



Good afternoon welcome to our third live webinar local school wellness policy. My name is Zainab Rida and I am the director of NE TN program at the department of Education. I am very pleased today to be joined by my colleague Donna Handley our NSLP program specialist to present this webinar.

Before we get started, I would like to share a

- A couple of housekeeping items, All participants have been placed in listen only mode and this presentation is being recorded for the future dissemination. If you have any questions, please type your question in the chat box, we will select a few questions to respond to during Q and A session . You can also email your question directly to me That email address is zainab.rida@Nebraska.gov or
- I will send a follow up email to share a link to this recorded webinar along with a deck of slides of this presentation.
- This webinar also will be posted on our NDE website.

Donna and I are very happy to be here and present this third webinar on the final rules of USDA/Local school wellness policy as part of 2010 Healthy, Hunger-free kids act. As a reminder, that we are providing these series of webinars to help you get started with revising your school wellness policy. We will be presenting every Wednesday at 2:00 until the second week of November. We will try to go through each elements of Local school wellness policy, share the final requirements, resources and example of a policy language of each element.

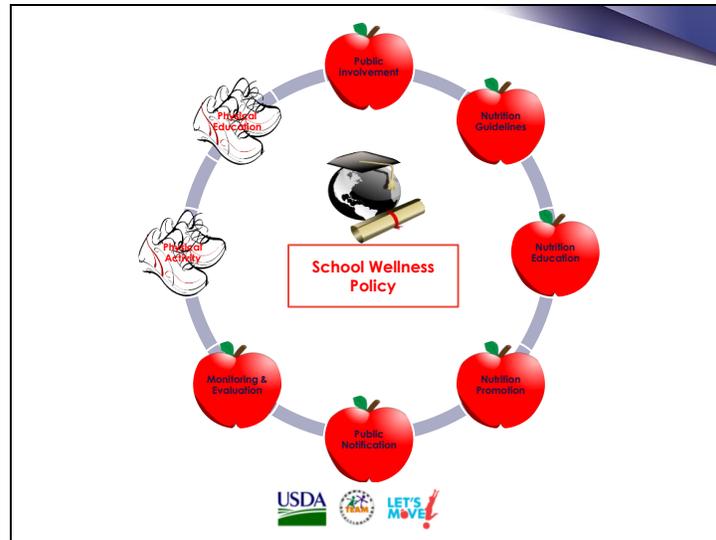
Outline

- Summary of last week webinar
- Final provision of the Nutrition Guidelines
- Administrative Review & Nutrition Guidelines
- Best Practices on Nutrition Guidelines
- Team Nutrition Resources
- Next Step

The outline of today webinars is to:

- Provide a summary of last week webinar
- Introduce the final provision of the nutrition guidelines
- Highlight some of the administrative review questions regarding this element and provide some possible answers for these questions
- Identify best practices regarding this element
- And finally share some of the Team Nutrition Resources to help schools meeting this requirement



On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by Local educational agencies LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

- The new regulations require districts to include the following elements
- Public involvement
- Nutrition Guidelines
- Nutrition Education
- Nutrition Promotion
- Public notification
- Physical activity and Education
- Monitoring and evaluation.

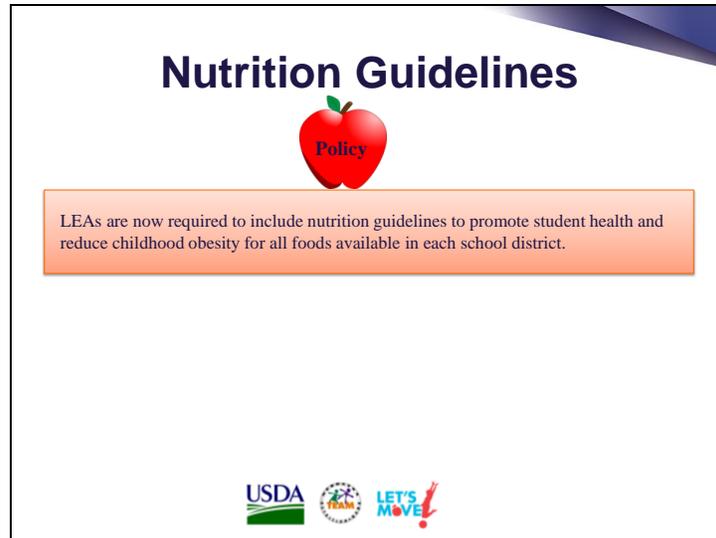
Wellness Policy Requirement Overview

- ~~Public Involvement~~
- ~~Nutrition Guidelines~~
- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Physical Education
- Public Notification
- Monitoring and Evaluation



Last week we highlighted the first element of SWP, public involvement. The final rules of the first element indicate that each LEA must allow parents, students, representatives of the SFA, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy. LEAs include in the written local school wellness policy a plan for involving those stakeholders. The broad stakeholder involvement ensures coordination across the school environment and throughout the community.

Today we will be focusing on the second element of SWP, Nutrition Guidelines.



Nutrition Guidelines


Policy

LEAs are now required to include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district.

The final rule would require that the local school wellness policy include nutrition guidelines for all foods and beverages available to students on each participating school campus under the LEA during the school day. This requirement, consistent with HHFKA, ensures that policies include guidance about foods and beverages available for sale that is consistent with the regulations governing school meals and competitive foods for sale in schools (Smart Snacks in Schools), and also encourages districts to establish standards for foods made available, but not sold, during the school day on school campuses.



To align the meals served under the NSLP and the School Breakfast Program (SBP) with the Dietary Guidelines, the USDA set new meal patterns and dietary specific actions for school meals beginning July 1, 2012.

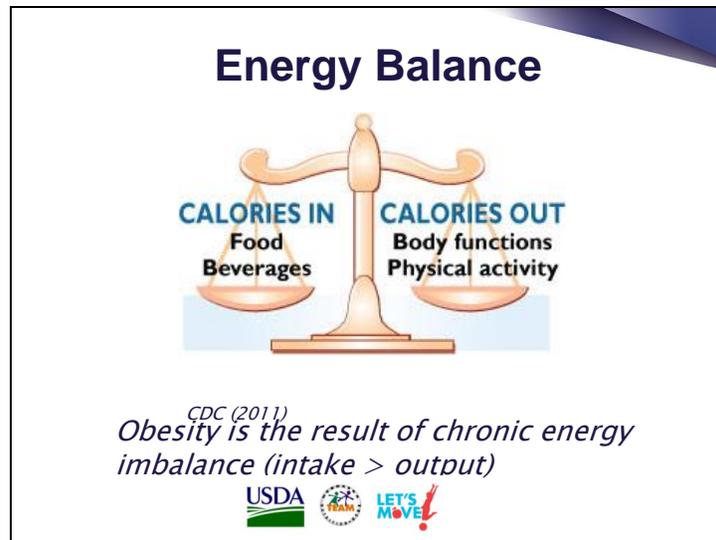
The new meal patterns require that schools offer more fruits, vegetables and whole grains; offer only fat free or low-fat fluid milk; reduce the sodium content of school meals substantially over time; control saturated fat and calorie levels; and minimize trans-fat.

Ensure that meals offered through the school breakfast and lunch programs meet nutrition standards.

Adopt policies ensuring that all foods and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.

Provide food options that children are not getting enough of, including low-fat or fat-free dairy, fruits, vegetables and whole grains.

Ensure that healthy snacks and foods are provided in vending machines



At the simplest level, weight gain/loss/maintenance is about energy balance. Energy taken in (food and beverages) vs. energy expended (physical activity and body's normal activities)

-Here is a graphic from the CDC describing these 2 key elements as a scale

-When intake exceeds output, you will gain weight

-When output exceeds input, you will lose weight

-If you are roughly in balance, you will maintain your weight

*Really simple concept

**Nutrients and food components
to reduce**



- Sodium intake
- Saturated fatty acids
- Dietary cholesterol
- Trans-fatty acids
- Calories from solid fats and added sugars
- Refined grains that contain solids fats, added sugars and sodium

School wellness policy must include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district. All the menus served and food sold in schools must meet the nutrition standards by:

- reducing the daily sodium intake to no less than 1,500mg for children.
- Consuming less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
- Consuming less than 300 mg per day of dietary cholesterol.
- Keeping trans-fatty acid consumption as low as possible by limiting foods that contain synthetic sources of trans-fats, such as partially hydrogenated oils, and by limiting other solid fats.
- Reducing the intake of calories from solid fats and added sugars.
- Limiting the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.

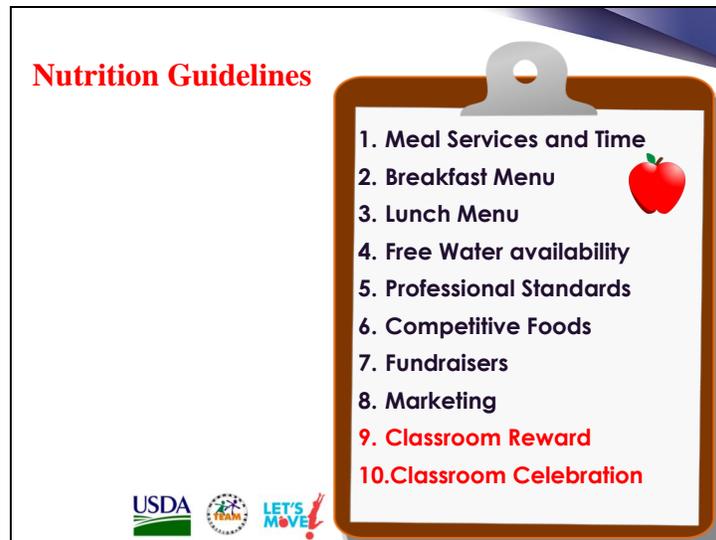
**Foods and Nutrients
to increase** 

- Fruits & Vegetables
- Variety of vegetables (dark-green, red and orange and beans and peas)
- Whole grains
- Fat-free or low-fat milk and mil products
- Variety of protein foods
- Oils to replace solid fats
- Foods are rich in potassium, dietary fiber, calcium and vitamin D

Food and nutrient needing to be increased include the following:

- Increase vegetable and fruit intake.
- Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or sources of oils.
- Use oils to replace solid fats where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.



In the following portion of our presentation, we will address the 10 general guidelines for this element and present strategies for implementing each general guideline. Schools that participate in NSLP must meet the USDA requirements regarding breakfast and lunch menu patterns, offering free water, professional standards for school nutrition staff, competitive food/smart snack, fundraising, and marketing. Classroom reward and celebration are not required by HHFK act; however, it is a best practices to include these categories in your SWP to be consistent with the rest of the food offered during school day.

Each guideline is important to school health, and there is no priority order. We will be discussing the key components for each category, policy language and resources to meet overall of this element. Now, I would like to turn it over to Donna to address the first five component of the nutrition guidelines.

Meal Services and Time
Policy Language

- School meals are administered by a team of child nutrition professionals.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated

Thank you, Zainab. Let's begin with the first item on the Nutrition Guidelines list – Meal Services and Time.

The wellness policy language states:

Giving students a reasonable amount of time to eat school breakfast and lunch is important for building healthy eating habits. Research has shown that students who had less than 20 minutes to eat school lunch were consuming less food so there was more food waste. The School Nutrition Association conducted a survey in 2014 and found that the typical lunch period length is about half an hour; however, this includes travel time from the classroom to the cafeteria and the time spent in line waiting to be served. Short lunch periods continue to be a challenge for school nutrition professionals as they work to serve students in a short period of time and ensure students have adequate time to promote healthy eating habits.

School Menus
Policy Language

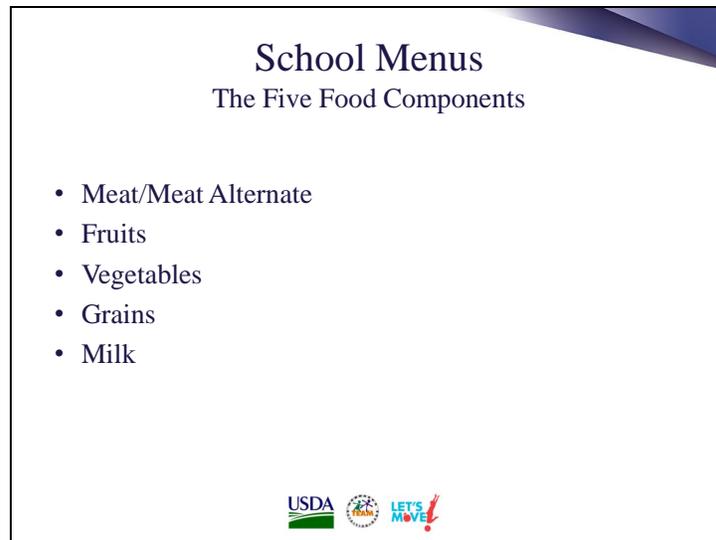
- Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

The Healthy, Hunger Free Kids Act of 2010 sets policy for USDA's National School Lunch and Breakfast Programs. Planning menus for these programs is an integral part of the process that provides healthy meals for students.

As the Wellness Policy language states:

According to the Wellness Policy Executive Summary, serving school breakfast may be the most cost-effective and directly helpful thing schools can do to improve student wellness. School breakfast participation in Nebraska remains lower than the national average, so this is definitely an area where improvement can be made in the state. The Nebraska Alternative School Breakfast Challenge in 2015-16 encouraged more schools to implement alternative school breakfast programs and of the 61 schools that participated, 19 increased school breakfast participation by at least 25%. This Challenge promoted the adoption of an alternative breakfast model, such as breakfast in the classroom, second-chance breakfast and grab 'n' go.



School Menus – five components

School breakfast and lunch menus follow a food-based meal pattern which requires foods to be served from food groups called components.

There are five of these components: *read slide*

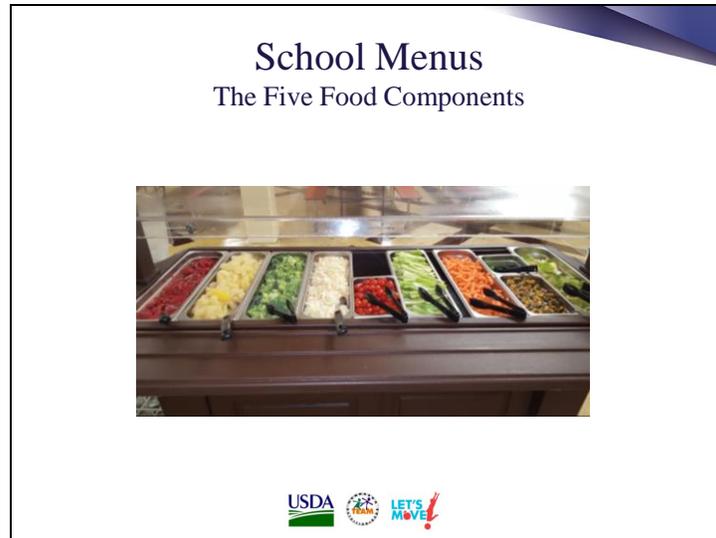
School breakfast must include, at a minimum, foods from the following three components: fruit, grains, and milk.

School lunch requires that all five food components are offered, and for each of these components there are daily and/or weekly minimum portion requirements.

It's important to mention that all grain/bread items served must meet the USDA definition of whole-grain-rich (WGR). A WGR product is a food that contains at least 50% or more whole grain.

It's also important to note that fruits and vegetables are now separate components, so both fruits and vegetables must be offered daily. The vegetable component requirements classify vegetables by subgroup. There are five vegetable subgroups - dark green, red/orange, dried beans/peas, starchy and other - and a weekly minimum requirement for each subgroup.

During an Administrative Review of a school meals program, program specialists will evaluate menus to determine if these meal pattern requirements are being met.



Fruit and Vegetable Bar

Many schools find it easier to meet both the fruit and vegetable meal pattern requirements by offering students a variety of these two components on a fruit and vegetable bar such as the one shown here. This gives students the opportunity to make choices and ensures they are offered the required fruits and vegetables every day of the week.

Free Water Availability
Policy Language

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.

Free Water Availability

Providing students with access to safe, free drinking water at meal times is one strategy schools can use to create an environment that supports health and learning.



Pictures of water containers and cup holders

Here are examples of containers that may be used if a water fountain is not accessible. Studies suggest that students drink more water when schools supply cups and provide water sources that are more appealing than traditional fountains. The beverage dispenser shown in the middle picture provides an appealing source of water. Cups should be placed on a clean tray or in a cup holder similar to the one shown here on the wall of a school cafeteria. Determining if students have access to safe, free drinking water is another component of the Administrative Review process.

Professional Standards
Policy Language

- All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to the USDA professional standards for school nutrition professionals website to search for training that meets their learning needs.

Professional Standards

The Professional Standards annual continuing education/training requirements are another key provision of the Healthy Hunger-Free Kids Act of 2010 with the purpose of ensuring all School Nutrition Professionals have the training and tools necessary to ensure that all of America's children receive safe and nutritious meals.

Training must be documented on training/tracking logs. During an Administrative Review, these training logs must be available for review.

Professional Standards

Nutrition Services

[Nutrition Services Home](#)

School Meals Program

- Fresh Fruit & Veg Program
- Forms & Resources
- Training
- Team Nutrition
- Important Dates
- School Breakfast Program
- Special Milk Program
- After School Snack Program
- Celebrations/Contest
- [Contact Us](#)

Child and Adult Care Food Program

Summer Food Service Program

Team Nutrition

On-line Application/Claim System

Quick Links

- Income Guidelines
- Reimbursement Rates
- Recall Notices
- Links
- Contact Us

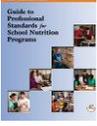
**Nebraska Department of Education
Nutrition Services**
301 Centennial Mall South
PO Box 94987
Lincoln, NE 68509-9487

National School Lunch Program - NSLP

Professional Standards

Professional Standards for school nutrition professionals become effective on **July 1, 2015** and is a key provision of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). The rule, published March 2, 2015, requires a minimum amount of annual training hours for school nutrition program directors, managers, and staff. Required training topic areas will vary according to position and job requirements. There are also minimum hiring standards for school nutrition program directors.

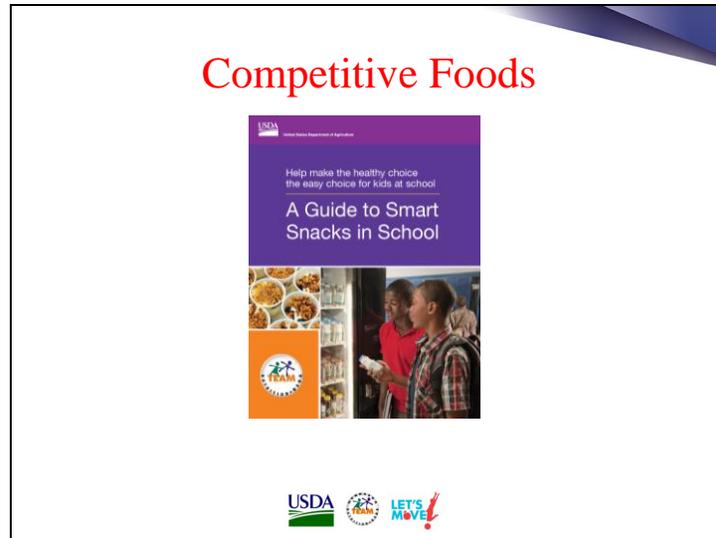
- [Professional Standards for State and Local School Nutrition Programs Personnel as Required by the Healthy, Hunger-Free Kids Act of 2010. Link to Final Rule](#)
- [Summary of Professional Standards.pdf](#) - informational flyer highlighting the new standards for school nutrition professionals
- [Professional Standards Continuing Education Resources.pdf](#) - A list of continuing education resources the document includes links to hundreds of free and low-cost training options.
- [Frequently Asked Questions.pdf](#)
- [USDA Professional Standards website](#)
 - [Download a Training Tracking Tool](#)
 - [Webinar Slides](#)
 - [Job Description Template](#)
- [Professional Standards for Child Nutrition Professionals Web site:](#)
<http://professionallstandards.nal.usda.gov/>
 - This site allows school nutrition staff to search for training that meets their learning needs.
- [School Nutrition Association resources for Professional Standards](#)
- [Nebraska Department of Education Nutrition Services School Lunch Training - workshops and online training from Nutrition Services staff](#)
- [Food Safety Training](#)
- [Annual Training Log for tracking year to date hours - Microsoft Excel File, created by NDE Nutrition Services](#)



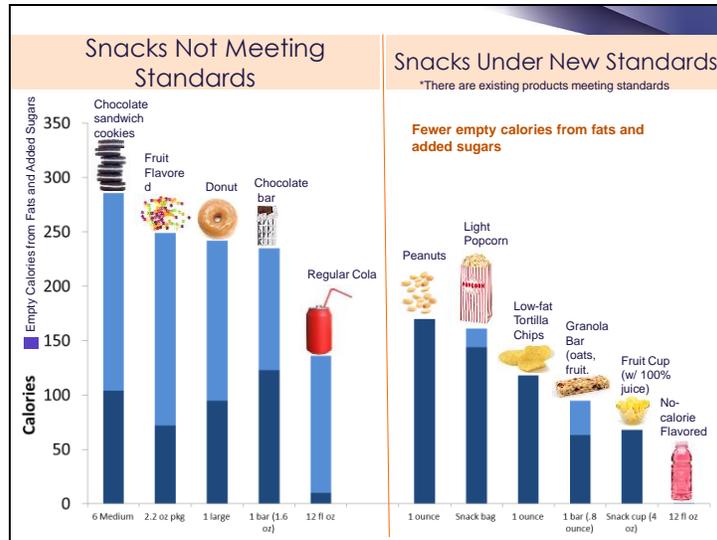




- This easy-to-use booklet is designed to help State agencies, school food authorities, and school nutrition professionals understand and apply the Final Rule on Professional Standards for School Nutrition Programs Personnel.
- This colorful resource can be used to promote professional standards to school nutrition staff, as well as school, community and State agency stakeholders. For more information, please visit the [School Meals Professional Standards site](#).



Thank you Donna. Now, I would like to highlight competitive foods requirements. Competitive foods and beverages are those foods that are sold at school outside of and in competition with the federally reimbursable meal programs. Examples of competitive foods and beverages include those sold during the school day in vending machines (that are not part of reimbursable meals), student stores, á la carte items sold by the school food service department, or as fundraisers.



This slide provides examples of food and beverages that may or may not meet the standards. It is important to note that each product must be evaluated individually as specific food profiles vary greatly.

However, foods such as fruits and vegetables, granola bars, low-fat tortilla chips, peanuts and light popcorn will likely meet the standards.

Typically, foods that are not likely to meet the standards include most fried foods such as donuts, and most desserts high in fat, calories and sugar such as cakes, pastries, cookies, candy and most energy bars.

Again, each food item is formulated differently; therefore it is critical to evaluate each food item on an individual basis to determine compliance.

Smart Snacks

- A wellness policy could address the followings:
 - ✓ Limiting sugar content of food and beverages
 - ✓ Limiting fat content of food and beverages
 - ✓ Serving size limits for foods and beverages
 - ✓ Limiting caffeine content of beverages
 - ✓ Exclude all candy



Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits

In a recent study, 40% of school-age kids consumed at least one competitive food on a typical school day from vending machines, a la carte lines in cafeterias, and school stores.

A wellness policy should address the followings:

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- ✓ Limiting fat content of food and beverages
- ✓ Serving size limits for foods and beverages
- ✓ Limiting caffeine content of beverages
- ✓ Exclude all candy



- ❑ **Competitive food/Smart Snacks:** all food and beverages sold to students on the School campus during the School day, other than those meals reimbursable under programs authorized by the NSLAact and the CNAact.
 - ❑ **School campus:** all areas of the property under the (jory sdiction)jurisdiction of the school that are accessible to students during the school day.
 - ❑ **School day:** the period from the midnight before, to 30 minutes after the end of the official school day.
-
- All foods sold during the school day must meet the nutrition standards as outlined in the Smart Snacks guidance.
 - There are no requirements for food/beverages sold during non-school hours for example weekends and evenings.



- To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* must meet or exceed the USDA Smart Snacks nutrition standards
- Nutrition standards list criteria that determine which foods and beverages can and cannot be offered on a school campus.
- One approach to setting standards is to increase options, such as requiring that schools offer fruits or vegetables at all locations where snacks are available. A second approach is to limit options, such as stipulating that schools cannot sell unhealthy foods such as candy, soda, and high-fat snacks.
- These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

NE Competitive Food Rule

- Nebraska specific
- **WHEN** items are sold
- Prevents competition within the school. (other school groups/clubs)
- Cannot overlap with SBP, NSLP or be ½ hr before - after meals.
- Reimbursement withheld from schools in violation of this policy

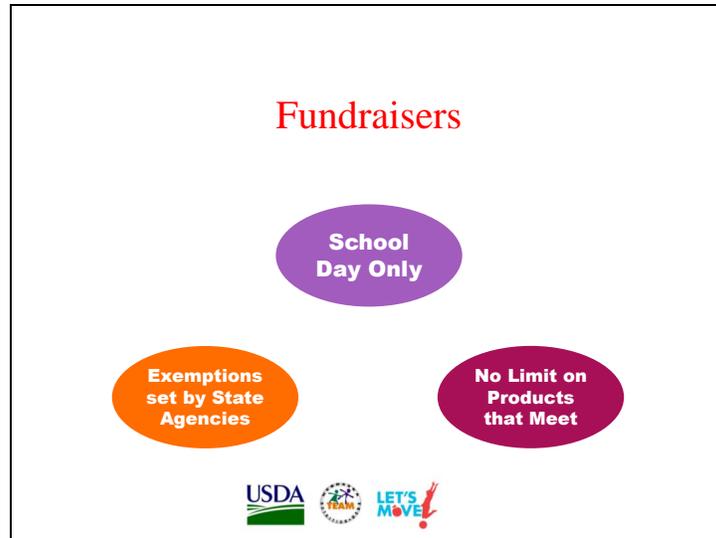


- With the State regulation, there is a TIME factor in place.
- Applies to breakfast and lunch.
- No food or beverages can be sold to children anywhere on school premises beginning one half hour before breakfast and/or lunch service until one half hour after meal service.
- No other program or club can sell foods/beverages during times that overlap (compete) with the meal service offered by the school lunch/breakfast programs.
- If a vending machine is operated by a department or group other than the school nutrition program, it must be off beginning one half hour before breakfast and/or lunch service until one half hour after meal service.
- The list of "Foods of Minimal Nutritional Value" has been replaced by the Smart Snack guidelines.



- The provision also include standards and requirements for Food marketing in schools. Food marketing is defined in the final rule as advertising and other promotions in schools. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.
- The marketing of products on the exterior of vending machines, through posters, menu boards, coolers, trash cans, and other food service equipment, as well as cups used for beverage dispensing are all subject to local school wellness policy standards. Under these standards, the logos and products marketed in these areas and items are required to meet the competitive foods standards for foods sold in schools.

Due to the time limit of this webinar, we will discuss in more detail food marketing when we present the nutrition promotion.



All foods that meet the final standards may be sold at fundraisers during school hours. The final standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events such as concessions during sporting events and school plays. We recognize that school-sponsored fundraisers are a method of financing some school activities for students.

The sale of food items that meet the final nutrition requirements, as well as the sale of non-food items, at fundraisers would not be limited in any way under the final rule.

School Fundraisers

- Foods that meet the standards may be sold during the day **(but NOT at meal times)**
- No Fundraiser exemptions allowed
 - *(SY15-16 was the last year)*



Fundraisers do not include bulk food items that are purchased for consumption at home - frozen pizzas, cookie dough tubs, etc.

Foods that meet the standards may be sold during the day **(but NOT at meal times)**

No Fundraiser exemptions allowed in NE

Healthy Fundraising

- Fundraising supports students health when it involves selling nutritious foods and beverages or selling non-food items, such as wrapping paper, candles, or students artwork
- Schools can also raise money and promote health at the same time through, for example, a walk-a-thon, field day or juggling contest.



It is also important to note that these standards do not apply to treats for birthdays or foods brought by the student from home.

Candy, baked goods, soda and other foods with little nutritional value are commonly used for fundraising at school

Selling these unhealthy foods sends the wrong message to students and promotes unhealthy habits

Fundraising supports students health when it involves selling nutritious foods and beverages or selling non-food items, such as wrapping paper, candles, or students artwork

Schools can also raise money and promote health at the same time through, for example, a walk-a-thon, field day or juggling contest.

Nutrition Guidelines
Policy Language

- Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

- Fruits and/or veggies are offered a la carte.



Here are some policy language that can be included in your SWP. Schools will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

Fruits and/or veggies are offered a la carte.

Nutrition Guidelines
Policy Language

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

- Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and
- Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

More samples of policy language -

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.

Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and

Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Non-food Rewards

- ❖ There are many disadvantages to using food as a reward:
- ❖ Rewards support student health when they involve using non-food items or activities to recognize students for their achievement or good behavior, if an extrinsic reward system is used
- ❖ Example of stickers, books, or extra time for recess



- ❖ There are many disadvantages to using food as a reward:
 - It undermines nutrition education being taught at school
 - It encourages overconsumption of foods high in added sugar and fat
 - It teaches kids to eat when they are not hungry as a reward to themselves
- ❖ Rewards support student health when they involve using non-food items or activities to recognize students for their achievement or good behavior, if an extrinsic reward system is used
- ❖ Another example of rewards are stickers, books, or extra time for recess



Classroom Parties & School Activities

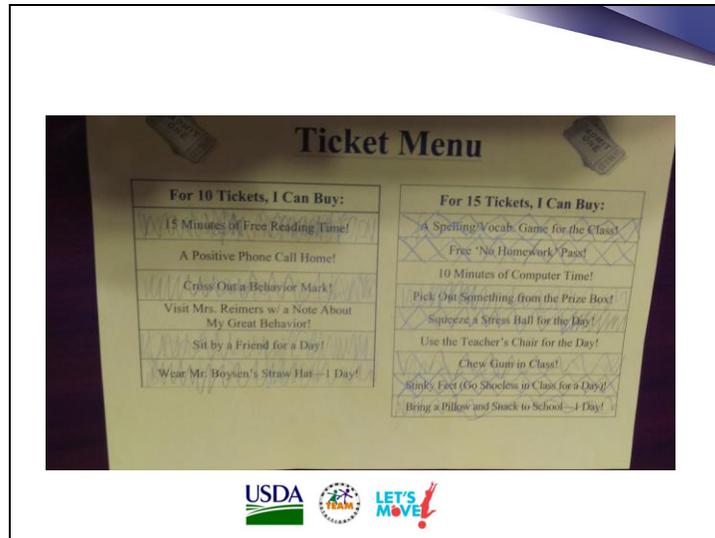
- Birthday parties and holiday celebrations provide a great opportunity for schools to make healthful eating fun and exciting for students.
- Schools can promote a positive learning environment by shifting the celebration from the food to the child
- Games, crafts and have fewer parties and celebrate birthday on a monthly basis.



Birthday parties and holiday celebrations provide a great opportunity for schools to make healthful eating fun and exciting for students.

Schools can promote a positive learning environment by shifting the celebration from the food to the child

Games, crafts and have fewer parties and celebrate birthday on a monthly basis.



Here is an example of how to reward students with non food items. These ideas are long lasting and have more impact than food items.

SMART SNACKS IN SCHOOL

Before the New Standards | After the New Standards

Smart Snacks | Fruits & Vegetables | Sodium | Whole Grain-Rich

Starting in school year 2014-15, all foods sold at school during the school day will need to meet nutrition standards. The Smart Snacks in School regulation applies to foods sold a la carte, in the school store, and vending machines. Prior to the publishing of the Smart Snacks rule, 39 States already had nutrition standards in place.

A number of tools and resources are available to help schools identify food items that meet Smart Snacks criteria. See the resources below for information about the Smart Snacks requirement, helpful tools, and ways to encourage children to make healthier snack choices that give them the nutrition they need to grow and learn.

Resource Materials

- A Guide to Smart Snacks in Schools
- Competitive Foods and Beverages in U.S. Schools: A State Policy Analysis (HHS Centers for Disease Control and Prevention)
- Controlling Junk Food and the Bottom Line: Case Studies of Schools Successfully Implementing Strong Nutrition Standards for Competitive Foods and Beverages (HHS Centers for Disease Control and Prevention)
- Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School
- Healthy Fundraising (USDA Healthy Meals Resource System)
- Issue Brief: Fundraisers
- Nutrition Voyage: The Quest to Be Our Best - Backpack Full of Snacks
- Smart Snacks in Schools Brochure
- Smart Snacks Calculator (Alliance for a Healthier Generation)
- Smart Snacks in School - Fundraisers
- Smart Snacks in School Resources (USDA Healthy Meals Resource System)
- State School Health Policies and Resources/State Laws for School Snack Foods and Beverages (USDA)

Team Nutrition Resources

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

Now, I would like to share some very useful resources to help in meeting the nutrition guidelines:

- The first one is this colorful booklet provides an overview of Smart Snacks Standards and how to tell if a food/beverage meets the requirements.
- The second brochure in yellow provides ideas to use healthy choices for fundraising that sell only non-food items or foods that meet the Smart Snacks nutrition standards. There are four successful fundraising stories from schools that have raised money in a variety of ways.
- If you are looking for fun ways to promote nutrition and physical activity at your elementary or middle school? Use this events idea booklet to get started! This free events booklet has:
- Ideas for 20 themed events, large and small Spotlights of real-life events at Team Nutrition schools.
- Handouts, templates, and other free resources to support events
- Ways to team up for success
- Connections for school, home, cafeteria, classroom, community, and media

Smart Snacks in School Resources

Starting in school year 2014-15, all foods and beverages sold at school during the school day will need to meet nutrition standards. The smart snacks in school regulation applies to foods sold in a canteen, in the school store, fundraisers, and vending machines.

A Guide to Smart Snacks in Schools (July 2014)
USDA, Team Nutrition
This colorful booklet provides an overview of Smart Snacks Standards and how to tell if a food/beverage meets the requirements. This is a ready-to-go resource for anyone that oversees the sale of food/beverages for students on the school campus during the school day.

Smart Snacks in School?
USDA, FNS
Information about the Smart Snacks requirement, helpful tools, and ways to encourage children to make healthier snack choices that give them the nutrition they need to grow and learn.

Smart Snacks Product Calculator?
Alliance for a Healthier Generation
By your snack, a Smart Snack? Find out with the Alliance for a Healthier Generation Smart Snacks Product Calculator! This calculator has been determined by the USDA, Food and Nutrition Service to be accurate in assessing product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used on food and beverages.

Schools Partner in Establishing a Healthy Vending Program (2013)
National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLANN)
This web page includes information to help a school district create a healthy vending program that fits within any established wellness policy to realize any products sold meet the wellness policy's nutrition standards. Resources include sample district policy language, a model healthy beverage vending agreement, and a fact sheet outlining key considerations before entering into an agreement.

Snack F.A.C.T.S. (November 2015) (PDF | 304 KB)
USDA, Center for Food Policy and Choice
This handbook demonstrates how some brands have developed nutritionally improved versions of products that are not available for sale in schools.

Copied Snacks in Schools (May 2014)
Public Health Advisory Institute
This document defines copied snacks and provides sample policy language to prohibit in school marketing of copied snacks.

State and National School Snack Policies: How They Compare (January 2015)
The State Characteristic Study
This site compares state-by-state competitive food policies to Smart Snacks. Fact sheets are available for every state that either complies with the state policy and USDA's Smart Snacks in Schools standards. For states of the future that state with existing competitive food policies, there are more detailed charts that show how their policies match up with Smart Snacks.

<http://healthymeals.nal.usda.gov/smartsnacks>

Team Nutrition Resources

Here is a list of resources that help schools implement smart snacks in their facilities.

Team Nutrition Resources

 **Go Local and Get GREEN! Choose Local Products for Healthy Fundraisers (April 2016) (PDF | 386 KB)**
Iowa Team Nutrition.
Great fundraiser ideas, ideas for implementation that promote active lifestyles, and additional resources.

 **Smart Fundraising for Healthy Schools (2008) (PDF | 153 KB) [Ⓔ]**
Mississippi Department of Education. Office of Healthy Schools.
Nutrient-rich and economical food choices as well as non-food items to sell and events that promote physical activity.

 **Yes, You Can- Healthy Fundraising Guide (2010) (PDF | 1.595 MB) [Ⓔ]**
New York City Department of Health and Mental Hygiene.
This guidebook targets elementary schools and will help schools find fundraising options that meet their needs and support the health of children and adults in their communities.

 **A+ Fundraisers for High Schools (PDF | 507 KB) [Ⓔ]**
New York City Department of Health and Mental Hygiene.
This resource includes how-to steps and tips for replicating over 15 different fundraisers tried by real high schools. See more details on fundraiser costs, pricing, and profits to plan your own healthy fundraiser!

 **Healthy Fundraising (November 2011) (PDF | 346.44 KB)**
Connecticut State Department of Education.
Use this resource for benefits of healthy fundraising, consequences of unhealthy fundraising, and healthy fundraising alternatives.

 **Sweet Deals: School Fundraising Can Be Healthy and Profitable (February 2007) (PDF | 1.7 MB) [Ⓔ]**
Center for Science in the Public Interest.
Healthy school fundraisers can be as healthy and profitable as unhealthy fundraisers. Use this resource for healthy fundraisers and fundraisers to avoid.

<http://healthymeals.nal.usda.gov/healthyfundraising>

Also, I encourage you to utilize TN resources that focus on healthy school fundraisings. It gives ideas on how to replace selling food items with healthy options.

The screenshot shows the USDA Healthy Meals Resource System website. The header includes the Department of Agriculture logo and the text 'Healthy Meals Resource System'. A navigation bar contains links for Home, About HMRSS, News, Topics A-Z, Get Connected, Help, and Contact Us. The main content area is titled 'Healthy Fundraising' and lists several resources:

- Smart Snacks in School: Fundraisers (2014) (PDF | 156 KB)**
USDA, FNS.
This resource briefly outlines the Smart Snacks rules as they pertain to fundraising efforts.
- Best Practices for Healthy School Fundraisers (August 2014)**
USDA, FNS.
Use this brochure to help your school earn extra money for different activities, events, and equipment that keep students excited and engaged. This brochure provides ideas to use healthy choices for fundraising that sell only nonfood items or foods that meet the Smart Snacks nutrition standards.
- School Fundraisers: Positive Changes in Foods Sold, But Room for Improvement Remains (March 2016) (PDF | 530.23 KB)**
Healthy Eating Research, Bridging the Gap.
This issue brief provides new data on fundraising in schools and policy implications.
- Healthy Fundraising (November 2015) (PDF 2 MB) (PDF | 2 MB)**
KSDIE, Child Nutrition & Wellness.
Benefits of healthy fundraising, positive options, and healthy food and beverage items to sell. Also available in Spanish.
- The HRFKA and School Fundraisers (September 2015)**
ChangeLab.
Brief fact sheet that summarizes the laws and associated regulations on fundraisers.
- Healthy and Active Fundraisers**
Weld County School District 6, Colorado.
Ideas for successful and healthy fundraisers including success stories and additional resources.

A blue button at the bottom of the page contains the URL: <http://healthymeals.nal.usda.gov/healthyfundraising>

Resources

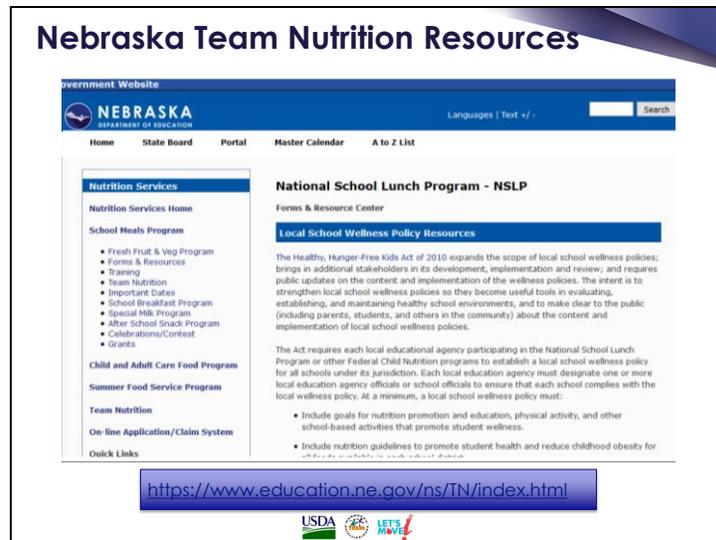
Team Nutrition Resources

More resources on healthy school fundraisers

The screenshot displays the 'Smart Snacks Calculator' interface. At the top, it features the title 'Smart Snacks Calculator' and the logo for 'SMART SNACKS PRODUCT CALCULATOR' and 'ALLIANCE FOR A HEALTHIER GENERATION'. Below the title, there is a text box that reads: 'Enter your product's nutrition information per amount SOLD (including all components and accompaniments)'. To the right of this text box is a 'Nutrition Facts' label. The label includes fields for 'Serving Size' (oz (about) g), 'Amount Per Serving', 'Calorie', 'Calories from', 'Total Fat (g)', 'Saturated Fat (g)', 'Trans Fat (g)', 'Sodium (mg)', 'Carbohydrates', and 'Sugars (g)'. The number '38' is visible in the bottom right corner of the screenshot.

Is your snack a Smart Snack? Find out with the Alliance for a Healthier Generation Smart Snacks Product Calculator! This calculator has been determined by the USDA, Food and Nutrition Service to be accurate in assessing product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used on food and beverages.

Use the Alliance Product Calculator with Healthy Out-of-School Time to assess and change your food offerings.



Another good place for School Wellness Policy resources is the Nebraska Department of Education website.

[Students.pdf](#)

[School Competitive Food Guidelines](#)

[Smart Snacks in School - USDA Handout.pdf](#)

[School Competitive Food Guidelines.pdf](#)

[Decision Chart Smart Snacks.pdf](#)

[Non-food Rewards in the Classroom](#)

[Nonfood Rewards in the Classroom Fact Sheet.pdf](#) (South Dakota)

[Effective & Healthy Rewards for Kids.pdf](#) (Coalition on Children and Weight San Diego)

[Alternatives to Food as Reward.pdf](#) (Connecticut)

[Alternatives to Food Reward in Classroom.pdf](#) (Colorado)

[Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health.pdf](#)

[Alternatives to Food Rewards.pdf](#) (Connecticut)

[Indiana's Alternatives to Food Rewards.pdf](#)

[Golf Medal Schools Rewards Kids will Crave.pdf](#)

[Ideas for Non-food Classroom Rewards.pdf](#)

[Fundraisers](#)

[A+ Fundraisers for High School.pdf](#) (New York City Dept of Health and Mental Hygiene)

[Healthy Fundraising.pdf](#) (Kansas)

[Alternative Fundraising Ideas!.pdf](#) (Alliance for a Healthier Generation)

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Looks like there is no questions. Thank you for listening today.

Next week we will focus on our fourth element which is Nutrition Education.

I will send you a reminder and till then have a very happy week.