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| HealthierUS School Challenge Checklist  TNLogoSh.jpg  For Schools and Residential Child Care Institutions  Are You Ready To Take the HealthierUS School Challenge?  If You Can Check "Yes!" in Each Box Below, You Are Ready! | | |
| Is your school enrolled as a Team Nutrition (TN) School? | * Yes | * No |
| Does your school participate in both the USDA National School Breakfast Program and the National School Lunch Program? | * Yes | * No |
| Does your school serve reimbursable breakfasts under the SBP? | * Yes | * No |
| Does your school serve reimbursable lunched under the NSLP? | * Yes | * No |
| Does your school food authority qualify for the $.06 certification? | * Yes | * No |
| Elementary and Middle Schools Breakfast Participation requirements:  Does your school maintain an Average Daily Participation (ADP) of at least 20% for Silver level? (For Gold and Gold Distinction, the requirement is 35%). There is no ADP requirement for Bronze level. | * Yes | * No |
| High Schools:  Does your school maintain an Average Daily Participation (ADP) of at least 15% for Silver level? (For Gold and Gold Distinction, the requirement is 25%). There is no ADP requirement for Bronze level. | * Yes | * No |
| In your school breakfast, do you:   * Offer at least three (3) different fruits or vegetables each week? One (1) fruit/week must be fresh (Bronze /Silver level) * Offer at least one different fruit and/or vegetable every day? Two (2) fruits/week must be fresh (Gold and Gold Distinction level) | * Yes * Yes | * No * No |
| Offer at least 50% of your grain servings as whole grain or whole grain rich (Bronze/Silver)? | * Yes | * No |
| Offer at least 70% of your grain servings as whole grain or whole grain rich (Gold)? | * Yes | * No |
| Offer 100% whole grain or whole grain rich grain servings (Gold Distinction)? | * Yes | * No |
| Elementary and Middle Schools Lunch Participation requirements:  Does your school maintain an Average Daily Participation (ADP) of at least 60% for Silver level? (For Gold and Gold Distinction, the requirement is 70% or higher.) There is no ADP requirement for Bronze.  High Schools:  Does your school maintain an Average Daily Participation (ADP) of at least 45% for Silver level? (For Gold and Gold Distinction, the requirement is 65% or higher.) There is no ADP requirement for Bronze. | * Yes * Yes | * No * No |
| In your school lunch, do you:   * Offer dark green, red and orange vegetables and dry beans/peas in amounts equivalent to the NSLP meal pattern? * Offer one additional serving weekly from any of the three vegetable subgroups (for Bronze or Silver award level)?   Or   * Do you offer two additional servings weekly from any of the three vegetable subgroups (for Gold and Gold Distinction)? * Offer a different fruit every day of the week?   *All servings must be at least ¼ cup.*   * Offer one (1) fresh fruit/week for Bronze level?   + Two (2) fresh fruits/week for Silver level?   + Three (3) fresh fruits/week for Gold level?   + Four (4) fresh fruits/week for Gold Distinction? * Count 100% fruit juice as a fruit only once per week? * Offer at least six (6) servings (grades K-5), seven (7) servings (grades 6-8) or 8 servings (grades 9-12) of whole grain or whole grain rich foods every week (Bronze/Silver)? For Gold/Gold of Distinction, 100% of the grain servings offered must be whole grain   Or   * Offer at least three (3) different types of whole grain rich foods during the week (Bronze/Silver/Gold) and count only one whole grain based dessert/week (Gold Distinction)? * Offer only low-fat (1% or less) and fat-free (skim) fluid milk each day? | * Yes * Yes * Yes * Yes * Yes * Yes * Yes * Yes * Yes * Yes * Yes * Yes * Yes | * No * No * No * No * No * No * No * No * No * No * No * No * No |
| Are Competitive Foods: (not applicable for RCCIs)   * Served in portions of 200 calories or less? * Under or equal to 35% calories from total fat (excluding nuts, seeds, nut butters and reduced-fat cheese)? | * Yes * Yes | * No * No |
| Competitive Foods Continued…   * Trans-fat free? * Under 10% calories from saturated fat (excluding reduced-fat cheese)? * Under or equal to 35% sugar by weight (excluding fruits, vegetables, and milk)? | * Yes * Yes * Yes | * No * No * No |
| * Bronze, Silver, Gold: Under or equal to 480 mg sodium per side dish, 600 mg per entrée? * Gold of Distinction Only: Under or equal to 200 mg sodium per side dish, 480 mg per entrée? | * Yes * Yes | * No * Yes |
| Are Competitive Beverages: (not applicable for RCCIs)   * Limited to low-fat (1% or less) and fat-free (skim) milk? * Limited to 100% full strength fruit & vegetable juice with no sweeteners? * Limited to water (unflavored, no sweeteners, noncarbonated, caffeine-free)? | * Yes * Yes * Yes | * No * No * No |
| Is the above criteria on competitive foods and beverages followed during the meal period in foodservice areas (or throughout the entire school day for Gold/Gold of Distinction? | * Yes | * No |
| Does your school provide nutrition education to students? | * Yes | * No |
| Does your school reinforce the message that prohibits the use of food as a reward (except school holiday parties)? | * Yes | * No |
| Elementary Schools:  Does your school provide 45 minutes or more of physical education to students in every grade per week? (Gold requirement is 90 minutes; Gold of Distinction is 90 minutes with stricter sodium requirements OR 150 minutes.)  Secondary Schools:  Does your school offer physical education classes to at least two grades and provide students in all grades opportunities to participate in physical activity? | * Yes * Yes | * No * No |
| Does your school reinforce physical education/activity messages by neither denying nor requiring physical activity as a means of punishment? | * Yes | * No |
| Has your school completed at least 2 of the 20 “Other Criteria for Excellence” for Bronze; 4 of the options for Silver; 6 of the options for Gold or 8 of the options for Gold of Distinction? | * Yes | * No |
| Has your school or school district developed and implemented a local school wellness policy? | * Yes | * No |
| Does your school support a wellness environment by permitting primarily nonfood items to be sold through school fundraising activities? If not, do the food items sold during the school day meet the criteria for competitive foods outlined above? | * Yes | * No |

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| **STATE USE ONLY** |
| HUSSC Award level school qualifies for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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