruit: Please complete the charts below to demonstrate the menu has met the Lunch fruit criteria.

Fruit - Lunch - Week 1		Food Item	Amount
Criteria Fruits: Offer a different fruit everyday (at least 1/4 cup each*). Note that various preparations of the same fruit are considered the same, i.e., fresh apples and applesauce are both apples. Fresh fruit:** Gold: Offer fresh fruit at least 3 days a week (at least 1/4 cup each*) Gold Award of Distinction: Offer fresh fruit at least 4 days a week (at least 1/4 cup each*).	M	<input style="width: 100%;" type="text"/>	1/4 CUP
	T	<input style="width: 100%;" type="text"/>	1/4 CUP
	W	<input style="width: 100%;" type="text"/>	1/4 CUP
	T	<input style="width: 100%;" type="text"/>	1/4 CUP
	F	<input style="width: 100%;" type="text"/>	1/4 CUP
		M	1/4 CUP
		T	1/4 CUP
		W	1/4 CUP
		T	1/4 CUP
		F	1/4 CUP

*One quarter-cup of dried fruit. Juice may be counted toward the HUSSC fruit variety criteria for Lunch only once per week. Juice must be 100% full strength.**If unable to obtain adequate fresh fruit to meet the requirement, applicant can work with FNS to determine suitable alternative. Justification will be required.

Fruit - Lunch - Week 2		Food Item	Amount
Criteria Fruits: Offer a different fruit everyday (at least 1/4 cup each*). Note that various preparations of the same fruit are considered the same, i.e., fresh apples and applesauce are both apples. Fresh fruit:** Gold: Offer fresh fruit at least 3 days a week (at least 1/4 cup each*) Gold Award of Distinction: Offer fresh fruit at least 4 days a week (at least 1/4 cup each*).	M	<input style="width: 100%;" type="text"/>	1/4 CUP
	T	<input style="width: 100%;" type="text"/>	1/4 CUP
	W	<input style="width: 100%;" type="text"/>	1/4 CUP
	T	<input style="width: 100%;" type="text"/>	1/4 CUP
	F	<input style="width: 100%;" type="text"/>	1/4 CUP
		M	1/4 CUP
		T	1/4 CUP
		W	1/4 CUP
		T	1/4 CUP
		F	1/4 CUP

*One quarter-cup of dried fruit. Juice may be counted toward the HUSSC fruit variety criteria for Lunch only once per week. Juice must be 100% full strength.**If unable to obtain adequate fresh fruit to meet the requirement, applicant can work with FNS to determine suitable alternative. Justification will be required.

School

Gold Award/Gold Award of Distinction Application



HUSSC Application – Page 13



- **Nutrition Education Worksheet**

- Brief descriptions.

- See paragraphs that say “Briefly describe....”

- Alliance for a Healthier Generation.

- Healthy School Program (HSP) Award Recipients.
- HSP award: currently recognized/certified (not expired) .





HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Nutrition Education Worksheet

Healthy School Program (HSP) Award Recipients: Submit a copy of your HSP National Recognition Award from the Alliance for a Healthier Generation in lieu of completing this section. Any currently recognized HSP school can use the streamlined approach.



Elementary Schools:

Is Nutrition Education provided to all full-day students in all grades? Yes No

[more info. ?](#)

Briefly describe below how nutrition education is provided to all students and:

- Is part of structured and systematic unit of instruction, such as Team Nutrition curricula and lessons.
- Utilizes multiple channels of communication, including the classroom, cafeteria, and home/parents.



Middle and High Schools:

Briefly describe below how nutrition education is offered to:

- Middle school students (middle schools applying for the bronze/silver HUSSC award need to offer nutrition education in at least one grade level as a part of year round instruction.)
- High school students in at least two courses required for graduation. List the courses below.
- Utilizes multiple channels of communication, including the classroom, cafeteria, and home/parents.

Grades	Description of Nutrition Education Efforts	Communication Channel Used

Reminder
Save
Your
Work

HUSSC Application – Pages 14-15



- **Physical Education Worksheet**

- Times in minutes per week – Elementary Schools.
- Brief descriptions – Elementary, Middle, High Schools.
 - See boxes.
- Structured physical activity planned by a PE teacher.
- Alliance for a Healthier Generation.
 - Healthy School Program (HSP) Award Recipient.
 - HSP award: currently recognized/certified (not expired) .



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Physical Education Worksheet - Elementary Schools

- Healthy School Program (HSP) Award Recipients:** Submit a copy of your HSP National Recognition Award from the Alliance for a Healthier Generation in lieu of completing this section. Any currently recognized HSP school can use the streamlined approach.

Physical Education

Does your school provide physical education (PE) classes to *all full-day* students throughout the school year? Yes No

Bronze/Silver: Do the physical education (PE) classes for all grades cover a minimum average of 45 minutes* per week throughout the school year? Yes No

*Up to 20 minutes (Bronze/Silver) of the PE requirement may be met by providing structured physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities, which must be at least moderate-intensity and in increments of at least 10 minutes. If utilizing the structured physical activity option, you must provide a description below.

Physical Education Details

List the average number of minutes/week that physical education is provided throughout the school year for each grade specified

Grades	Description of Physical Education Offered

HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Physical Education Worksheet - Middle and High Schools

- Healthy School Program (HSP) Award Recipients:** Submit a copy of your HSP National Recognition Award from the Alliance for a Healthier Generation in lieu of completing this section. Your HSP award must be dated within a year of your HUSC application.

Middle School: Briefly describe below how your school offers structured physical education classes to at least two grades.
High School: Briefly describe below how your school offers structured physical education classes in at least two courses. List the courses below.

Physical Education Details

Grade	Description of Physical Education Offered

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Middle & High Schools

HUSSC Application – Page 16

- **Physical Activity Worksheet**

- Brief descriptions.

- See boxes.

- Alliance for a Healthier Generation.

- Healthy School Program (HSP) Award Recipient.
- HSP award: currently recognized/certified (not expired) .



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Physical Activity Worksheet

- Healthy School Program (HSP) Award Recipients:** Submit a copy of your HSP National Recognition Award from the Alliance for a Healthier Generation in lieu of completing this section. Any currently recognized HSP school can use the streamlined approach.

Physical Activity

Elementary Schools: Describe the additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities. If the physical activity was used as "Structured Physical Activity" for counting towards the PE requirement, it cannot be listed here also.

Middle and High Schools: Describe how school provides students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) and actively promotes participation in physical activities to all students throughout the school year.

Physical Activity Details

Grades	Describe Physical Activity Provided



HUSSC Application– Page 17



- **Competitive Foods Worksheet**

- If your school sells/serves a la carte then you must enter each item into the Competitive Foods Calculator.
- Competitive Foods Calculator available online.
- Calculator is **not** designed **for beverages**.
- Fundraising question.
- Provide actual labels or copies of labels including front and back of packaging.
 - Recipes also, if used.



Competitive Foods – Page 17

Nutrition Facts	
Serving Size 2 CUPS (30g)	
Servings per Container VARIED	
Amount per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	6%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Competitive Foods Worksheet

Does your school sell/serve a la carte or extra foods during meal periods in the foodservice area(s), including vending machines or school store, in competition with school meals?

Yes No



If YES, go to the online HUSSC Competitive Foods Calculator

(<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>)

to determine if the food sold as competitive foods meet the HUSSC criteria.

Print out results from the Calculator and include actual labels including front and back of packaging or a copy of the actual label.

For school-made products, please submit the recipes with the application.

Exempt from competitive foods criteria: Second servings of any items on the reimbursable lunch menu for the day.

The calculator formulas are at <http://teamnutrition.usda.gov/HealthierUS/index.html>

Fundraising

Do food items sold during the school day through school fundraisers and in school stores meet the guidelines for competitive foods? If no, contact your State Agency for guidance.

Yes No



HealthierUS School Challenge Competitive Foods Calculator

How to Apply

- > Join Team Nutrition
- > Application Materials

Browse by Subject

- > Vision
- > Promotional Materials
- > Training and Assistance
- > Award Winning Schools
- > Tips from Awards Winners

Other Useful Links

- > Competitive Foods Calculator
- > Healthy Access Locator
- > Healthy Meals Resource System
- > Chefs Move to Schools

To use the HUSSC Competitive Foods Calculator, you must have the latest version of the Adobe Flash Player installed on your computer. [Click here](#) to download and install this free program.

If the PRINT button does not work on your computer, please use your browser's print function by pressing Ctrl+P on your keyboard.

If you encounter difficulty with the calculator, please email us at hsmrs@ars.usda.gov.

View the [Formulas for Competitive Food Calculations](#)

The calculator should not be used for beverages.
Please refer to the beverage section of the [competitive foods criteria](#).

Competitive Foods Calculator

1. Fill in the name of your competitive food product and press "Add to List."

Add to List

2. Using information from the Nutrition Facts label, fill in all fields (only one sodium.) Press calculate to see results.

Nutrition Facts	
Serving Size (in grams)	g
<hr/>	
Calories	
<hr/>	
Total Fat	g
Sat Fat	g
Trans Fat	g
Sugars	g
<hr/>	
Sodium	
side dish/snack	mg
OR	
entree	mg

Calculate

3. Fill in your school's name. Below is your Competitive Foods List. Print and send in with your HUSSC application.

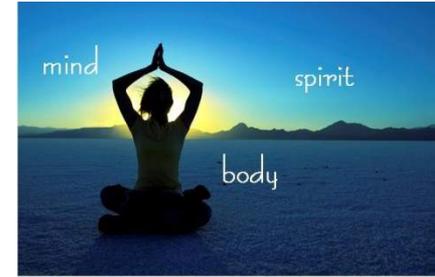
School Name:

Does your food meet the HUSSC Competitive Foods Criteria?

<input type="text"/>	<input type="checkbox"/>

Print List **Clear List**

HUSSC Application– Page 18



- **School Wellness Policy Worksheet**
 - Brief descriptions.
 - Physical activity as punishment?
 - Food as a reward?





HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

School Wellness Policy Worksheet

Provide a copy of the school's local wellness policy with the HUSSC application. If following a district wellness policy, provide a copy.

[more info.?](#)

List three ways your school is working to meet School/District Wellness policy goals. For example, creating specifications to ensure vending machine foods meet nutritional criteria, including local wellness policy goals in your school improvement plan, school wellness committee meets every other month, etc.

1.
2.
3.

→ Describe how parents, students, school administration and staff, and the community are involved in the implementation of the School/District Wellness policy at your school.

→ If your school has implemented wellness practices that are stricter than what is stated in your school district's local wellness policy, please explain.
(For example your school does not sell competitive foods.)

→ Briefly describe how your school demonstrates a commitment to neither deny nor require physical activity as a means of punishment.
(For example, students who misbehave are not denied recess.)

→ Briefly describe how school demonstrates a commitment to prohibit the use of food as a reward.
(For example, food is not used to reward students for good behavior or for the completion of an assignment.)

HUSSC Application– Pages 19-21



- **Other Criteria for Excellence Checklist**

- 20 options/selections are available.
- Number of criteria a school must select is determined by award level.
 - Bronze: 2
 - Silver: 4
 - Gold: 6
 - Gold Distinction: 8
- Check-off selections and provide brief descriptions
- Additional documentation may be required.
 - ServSafe certificates, for example, if certified food handler criteria is selected.



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Other Criteria for Excellence Checklist

- Select from any option and submit supporting documentation with the application:
- Bronze: Must select at least 2 of the 20 options.
 - Silver: Must select at least 4 of the 20 options.

Other Criteria for Excellence Checklist (continued)

School implements innovative practices to increase SBP participation, such as Breakfast in the Classroom. *Provide a brief description and (if available) photo*.*

School operates an afterschool program that participates in the Afterschool Snack Program or at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP). *Provide a brief description.*

If percentage of free- or reduced-students is 50% or more, Summer Food Service Program is available. *Provide a brief description.*

Physical Activity Excellence

School sponsors a non-competitive afterschool physical activity program. *Provide a brief description.*

School actively supports and promotes walking or bicycling to and from school. *Provide a brief description.*

School offers at least 20 minutes of recess daily before lunch. *Provide a brief description.*

Nutrition Education Excellence

School uses grade appropriate Team Nutrition curricula and lessons to teach nutrition education. *Provide a brief description including the name of the Team Nutrition materials used.*

*Photos can be digital OR printed on copy paper. Photos should not include students. **Continued on next page.**

3
Pages



HUSSC Application– Pages 22-23



- **Review Committee Verification Form**
 - Actual signatures are not required.
 - Review committee members should provide their names & email contact information.
 - Legible.
 - Page 22 – Form for individual schools, or
 - Page 23 – Form for group applications



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Review Committee Verification Form

For individual school applications only

Please read the following statement and add your name and date below if you agree:

We have reviewed this application, and we agree that our school meals are healthy and appealing to our students. We attest to the accuracy of the information provided in this application. We agree to maintain the nutrition excellence, physical education/activity, and other criteria for excellence standards and procedures indicated in this application for the duration of our certification as Bronze or Silver awardees. Furthermore, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

Foodservice Manager's Name/Address	Email Address	Date
Team Nutrition Leader's Name	Email Address	Date
District Food Service Authority Name/Address (Foodservice Director)	Email Address	Date
Representative of the School's Parent Organization	Email Address	Date
Physical Education/Health Teacher's Name	Email Address	Date
Principal's Name/Address	Email Address	Date

Please submit your completed application and documentation to your **State Child Nutrition Agency.**

Public reporting burden for this collection of information is estimated to average 2 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. **An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.** Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.

Individual School or District

HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Review Committee Verification Form
For simplified school district applications only

Please read the following statement and add your name and date below if you agree:
We have reviewed this application, and we agree that our school meals are healthy and appealing to our students. We attest to the accuracy of the information provided in this application and attest that it applies to all schools in the district unless otherwise noted. We agree to maintain the nutrition excellence, physical education/activity, and other criteria for excellence standards and procedures indicated in this application for the duration of our certification as Bronze or Silver awardees. Furthermore, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

Superintendent Name Email Address Date

District Food Service Authority Name/Address (Foodservice Director) Email Address Date

Representative of the District's Parent Organization Name Email Address Date

Please submit your completed application and documentation to your **State Child Nutrition Agency.**

Public reporting burden for this collection of information is estimated to average 2 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.

For District

HUSSC Application– Page 24

- **Application Check-Off Sheet**



- To assist with making sure COMPLETE applications are submitted
- Helpful listing at bottom with “More Info” tabs to provide guidance to applicants



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Application Check-off Sheet

Please include the following information in your Application:

- Application Cover Sheet (pg 2)
- Table of Contents n/a
- General Criteria Worksheet (pg 4)
- Menu Offerings (pg 5-8)
- Nutrition Education Worksheet (pg 9)
- Physical Education Worksheet (pg 10-11)
- Physical Activity Worksheet (pg 12)
- Competitive Foods Worksheet (pg 13)
- School Wellness Policy Worksheet (pg 14)
- Other Criteria for Excellence Checklist (pg 15-17)
- Review Committee Verification Form (pg 18-19)
- Check-off Sheet (pg 20)

Please submit the following additional documentation:

- Copy of the School Wellness Policy (if school does not have its own and follows a District Wellness Policy, please submit a copy).
- Two week menu for reimbursable school breakfast and lunches served in your school (menus must reflect two full consecutive weeks).
- Copies of completed NSLP 6-cent certification Menu Worksheets for the consecutive two-week period. [more info.?](#)
- Production records for lunch and breakfast for the consecutive 2 weeks (not required for Bronze level.) [more info.?](#)
- Documentation including Nutrition Facts labels, recipes, food product ingredient statements, and/or product formulation statements to verify that the criteria have been met for the following: a la carte, snack bar, and vended items sold during meal periods. [more info.?](#)
- Documentation for whole grain-rich products including food product ingredient statements, Nutrition Facts labels, CN labels, recipes, and/or customized product specification sheets.

Thank you for applying for the HealthierUS School Challenge.

For more information, visit the Team Nutrition Website: www.teamnutrition.usda.gov

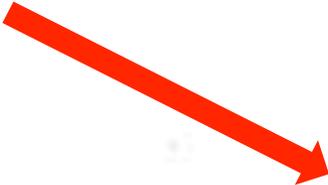
HUSSC Application

Food Package Label Documentation Requirements

- Photocopies of package labels need to be included with HUSSC applications, as needed, for example, **whole grains**.
- Needed: ingredients, serving size, Nutrition Facts (for competitive foods) or CN label.
 - Serving size may be in the Nutrition Facts,
 - Sometimes serving size is only found on the front, commonly seen in individual serving packages.



Photocopy/Scan of a Label



1.5 OZ. FULLY BAKED WHOLE WHEAT BREADSTICKS

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, VITAL WHEAT GLUTEN, CONTAINS LESS THAN 2% OF YEAST, SODIUM OIL, SALT, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, ENZYMES, TRICALCIUM PHOSPHATE, WHEAT BRAN, CORN FLOUR, BULGAR WHEAT, OAT FLAKES, BARLEY FLAKES, RYE CRISPS, WHEAT FLAKES, HYDROLYZED VEGETABLE OIL, WHEAT STARCH, AZODIAROBIN, DIMETHYL SILOPHOSPHATE, SODIUM MONOPHOSPHATE, MONOSODIUM GLUTAMATE, CALCIUM HYDROXYDIPHOSPHATE, CONTAINS WHEAT

COOKING INSTRUCTIONS: IF TURNED OVER OR PAN IS INDICATED CONVECTION OVEN AT 350 FOR 8-9
MINUTES OR IN PREHEATED CONVENTIONAL OVEN AT 350 FOR 9-10 MINUTES. IF INDICAL BAKED IN PAN IN
PREHEATED CONVECTION OVEN AT 350 FOR 8-7 MINUTES OR IN PREHEATED CONVENTIONAL OVEN AT 350 FOR
9-10 MINUTES.

14/1.5 OZ.
PORTIONS



00078617339073

NET WT.
13.5 LBS. 15.13 kg)



Child Nutrition (CN) Labels



- CN label crediting statements have been modified to include crediting information for **vegetable subgroups**.
- The term “oz eq grains” on the CN Label indicates the product meets the **whole grain-rich** criteria.
- The terms “bread” or “bread alternate” on the CN Label indicates the product meets previous requirements for grains/breads.



www.fns.usda.gov/cnd/cnlabeling



Child Nutrition (CN) Labels

Chicken Stir-Fry Bowl

Ingredient Statement:

Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

099135

CN

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅛ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

CN

CN

Net Wt.: 18 pounds



Chicken Wok Company
1234 Kluck Street Poultry, PA 12345



If a photocopy of the original ingredient label is not available

1. A scan of the manufacturer's product fact sheet on company letterhead, or
 - An email from a company representative that includes the ingredient label or the CN information (or product formulation statement).
2. If ingredient labels and CN labels from the Internet are submitted with the HUSSC application, they **must** be accompanied with an email from the vendor or company representative verifying it.
3. We also accept vendor or manufacturer verification signatures directly on internet-based label information.



Company Representative Verification in Emails or on Documents

- Printed name of the person.
- Job title of the person.
- Contact information.
- Date reviewed.
- A statement saying the person verifies the accuracy of the information.
- If the documentation does not have the complete name of the company, then it is required also.



Mixed Dish Items Containing Creditable Portions of Vegetables

- Recipes are required.
 - Clearly states portion sizes and creditable amounts of vegetable(s).
 - States number of portions that result.
- Also applies to **whole grains**.
- Packaged foods:
 - Need a CN label or product formulation statement.



Review Sheet

HUSSC APP 2012 REVIEW SHEET BRONZE/SILVER

School District _____ # of schools: _____

___ Bronze ___ Silver Downgraded: NA Y Returned/no award: NA Y

TN School: Y N **6 cents certified:** Y N

ADP: Bronze: NA or Silver: Meets criteria for B and L: Y N

Dates of menus: _____

Circle Y, N, or NA; check off horizontal line (___) when review of each section is complete.

Whole grain-rich:	≥50% WG offerings		≥66.66% WG offerings		≥3 different per week		Recipe or ingredient or CN label issues:	
	Y	N	Y	N	Y	N	Y	N
Breakfast week 1:	Y	N	-	-	-	-	-	-
Breakfast week 2:	Y	N	-	-	-	-	-	-
Lunch week 1:	-	-	Y	N	Y	N	-	-
Lunch week 2:	-	-	Y	N	Y	N	-	-

___ Vegetables: Meet meal pattern

	Y	N
Lunch week 1:	Y	N
Lunch week 2:	Y	N

Additional 1/4 cup dark green, red/orange, or dry beans/peas:

	Y	N
Lunch week 1:	Y	N
Lunch week 2:	Y	N

___ Fruit:

	≥3 different/week		Fresh fruit ≥1/week		Juice ≤1/week		Different daily		Fresh ≥1 day ≥2 days	
	Y	N	Y	N	Y	N	Y	N	Y	N
Breakfast week 1:	Y	N	Y	N	Y	N	-	-	-	-
Breakfast week 2:	Y	N	Y	N	Y	N	-	-	-	-
Lunch week 1:	-	-	-	-	Y	N	Y	N	-	-
Lunch week 2:	-	-	-	-	Y	N	Y	N	-	-

(Page 1)

___ Nutrition Education:

	Multiple channels	Structured/systematic	All full-day students	1 grade	In 2 required courses
Elementary	Y	N	Y	N	-
MS	Y	N	-	-	-
HS	Y	N	-	Y	N

___ Physical Education:

	All full-day students	≥45 minutes/week	In at least 2 grades	In at least 2 courses
Elementary	Y	N	-	-
MS	-	-	Y	N
HS	-	-	-	-

___ Physical Activity:

Opportunities provided: Y N

___ Competitive Foods (CF):

Sell/serve CF during meals in food service area: Y N

Calculator printouts: Y N NA All foods pass: Y N

Allowed beverages and portion sizes: Y N NA

Fundraising using food during school day meets CFs: Y N NA

Nutrition Facts/Label issues: Y N NA

___ Wellness Policy:

Copy included: Y N

Involvement in implementation: Y N

Neither deny/require physical activity as punishment: Y N

3 ways working to meet policy: Y N

Prohibits the use of food as a reward: Y N

___ Other Criteria for Excellence:

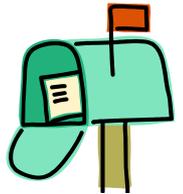
2 criteria listed for Bronze, 4 for Silver: Y N

Additional Notes:



Submitting a HUSSC Application Successfully

- By Mail, paper application in a binder.
- “On line” means by email, documents need to be scanned.
 - Application is already electronic.



Application Materials



USDA United States Department of Agriculture
Food and Nutrition Service

TEAM NUTRITION

Home About Team Nutrition FNS Newsroom Help Contact Us

You are here: Home > HealthierUS Schools

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

In February 2010, First Lady Michelle Obama introduced **Let's Move!**, incorporating the HealthierUS School Challenge into her campaign to raise a healthier generation of kids. At that time, monetary **incentive awards** became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

HUSSC

- Vision
- [Application Materials](#)
- Competitive Foods Calculator
- Promotional Materials
- Training and Technical Assistance
- Award Winning Schools
- Tips from Award Winners

See Also

- Let's Move
- Healthy Meals Resource System (HMRS)

Search FNS

- Search all USDA
- Search Tips
- Topics A-Z

Email Updates

 Sign-up to receive free email updates

Browse by Audience

Information For ...

Browse by Subject

- Join the Team
- **HealthierUS Schools**
- Local Wellness Policy
- Training Grants
- Resource Library
- MyPyramid for Kids
- Eat Smart. Play Hard.

<http://teamnutrition.usda.gov/healthierUS/application.html>



Application Materials



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How to Apply

- > [Join Team Nutrition](#)
- > [Application Materials](#)

Browse by Subject

- > [Vision](#)
- > [Promotional Materials](#)
- > [Training and Assistance](#)
- > [Award Winning Schools](#)
- > [Tips from Awards Winners](#)

Other Useful Links

- > [Competitive Foods Calculator](#)
- > [Healthy Access Locator](#)
- > [Healthy Meals Resource System](#)
- > [Chefs Move to Schools](#)

HealthierUS School Challenge Application

HealthierUS School Challenge Application

To access the HUSSC interactive application forms below, you must have at least version 9 of the Adobe Acrobat Reader installed on your computer. [Click here](#) to download and install this free program.

Please download and save the Application of choice to your computer before opening it, following one of the download instructions on this page.

- [Application for Bronze Award or Silver Award \(PDF | 11 MB\)](#), Revised 6/12/13
- [Application for Gold Award or Gold Award of Distinction \(PDF | 11 MB\)](#), Revised 6/12/13

Instructions for Downloading Forms in Internet Explorer

1. Move your pointer to the appropriate form you want and "click" to open the document.
2. Move your pointer up to the top menu bar and click on "File".
3. Move your pointer down to "Save As" or "Save Page As" and save your document where you want on your hard drive.

Another way to download is:

1. Move your pointer to the appropriate form you want to download, but do not click.
2. Press your right button on your mouse and you will get a little menu.
3. Move your pointer down to "Save Target As" or "Save Link As" and save your document where you want on your hard drive.

Tips for Completing Application:

1. If needed, provide application details and special circumstances in a Cover Letter (optional).
2. You can submit your application two ways:
 1. [Submit the application and supporting documentation in a 3-ring binder to your State Child Nutrition Agency.](#)
 2. [Submit the application and supporting documentation electronically.](#)
3. When more space is needed to provide information, schools can attach a separate document with this information.
4. Multiple schools can apply under the same district application when all of the following apply:
 1. The same menu and same foods were served throughout the district. The district can submit:
 2. Consent of participating bus, meal, breakfast and lunch program (for example, a school could send the consent

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/>



Submitting an Application By Mail

- Application/Supporting Documentation should be submitted in a 3-ring binder to Office of the State Superintendent of Education (OSSE).
- Tabs/dividers are optional.
- 6-Cent Certification Worksheets (print/CD).
 - Electronic (CD) is preferred.
- Don't use document protector pages, unless needed for small items (small, original labels, CD).
 - Use 3 hole punch on documents.

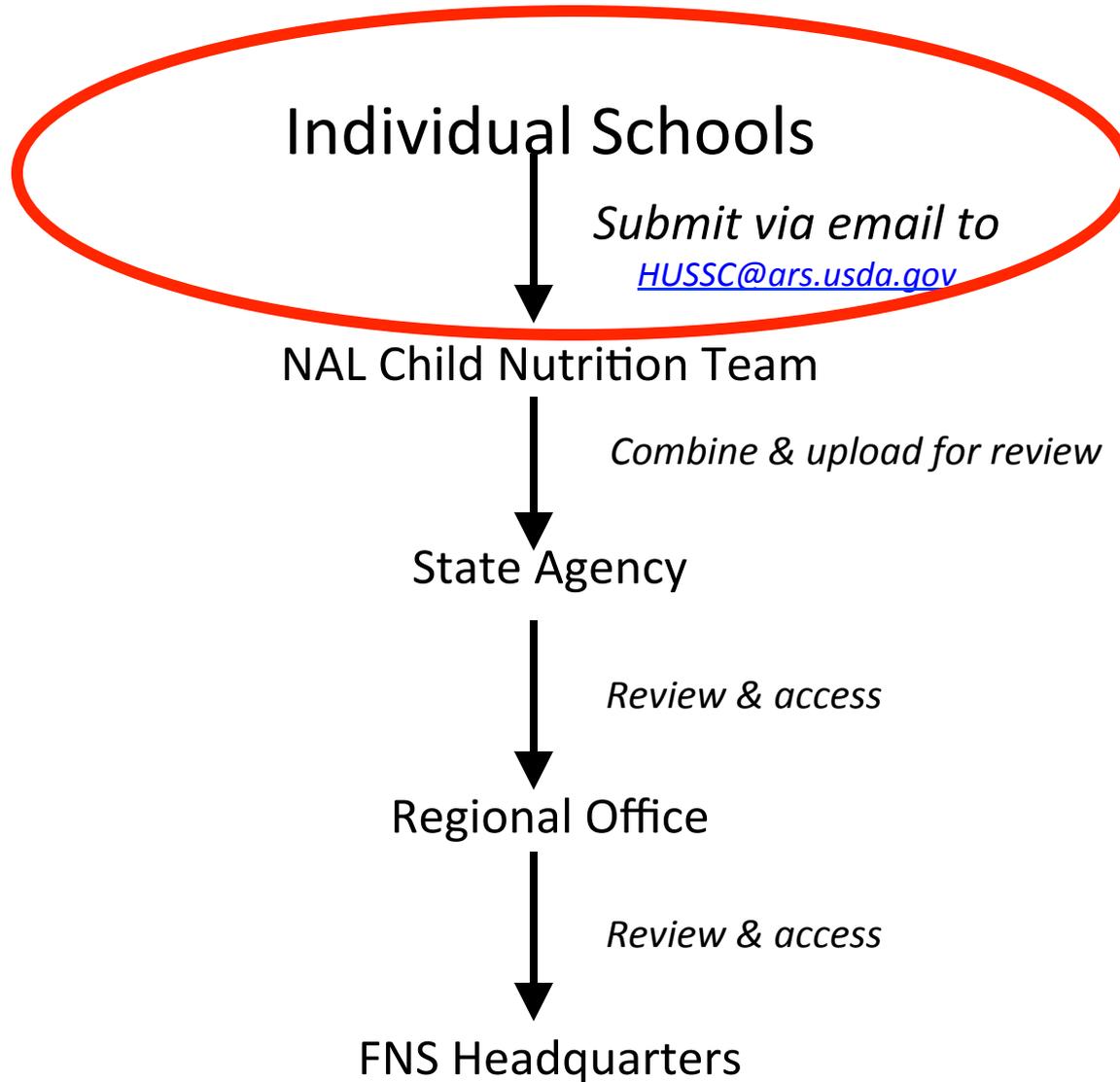


Submitting a HUSSC Application Online (Email)

HUSSC@ars.usda.gov



Overview of the online process



Why Participate?

Participating schools can:

- Get recognized nationally and earn monetary awards!

Gold Award of Distinction	\$2,000
Gold Award	\$1,500
Silver Award	\$1,000
Bronze Award	\$500

- Build school spirit, cooperation, and proudly display the HealthierUS award and plaque

- Be a role model for other schools and help reduce childhood obesity from within your school

How Can I Apply?

For more information, the application, success stories, and other resources, visit the Team Nutrition Web site: <http://teammnutrition.usda.gov> and click on HealthierUS School Challenge.

For additional information, contact your State Child Nutrition Director.

Promotion & Engaging Others

"As a food service director who has seen firsthand how the HealthierUS School Challenge can have positive effects on our school and school improvement, I would wholeheartedly encourage anyone in a similar position to begin the journey and enjoy similar success."

David Roberts, Food Service Director
Maine School Administrative District #52
Turner, ME



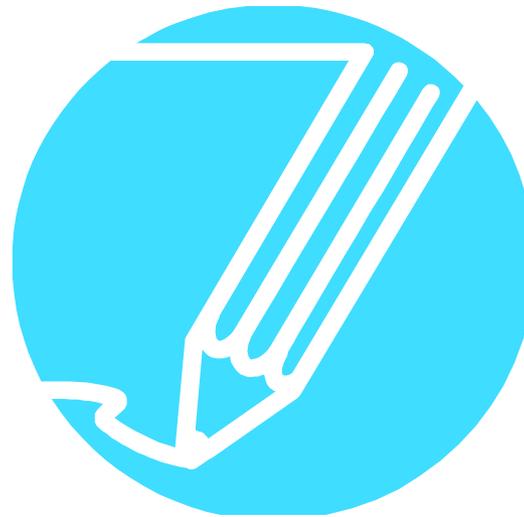
**HealthierUS
School Challenge**



Questions



Your Menu & HUSSC App Practice Activity



Close

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Marlene.Stein@fns.usda.gov

- FAQs:

<http://teamnutrition.usda.gov/HealthierUS/faq.pdf>

