



HealthierUS School Challenge Checklist

Are You Ready To Take the HealthierUS School Challenge?
If You Can Check "Yes!" in Each Box Below, You Are Ready!

YES!

Is your school a Team Nutrition School?

Does your school implement a local school wellness policy?

Did your school complete requirements of most recent SMI review?

Does your school provide nutrition education to students?

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?



Elementary and Middle Schools:

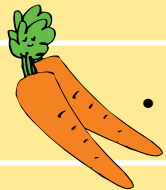
Does your school maintain an Average Daily Participation (ADP) of at least 60% for Silver level? (For Gold and Gold of Distinction the requirement is 70% or higher.) There is no ADP requirement for Bronze level.

High Schools:

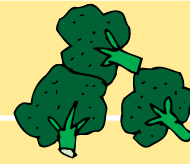
Does your school maintain an ADP of 45% or higher for Silver level? (For Gold and Gold of Distinction, the requirement is 65% or higher.) There is no ADP requirement for Bronze level.

In your school lunch, do you:

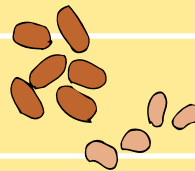
• Offer a different vegetable each day of the week?



• Offer dark green or orange vegetables 3 or more days each week?



• Offer dry beans and/or peas 1 or more days each week?



• Offer a different fruit each day of the week? (At least one being fresh for Bronze/Silver and at least two fresh for Gold/Gold of Distinction)



• Offer at least a serving of whole grains 3 or more days each week? (Daily for Gold and Gold of Distinction)



• Offer only low-fat and fat-free milk each day?



Are competitive foods:

• Served in portions of 200 calories or less (includes fundraising)?

• Under or equal to 35% calories from fat (excluding nuts and reduced-fat cheese)?

• *Trans-fat* free?

• Under 10% calories from saturated fat (excluding reduced-fat cheese)?

• Under or equal to 35% sugar by weight? (fruits are exempt)

• Under or equal to 480 mg sodium per side dish, 600 mg per entrée for Bronze/Silver/Gold (or Gold of Distinction only for elementary schools with 150 minutes of physical education)?

• Under or equal to 200 mg sodium per side dish; or 480 mg per entrée for Gold of Distinction?

• Are competitive beverages limited to low-fat or fat-free milk, 100% fruit/vegetable juice, or water?