

Food and Nutrition Service (FNS)
HealthierUS School Challenge Application
General Information

Tips for Completing Application:

- Submit the application in a 3-ring binder.
- Multiple Schools applying in one District that use the same menu and the same foods may submit one 4-week lunch menu, one set of menu worksheets, and one set of recipes, food product ingredient statements, and/or Nutrition Facts Labels. However, each school must have their own cover sheet, application form, review committee verification form, 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, as well as school policies and practices checklist and wellness policy (unless it is a district policy).
- Provide details in a Cover Letter, if you use the Alternative Menu Planning Approach.

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

Application Cover Sheet

Application for: **Gold Award** **Gold Award of Distinction***

* To receive the Gold Award of Distinction a school must meet a stricter sodium requirement for competitive foods or meet a stricter physical education/activity requirement.

PRINT OR TYPE ALL INFORMATION

School Name	
School District	
School Address	
Grades in School (list)	
Contact Person's Name and Title	
Contact Person's Phone Number & Email	
Date Submitted to State Agency	

FOR OFFICE USE ONLY

State

Approved by State Child Nutrition Director: _____
Signature _____ Date _____

Reviewed by: _____ Phone: _____

Regional Office

FNS Region: _____ Reviewed by: _____

Approved by Child Nutrition Director: _____
Signature _____ Date _____

FNS Headquarters (HQ)

Application received HQ _____ Reviewed by _____

Decision/Date _____ Award period _____

School Name _____

Gold/Gold Award of Distinction Application

HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

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HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Application for Gold or Gold Award of Distinction

Criteria	Yes	No
1. Are you a Team Nutrition School? (Include print out of Team Nutrition verification from Team Nutrition website: http://teamnutrition.usda.gov/schoolsdb/srchpage.asp)	<input type="checkbox"/>	<input type="checkbox"/>
2. If applicable, have all of your corrective actions from the most recent School Meals Initiative (SMI) review been completed?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are all lunches submitted in this application reimbursable?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do your reimbursable lunches meet or exceed the criteria in the worksheets? (Include forms on pages 4-7 and documentation for menus served.)	<input type="checkbox"/>	<input type="checkbox"/>
5. Is nutrition education provided to students in multiple grades and does it meet or exceed the criteria in the worksheet (Include worksheet on page 8.)	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the opportunity for physical education/activity provided to students, that meets or exceeds the criteria in the worksheet? (Include worksheet on page 9.)	<input type="checkbox"/>	<input type="checkbox"/>
7. Does your school meet the criteria for the award it is seeking? Elementary and Middle School ADP criteria: 70% Gold and Gold Award of Distinction High School ADP criteria: 65% Gold and Gold Award of Distinction List ADP: _____ Month/Year: _____	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your school serve/sell a la carte foods or have foods or beverages available in vending machines or a school store any time throughout the school day (including meal periods) and any place throughout the school campus? If yes, do these foods and beverages meet the competitive foods criteria listed in the worksheet? (Include printouts from the HUSSC Competitive Foods Online Calculator and product ingredient labels, Nutrition Facts Label and/or recipes for each item.)	<input type="checkbox"/>	<input type="checkbox"/>
9. Does your school meet the School Policies and Practices criteria listed on page 11 of this application? (Include worksheet on page 11.)	<input type="checkbox"/>	<input type="checkbox"/>

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.

School Name _____

Gold/Gold Award of Distinction Application

Lunch Menu Worksheet GOLDS Award GOLD Award of Distinction

Dates Week 1 Menu was served: _____

Week 1			
Menu Planning Approach Used:			
<input type="checkbox"/> Traditional: <input type="checkbox"/> No Modifications <input type="checkbox"/> Modifications (please explain) _____			
<input type="checkbox"/> Enhanced: <input type="checkbox"/> No Modifications <input type="checkbox"/> Modifications (please explain) _____			
<input type="checkbox"/> NSMP			
<input type="checkbox"/> Assisted NSMP			
<input type="checkbox"/> Alternative Menu Planning Approach (describe in an application cover letter)			

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPTIONAL)
Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i>	M	M	
	T	T	
	W	W	
	T	T	
	F	F	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size)	1	1	
	2	2	
	3	3	
Cooked dry beans or peas (legumes): Offer at least once a week (at least ¼ cup serving size).	1	1	
Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i>	M	M	
	T	T	
	W	W	
	T	T	
	F	F	
Fresh fruit: Offer fresh fruit at least 2 days a week (at least ¼ cup serving size).	1	1	
	2	2	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day.	M	In oz or grams: M	
	T	T	
	W	W	
	T	T	
	F	F	
Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?			<input type="checkbox"/> Yes <input type="checkbox"/> No
Does this week's menu meet the HUSSC menu criteria?			<input type="checkbox"/> Yes <input type="checkbox"/> No

School Name _____

Gold/Gold Award of Distinction Application

Lunch Menu Worksheet GOLDS Award GOLD Award of Distinction

Dates Week 2 Menu was served: _____

Week 2	
Menu Planning Approach Used:	
<input type="checkbox"/> Traditional:	<input type="checkbox"/> No Modifications <input type="checkbox"/> Modifications (please explain) _____
<input type="checkbox"/> Enhanced:	<input type="checkbox"/> No Modifications <input type="checkbox"/> Modifications (please explain) _____
<input type="checkbox"/> NSMP	
<input type="checkbox"/> Assisted NSMP	
<input type="checkbox"/> Alternative Menu Planning Approach (describe in an application cover letter)	

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPTIONAL)
Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i>	M	M	
	T	T	
	W	W	
	T	T	
	F	F	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size)	1	1	
	2	2	
	3	3	
Cooked dry beans or peas (legumes): Offer at least once a week (at least ¼ cup serving size).	1	1	
Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i>	M	M	
	T	T	
	W	W	
	T	T	
	F	F	
Fresh fruit: Offer fresh fruit at least 2 days a week (at least ¼ cup serving size).	1	1	
	2	2	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day.	M	In oz or grams: M	
	T	T	
	W	W	
	T	T	
	F	F	
Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?			<input type="checkbox"/> Yes <input type="checkbox"/> No
Does this week's menu meet the HUSSC menu criteria?			<input type="checkbox"/> Yes <input type="checkbox"/> No

School Name _____

Gold/Gold Award of Distinction Application

Lunch Menu Worksheet GOLDS Award GOLD Award of Distinction

Dates Week 3 Menu was served: _____

Week 3

Menu Planning Approach Used:

- Traditional: No Modifications Modifications (please explain) _____
- Enhanced: No Modifications Modifications (please explain) _____
- NSMP
- Assisted NSMP
- Alternative Menu Planning Approach (describe in an application cover letter)

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPTIONAL)
Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i>	M	M	
	T	T	
	W	W	
	T	T	
	F	F	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size)	1	1	
	2	2	
	3	3	
Cooked dry beans or peas (legumes): Offer at least once a week (at least ¼ cup serving size).	1	1	
Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i>	M	M	
	T	T	
	W	W	
	T	T	
	F	F	
Fresh fruit: Offer fresh fruit at least 2 days a week (at least ¼ cup serving size).	1	1	
	2	2	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day.	M	In oz or grams: M	
	T	T	
	W	W	
	T	T	
	F	F	
Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?			<input type="checkbox"/> Yes <input type="checkbox"/> No
Does this week's menu meet the HUSSC menu criteria?			<input type="checkbox"/> Yes <input type="checkbox"/> No

School Name _____

Gold/Gold Award of Distinction Application

Lunch Menu Worksheet GOLDS Award GOLD Award of Distinction

Dates Week 4 Menu was served: _____

Week 4			
Menu Planning Approach Used:			
<input type="checkbox"/> Traditional:	<input type="checkbox"/> No Modifications	<input type="checkbox"/> Modifications (please explain) _____	
<input type="checkbox"/> Enhanced:	<input type="checkbox"/> No Modifications	<input type="checkbox"/> Modifications (please explain) _____	
<input type="checkbox"/> NSMP			
<input type="checkbox"/> Assisted NSMP			
<input type="checkbox"/> Alternative Menu Planning Approach (describe in an application cover letter)			

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPTIONAL)
Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i>	M	M	
	T	T	
	W	W	
	T	T	
	F	F	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size)	1	1	
	2	2	
	3	3	
Cooked dry beans or peas (legumes): Offer at least once a week (at least ¼ cup serving size).	1	1	
Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i>	M	M	
	T	T	
	W	W	
	T	T	
	F	F	
Fresh fruit: Offer fresh fruit at least 2 days a week (at least ¼ cup serving size).	1	1	
	2	2	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day.	M	In oz or grams: M	
	T	T	
	W	W	
	T	T	
	F	F	
Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?			<input type="checkbox"/> Yes <input type="checkbox"/> No
Does this week's menu meet the HUSSC menu criteria?			<input type="checkbox"/> Yes <input type="checkbox"/> No

School Name _____

Gold/Gold Award of Distinction Application

HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Nutrition Education Worksheet

Grades in which nutrition education is provided:

K 1 2 3 4 5 6 7 8 9 10 11 12

Elementary Schools:

Is nutrition education provided in at least half of the grades? Yes No

Briefly describe how nutrition education is provided to students in multiple grades and:

- Is part of a structured and systematic unit of instruction such as MyPyramid lessons from Team Nutrition (explain below)
- Involves multiple channels of communication, including the classroom, cafeteria, and home/parents (explain below)

Middle and High Schools:

Briefly describe how nutrition education is offered to:

- Middle school students in at least one grade level as part of year round instruction.
 - High school students in at least two courses required for graduation.
- Involves multiple channels of communication.

Grades	Description of Nutrition Education Efforts

School Name _____

Gold/Gold Award of Distinction Application

HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Physical Education/Activity Worksheet - Elementary Schools

Grades in which nutrition education is provided:

- K
 1
 2
 3
 4
 5
 6
 7
 8

Does your school provide physical education classes to *all full-day* students throughout the school year?

Yes No

Both Gold Awards: A minimum average of 90 minutes physical education per week.

Gold Award of Distinction: A minimum average of 150 minutes physical education per week.

Grades	List the average number of minutes/week that physical education is provided throughout the school year for each grade circled above.	Describe any additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities.

School Name

Gold/Gold Award of Distinction Application

HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Physical Education/Activity Worksheet - Middle and High Schools

Grades in which nutrition education is provided:

- 5 6 7 8 9 10 11 12

Briefly describe below how your school offers structures physical education classes to at least two grades and 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. If possible, list the number of minutes per week that physical education is provided throughout the school year for each grade checked above.

Grades	

School Name _____

HealthierUS School Challenge Recognizing Excellence in Nutrition and Physical Activity

Competitive Foods Worksheet

Are any foods or beverages outside the NSLP sold at your school anytime during the school day? This includes in the cafeteria (a la carte or extra sales) or any other place (vending machines or school stores, etc.).

Yes No

If YES, go to the online HUSSC Competitive Foods Calculator (<http://healthymeals.nal.usda.gov/hmrs/HUSSC/calculator.html>) to determine if the food and beverages sold as competitive foods meet the HUSSC criteria. Print out results from the Calculator and include with product ingredient labels, Nutrition Facts Labels and/or recipes for each item in the application.

If this is a school-made product, please submit recipe with the application.

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

Criteria		Meets	Doesn't Meet
Total Fat	Calories from total fat must be at or below 35% per serving. Excludes nuts, seeds, nut butters, and reduced fat cheese.	<input type="checkbox"/>	<input type="checkbox"/>
Trans Fat	"Trans fat free" or less than .5 g <i>trans</i> fat per serving.	<input type="checkbox"/>	<input type="checkbox"/>
Saturated Fat	Calories from saturated fat must be below 10% per serving. Excludes reduced fat cheese.	<input type="checkbox"/>	<input type="checkbox"/>
Sugar	Total sugar per serving must be at or below 35% by weight (includes naturally occurring and added sugars). Excludes fruits, vegetables and milk.	<input type="checkbox"/>	<input type="checkbox"/>
Sodium	Gold: <ul style="list-style-type: none"> • Must be at or below 480 mg per side dish/non-entrée serving • Must be at or below 600 mg per main dish/entrée serving 	<input type="checkbox"/>	<input type="checkbox"/>
	Gold Award of Distinction: <ul style="list-style-type: none"> • Must be at or below 200 mg per side dish/non-entrée serving • Must be at or below 480 mg per main dish/entrée serving 	<input type="checkbox"/>	<input type="checkbox"/>
Portion Size/ Calories	Must not exceed the serving size of the food served in the school lunch program. For other items, the package or container must not exceed 200 calories.	<input type="checkbox"/>	<input type="checkbox"/>
Milk	Must be low-fat (1% or less) and/or fat-free (skim), flavored or unflavored, milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages.	<input type="checkbox"/>	<input type="checkbox"/>
Milk serving size	Must be limited to maximum of 8 fluid ounces.	<input type="checkbox"/>	<input type="checkbox"/>
Other Approved Beverages	<ul style="list-style-type: none"> • 100% full strength fruit and vegetable juices with <i>no sweeteners (nutritive or non-nutritive)</i>. • Water: non-flavored, no sweeteners (nutritive or non-nutritive), non-carbonated, non-caffeinated. 	<input type="checkbox"/>	<input type="checkbox"/>
Juice serving size	Must be limited to maximum of 6 fluid ounces.	<input type="checkbox"/>	<input type="checkbox"/>

School Name _____

Gold/Gold Award of Distinction Application

HealthierUS School Challenge
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School Policies and Practices Checklist

School Policies and Practices		Yes	No
Fundraising	1. Are primarily non-food items sold through school fundraising activities?	<input type="checkbox"/>	<input type="checkbox"/>
	2. Do food items that are sold during the school day meet the guidelines for competitive foods?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	Does your school demonstrate a commitment to neither deny nor require physical activity as a means of punishment? <i>(For example, students who misbehave are not denied recess.)</i>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	Does your school demonstrate a commitment to prohibit the use of food as a reward? <i>(For example, teachers do not offer candy as a reward to students for good behavior, or for the completion of an assignment.)</i>	<input type="checkbox"/>	<input type="checkbox"/>
Wellness Policy	Does your school have an approved Wellness Policy included in this application?	<input type="checkbox"/>	<input type="checkbox"/>
Meal Service	Do Students have the opportunity to select a reimbursement meal that meets all of the HUSSC menu criteria? If so, please describe in detail. For Example, include: your meal service structure [number of entrees and side dishes, how students have the opportunity to select HUSSC items on serving line(s), etc.] and how Offer vs Serve is implemented, if applicable.	<input type="checkbox"/>	<input type="checkbox"/>

School Name _____

HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Review Committee Verification Form

Please read the following statement and sign 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, including the criteria for school practices and policies specified on page 11 of this application. We agree to maintain the nutrition excellence and physical education/activity standards and procedures indicated in this application for the duration of our certification as Gold or Gold Award of Distinction awardees. Furthermore, we agree to cooperate with USDA and other organizations, upon request, to publicize our efforts.

Foodservice Manager's Name/Address	Signature	Date
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Team Nutrition Leader's Name	Signature	Date
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School Food Authority Director's Name/Address	Signature	Date
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Representative of the School's Parent Organization	Signature	Date
---	------------------	-------------

Physical Education/Health Teacher Name	Signature	Date
---	------------------	-------------

Principal's Name/Address	Signature	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 3 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.

School Name _____

Gold/Gold Award of Distinction Application

HealthierUS School Challenge
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Application Check-off Sheet

Please include the following information in your Application:

- Cover Sheet (pg 1)
- Table of Contents (n/a)
- Application for Gold Award/Gold Award of Distinction (pg 3)
- Week 1 Lunch Menu Worksheet (pg 4)
- Week 2 Lunch Menu Worksheet (pg 5)
- Week 3 Lunch Menu Worksheet (pg 6)
- Week 4 Lunch Menu Worksheet (pg 7)
- Nutrition Education Worksheet (pg 8)
- Physical Education/Activity Worksheet (pg 9/9a)
- Competitive Foods Worksheet (pg 10)
- School Policies and Practices Checklist (pg 11)
- Review Committee Verification Form (pg 12)
- Check-off Sheet (pg 13)

Please submit the following additional documentation:

- Copy of the School Wellness Policy and Team Nutrition Verification
- Monthly menus for reimbursable school lunches served in your school (Menus must reflect four consecutive weeks, where each week has at least three days and the total number of days over the 4-week menu is 16 days or more. For example: 3 days week 1; 3 days week 2; 5 days week 3; 5 days week 4 = 16 days)
- Production records for the 4 weeks
- Documentation including recipes, food product ingredient statements, and/or Nutrition Facts Labels to verify that the criteria have been met for the following: Whole-grain products; A la carte, snack bar, and vended items sold anytime, anywhere on the school campus.

Thank you for applying for the **HealthierUS School Challenge**.

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

School Name _____