

Orientation to School Nutrition Management

HealthierUS School Challenge: Smarter Lunchrooms

Instructor's Manual

Time: 15 minutes



Key Area 1: Nutrition
Key Area 2: Communications and Marketing
Learning Code: 1100, 4160

2017

Institute of Child Nutrition

The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at The University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

PURPOSE

The purpose of the Institute of Child Nutrition is to improve the operation of child nutrition programs through research, education and training, and information dissemination.

MISSION

The mission of the Institute of Child Nutrition is to provide information and services that promote the continuous improvement of child nutrition programs.

VISION

The vision of the Institute of Child Nutrition is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

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OSNM—HUSSC: SL Lesson Overview

Time Needed to Conduct the OSNM HUSSC: SL Lesson: 15 minutes

Lesson Description: This lesson was designed by the Institute of Child Nutrition to provide an overview of HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL). This is brief overview and additional information is provided on the NFSMI website.

Lesson

Objectives:

At the end of this lesson, the participant will be able to

1. Identify the HUSSC Challenge: Smarter Lunchrooms criteria.

Lesson at a Glance

15 minutes

Time	Topic	Task	Materials
15 minutes	Objective 1: Identify the HealthierUS School Challenge: Smarter Lunchrooms criteria.	Review Criteria HealthierUS School Challenge: Smarter Lunchrooms	HealthierUS School Challenge: Smarter Lunchrooms Recognizing Excellence in Smarter Lunchrooms, Nutrition, and Physical Activity Handout Handout is located at http://www.fns.usda.gov/sites/default/files/cn/2014husc_criteria.pdf

Introduction and Overview

SAY:

Welcome to the HealthierUS School Challenge: Smarter Lunchrooms. The HealthierUS School Challenge: Smarter Lunchrooms (HUSCC: SL) emphasizes developing lifetime healthy habits. Exemplary school nutrition programs and healthy school environments support student health and academic achievement.

The full version of the HUSCC: SL training will show you how your food-based menus, standardized recipes, and production records can assist you in successfully meeting the meal pattern requirements and ultimately be used as a solid foundation in applying for the HealthierUS School Challenge: Smarter Lunchrooms. Participants will also gain helpful tips on calculating smart snacks, implementing Smarter Lunchroom techniques, and creating healthier school environments. During this training we will briefly review only the HealthierUS School Challenge: Smarter Lunchrooms criteria.

SAY:

The HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL) is a voluntary recognition award opportunity developed by the U.S. Department of Agriculture (USDA) to recognize excellence in smarter lunchrooms, nutrition and physical activity in schools. It is for schools that exceed all federal standards in all areas of student wellness. The Challenge criteria, like the reimbursable meal pattern requirements, reinforce the *Dietary Guidelines for Americans* and updated federal child nutrition regulations outlined in the Healthy, Hunger-Free Kids Act of 2010.

The number of schools that have met the Challenge continues to grow. Schools of any size receiving a HUSSC: SL award will enjoy positive local, state, and national recognition and prestige. Schools that receive the HUSSC: SL award demonstrate to their community a commitment to the improvement of school health.

The HUSSC: SL recognizes schools for their promotion of good nutrition and physical activity. The awards consist of four levels of superior performance Bronze, Silver, Gold, and Gold Award of Distinction.

ASK:

Has anyone received a Challenge award? How was your district recognized for its accomplishments?

FEEDBACK:

Encourage participants to share their award winning success stories. Responses may include the school's name was posted on the USDA HUSSC: SL website, the school received a visit from the USDA Regional office, or a press release was sent out to local media.

SAY:

Currently, financial incentives are available to HUSSC: SL award schools:

- \$2,000 for Gold Award of Distinction;
- \$1,500 for Gold;
- \$1,000 for Silver; and,

- \$500 for Bronze.

SAY:

All HUSSC: SL award monies must be deposited into the nonprofit school nutrition account and used for allowable expenses under that account. The monetary incentive awards are available until the USDA funds are depleted. Schools also have the option to apply for a higher award level and its monetary incentive before the end of the 4-year term. To do so, the school must wait a minimum of one year at the certified award level achieved before applying for a higher level. Once an award is achieved, the school must maintain the award standards for four years. At that time they must re-certify to continue recognition.

Each district determines if they want to apply for the HUSSC: SL. A district may select one school or multiple schools in the district. By conducting school assessments, you will identify sites where the HUSSC: SL criteria are currently met or exceeded – or sites where, with more involvement, the criteria can be met or exceeded.

One advantage of multiple schools applying for the HUSSC: SL award is each school applying can select the award level that will work for that school. All schools applying from one district do not need to apply for the same HUSSC: SL award level.

Enhancing the school environment to promote components of a healthful lifestyle requires coordinated efforts. The involvement of school nutrition staff, educators, administrators, students, and parents make meeting the HUSSC: SL criteria easier.

Here is the HealthierUS School Challenge: Smarter Lunchrooms Recognizing Excellence in Smarter Lunchrooms, Nutrition, and Physical Activity Criteria. Let's take a moment to briefly review the information.

DO:

Distribute the HealthierUS School Challenge: Smarter Lunchrooms Recognizing Excellence in Smarter Lunchrooms Nutrition and Physical Activity Criteria.

Instructor's note: *The HealthierUS School Challenge: Smarter Lunchrooms Recognizing Excellence in Smarter Lunchrooms, Nutrition, and Physical Activity Criteria handout is a separate handout and is not included in the Participant's Workbook.*



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