

# USDA HealthierUS School Challenge

Fuel Up to Play 60 can help schools meet criteria for USDA's HealthierUS School Challenge



## Nutrition Standards

- SMI review within 5 years

## Meal Participation

- ADP lunch (n/a Bronze)
- Elem/Mid (Silver 60%, Gold 70%)
- HS (Silver 45%, Gold 65%)

## School Meals

- Choices available
- Different vegetable daily
  - Different fruit daily
  - 100% juice as fruit
  - Whole grain
  - ≤ 1% flavored or unflavored milk daily

## Competitive Foods

- Requirements
- ≤35% kcal fat
  - ≤0.5gm/svg trans fat
  - ≤10% kcal sat fat
  - Na: 480 mg/non-entrée, 600 mg/entrée
  - NSLP serving not to exceed 200 kcal

## Competitive Beverages

- Requirements
- ≤ 1% flavored or unflavored milk; 8 oz max serving
  - 100% fruit/veg juice no sweeteners;
  - Unflavored water



N/A

Action "Plays"  
(Try It, You'll Like It!)

- Try It, You'll Like It! Taste Test Days, Salad Bar Tryouts, Build Your Own Shake-Up, etc.
- Menu Makeover

- Vending Revamp
- Try It, You'll Like it!

- Vending Revamp
- Menu Makeover

## Nutrition Education

- Min 2 grades (elem), 1 grade (sec)
- HS 2 courses for grad
- Elem; structured unit
- Prohibit using food as reward

## Physical Education

- Structured PE
- Elem: unstructured daily options (recess)
- Not denying PA or using as punishment
- Sec: promote in and out of school PA

## Wellness Environment

- Nonfood items for fundraisers
- Foods sold throughout day meet competitive food guidelines

## Wellness Policy

- Copy submitted

## Other

N/A



- Taste Test Days
- How Many Can You?
- What Food Can Do For You
- Spreading the Word

- All Physical Activity Action "Plays" (Make the Most of Mornings, Physical Activity: Anywhere, Anytime!, etc.)

- FUTP60 as part of Wellness Plan implementation

N/A

N/A