

Healthy Hawaii School Challenge

Criteria and Instructions

Introduction

The Hawaii State Department of Education (DOE) and the Hawaii State Department of Health (DOH) strongly believes that schools play an integral part in educating and exposing students to wellness practices, health-enhancing behaviors, good nutrition, and physical and other school-based activities that promote student achievement and learning.

The Healthy Hawaii School Challenge was created to recognize your school's commitment to the health and well being of your students. Many schools have already made changes to their school nutrition environments, improved the quality of foods served, and now provide students with more nutritious, healthy choices. In addition, recognition as a Healthy Hawaii School may be beneficial when applying for awards and recognition programs that honor principals, vice principals, and teachers for their hard work and dedication.

All Hawaii schools that participate in the National School Lunch Program are encouraged to meet or exceed the Healthy Hawaii School Challenge criteria and apply for a two-year recognition certification through the Office of Child Nutrition Programs (OHCNP). The Healthy Hawaii School Challenge is aligned with the United States Department of Agriculture's (USDA) HealthierUS School Challenge. Elementary schools that meet or exceed the Healthy Hawaii School Challenge may also be eligible for the USDA's HealthierUS School Challenge for Elementary Schools. Certified schools are strongly encouraged to continue their commitment and reapply at the end of their certification period.

Certification Procedures

1. Certification begins with a self-assessment of the school environment at the local level.
2. A local certificate review panel* must be established to review your school against the Healthy Hawaii School Challenge criteria to ensure it meets the requirements for the applicable certification.

** The review panel must include, at a minimum, your school's or site's foodservice manager; the school's principal or administrator; a representative from the school's parent organization; a student representative; and at least one member from the following: school food service district manager, school nurse, coordinated school health representative, physical or health education teacher, or classroom teacher.*

Submission of the Application Packet

Once your school's application is certified and signed by members of the review panel, submit the application packet to the OHCNP. The Application Packet includes:

- ❖ Application Cover and Checklist Sheet
- ❖ Agreement Form
- ❖ Prior month's menu for reimbursable school lunches in your school. Four full weeks must be submitted. Any substitutions from the planned menu must be documented.
- ❖ Breakfast Menu Criteria Worksheet
- ❖ Lunch Menu Criteria Worksheet
- ❖ Health, Nutrition, and Physical Education Criteria Worksheet
- ❖ Team Nutrition Mini-grant Application

Approval Process

The OHCNP will confirm:

1. The school is enrolled as a Team Nutrition school.
 2. The submitted menus from your school were reimbursable meals and met the menu criteria for the Healthy Hawaii School Challenge.
 3. The written description of health, nutrition, and physical education activities at the school meets the criteria for the Healthy Hawaii School Challenge.
 4. The student Average Daily Participation for your school has been reported correctly.
 5. The foods or beverages sold/served a la carte, in vending machines, school stores, snack bars, etc. in your school meets the Healthy Hawaii School Challenge criteria.
- *Before submission to OHCNP, the school's local review panel is responsible for reviewing and certifying that all criteria have been met.*
 - *Documentation of the items sold/served must be maintained at the school during the certification (2 years) for possible review by the OHCNP.*
 - *The school is encouraged to keep a copy of the signed application and documentation as originals will not be returned.*

Review and Award Process

After your application is submitted, you will receive an acknowledgement letter. The OHCNP staff may schedule a site visit or call for additional information. A committee of experts from OHCNP, DOH, Office of Curriculum, Instruction and Student Support (OCISS), School Food Service Branch (SFSB) and DOE administration will review and assess all applications in the order they were received. Final disposition will be given to schools within 2 weeks of the committee's review.

Awards will be presented at a Healthy Hawaii School Challenge gala event tentatively scheduled for May 2008.

Criteria for Certification

1. Your school is enrolled as a Team Nutrition (TN) school.
 - ❖ To verify enrollment as a Team Nutrition School, visit www.fns.usda.gov/tn/Database/index.htm.
 - ❖ To enroll as a Team Nutrition School, visit <http://teammnutrition.usda.gov/Join/enrollmentform.pdf> and fax to 703-305-2549.
2. Your school offers reimbursable school meals that demonstrate healthy menu planning practices and principles of the Dietary Guidelines for Americans, and meet or exceed the menu criteria listed in the chart below.

Breakfast Menu Criteria

Criteria	Clarification
Vegetable or fruit offered daily	
100% fruit juice served no more than once a week	
Cereals contain ≥ 2 grams of dietary fiber per serving (when served)	
No trans fat	Effective School Year 2008-2009

Lunch Menu Criteria

Criteria	Clarification
Average Daily Participation (ADP) is (\geq) greater than or equal to 70% , or a 5% increase in ADP from the previous years student participation	The percent Average Daily Participation (ADP) of school enrollment is calculated by dividing the total student participation for a typical operating month by the number of operating days in that month, then dividing by the school enrollment, and multiplying by 100. A typical month of operation to use is October.
Three different fruits offered each week	Juice (fruit) may only be counted two times a week.
Five different vegetables offered each week	At least one vegetable must be offered each day. Juice (vegetable) may only be counted two times a week.
Dark green or orange vegetable or fruit offered three or more times per week	Examples of dark green/orange fruits and vegetables are provided in Food/Nutrient Guidance, Attachment A. Juice (fruit or vegetable) may only be counted twice per week.
Fresh or frozen fruits or vegetables offered three or more days of the week	
Good source of Vitamin C offered daily	Examples of Vitamin C are provided in Food/Nutrient Guidance, Attachment B-1 and B-2, should be used for determining serving sizes. Juice (fruit or vegetable) may only be counted twice per week. Salad bar and/or fruit or vegetable items may be combined to meet the Vitamin C source requirement.
Four different entrees or meat/meat alternates are offered throughout each week	When daily choices are not offered, higher fat entrée items are limited to once per week. A higher fat entrée is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds, and nut butters. A definition and examples of different entrees or meat/meat alternates is provided in Food/Nutrient Guidance, Attachment C.
Cooked legumes (beans or peas) – two or more servings offered each month. Once a week starting school year 2008-2009	Examples of legumes (beans and peas) are provided in Food/Nutrient Guidance, Attachment D.
Whole-grain foods offered daily	A whole-grain food is one labeled as a whole-grain product or with a whole-grain as the primary grain ingredient (at least 51% whole-grain by weight) in the ingredient statement. Examples of a whole-grain ingredient include the terms “whole wheat flour,” “entire wheat flour,” “cracked wheat,” “graham flour,” “brown rice,” “old-fashioned oatmeal,” “quick-cooking oats,” and “whole cornmeal.” Submit ingredient statement and/or recipes for whole-grain products.

Two or more sources of iron offered daily	Example of iron sources are provided in Food/Nutrient Guidance, Attachment F-1, should be used for determining serving sizes. A child must have the opportunity to select two sources of iron from the day's menu.
Low fat (1%) and/or skim (nonfat) milk offered daily	
No trans fat	Effective School Year 2008-2009

- *To assist reviewers in determining if the menus meet the lunch menu criteria, please complete the Lunch Menu Worksheet in the Application Packet, and submit it with your month's menus.*

3. Health and nutrition education is provided to students in multiple grades of your school and meets or exceeds the criteria listed below:
 - ❖ Complete the Health, Nutrition, and Physical Education Worksheet included in your Application Packet.
 - ❖ Health education is delivered as part of a structured and systematic unit of instruction aligned with the Hawaii Content and Performance III Standards (HCPS III).

- All required health education classes have instructional periods totaling a minimum of

Grades	Minutes per week
K-3	45
4-5	55
6 (elementary grade)	107
6-12 (secondary grade)	200

- ❖ Health and nutrition education involves multiple channels of communication – at least classrooms and home/parents – for each grade to which it's provided.
- ❖ **Intermediate/Middle Schools only:** Provide at least one semester of health education course.

The goal of health education is to motivate and assist students to maintain and improve their health, enabling them to develop the skills and attitudes necessary for health-related problem solving and informed decision-making.

The goal of nutrition education is to persuade individuals to make meaningful changes in their dietary behaviors.

4. The opportunity for physical activity is provided to students in every grade of your school, and meets or exceeds the criteria listed below.
 - ❖ Complete the Health, Nutrition, and Physical Education Worksheet included in your Application Packet. Submit a brief written description of regularly scheduled physical education or structured physical activity opportunities for students before, during, and/or after school hours.
 - ❖ Physical education classes or physical activity opportunities must be provided on a regularly scheduled basis each school week during the entire school year.
 - Examples of equivalents include school walking clubs, bike clubs, intramural sports, walk-to-school programs, approval of community physical activity programs for academic credit, etc.

- All required physical education classes have instructional periods totaling a minimum of

Grades	Minutes per week
K-3	45
4-5	55
6 (elementary grade)	107
6-12 (secondary grade)	200

The goal of physical activity is to ensure that children are routinely encouraged and have the opportunity to be physically active in your school.

5. A student Average Daily Participation (ADP) of 70% or higher or a 5% increase in ADP from the previous years student participation
 - ❖ The percent ADP of school enrollment is calculated by dividing the total student participation for a typical operating month by the number of operating days in that month, then dividing by the school enrollment, and multiplying by 100. A typical month of operation to use is October.
 - For example: During the month of October, the school served 20,000 reimbursable lunches. It operated or served lunches 20 days. There were 1,200 students enrolled in October. $20,000 \div 20 = 1,000$. $1,000 \div 1,200 = 0.83$ x 100 = 83% ADP
 - ❖ A 5% increase in student participation will be compared to the previous school year's October ADP.
6. During the school day (including meal periods) and anywhere on school campus, your school sells/serves **only** the following foods or beverages other than reimbursable meals as described in the chart below.

Food or Beverage	Criteria for All Snack and Beverage Items Sold or Served Anywhere on School Campus
	Note: Including items sold in ala carte lines and fundraisers, provided in classrooms, or served in the reimbursable After School Snack Program. These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.
Fruits and Vegetables Non-Fried	Fruits and vegetables may be fresh, frozen, canned, or dried and must be found in the Food Buying Guide for Child Nutrition Programs.
Fruits and Vegetables Not Allowed	Examples of products that cannot be sold/served as a fruit or vegetable include: <ul style="list-style-type: none"> • Snack-type foods made from vegetable or fruits, such as potato chips and banana chips; • Pickle relish, jam, and jelly; and • Tomato catsup and chili sauce
Approved Beverages	Reduced fat (2%), low fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverage; <ul style="list-style-type: none"> • 100% full strength fruit and vegetable juices; and • Water (non-flavored, non-sweetened, and non-carbonated)

Any Other Individual Food Sales/Service	<p>Grams of total fat must be at or below eight (8) grams per serving, with exception of nuts and seeds.</p> <p>Grams of saturated fat must be at or below two (2) grams per serving.</p> <p>Total sugar must be at or below 35% by calories. This is determined by multiplying the grams of sugar by 4 and dividing the sum by the total calories of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables as defined above.</p> <p>Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program (NSLP)/School Breakfast Program (SBP); for vending purposes, the food item is not to exceed 200 calories if the entire package is consumed.</p> <p>No trans fat items are to be sold.</p>
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7. Students must be given at least 15 minutes to consume their meals.
 - Meal period is defined as the time from the beginning of the school’s scheduled meal service until the end of the scheduled meal service or until the last students are served, whichever comes last.

8. Your school must have at least one of the following:
 - Hydroponics farm
 - School gardens
 - Recess before lunch
 - Universal breakfast program
 - Additional school policies that promote school breakfast and/or lunch
 - School policies that encourage healthy snacks on campus
 - Physical activity programs that goes beyond PE classes
 - “Walking School Bus”
 - School-wide morning exercise program
 - Other

Recognition

After the application has received final approval by the OHCNP, your school will be recognized by the DOE and the DOH at recognition ceremony in the following ways:

- ❖ Receive a plaque that recognizes your school’s achievement as a Healthy Hawaii School
- ❖ Receive a banner that identifies your school as a Healthy Hawaii School
- ❖ Receive a \$2,000 mini-grant toward your school’s Wellness program
- ❖ **Elementary Schools Only** – If your school meets or exceeds the Healthy Hawaii School Challenge you may be eligible to meet the bronze, silver or gold criteria for the USDA’s HealthierUS School Challenge for Elementary Schools. An application will be sent to the USDA for approval. Qualifying schools will be notified by the OHCNP. The USDA will issue a USDA plaque that recognizes your school’s achievement and your school’s name and certification status will be entered and posted by the USDA on the USDA’s Team Nutrition website. The USDA’s HealthierUS School Challenge criteria is available at <http://www.fns.usda.gov/tn/HealthierUS/index.html>

Documentation

During the two-year certification period, your committee must keep on file copies of the following documentation:

- ❖ Completed and signed Application Packet and attachments.
- ❖ Food production records that support the menus submitted.
- ❖ Nutrition facts labels or school-made recipes of products sold/served under provisions of the school lunch criteria.
- ❖ Maintain records of grant expenditures.

Contact Information

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Guidance for Interpreting “Cost Principles of Mini-Grants”

Use of Team Nutrition Training Grant Funds for Mini-Grants

OMB Control No. 0584-0512

- ❖ Ensure that all expenditures are consistent with all local, State, and Federal policies, regulations and procedures.
- ❖ Ensure that Team Nutrition mini- grant funds support one or more of the Team Nutrition strategies and deliver Team Nutrition messages of healthy eating and be physically active. Team Nutrition strategies and nutrition messages must be part of the objectives and work plan of the mini-grant recipient.

The TN three behavior-oriented strategies include:

1. Provide ***training and technical assistance*** to child nutrition foodservice professionals to enable them to prepare and serve nutritious meals that appeal to students and meet the recommendations of the Dietary Guidelines for Americans.
2. Promote ***nutrition curriculum and education*** in schools through multiple communication channels to reinforce positive nutrition messages and encourage students to make healthy food and physical activity choices as part of a healthy lifestyle.
3. Build ***school and community support*** for creating healthy school environments that are conducive to healthy eating and physical activity.

Ensure that all activities and expenses specified in the mini-grants support and promote children’s participation in the school meal programs.

Some general guidance for allowability of selected items of cost under the Cost Principles:

Food Cost

Team Nutrition funds may be used to pay for food if the food is part of a specific educational activity. For example, conducting a classroom taste test of specific fruits or vegetables, or demonstrating the making of simple, healthy snacks, is a reasonable request. The use of the food must be related to nutrition education activities specified under objectives of the mini- grant proposal or work plan. Team Nutrition funds should **not** be used to purchase a meal for anyone.

Food and Nutrition Equipment

Team Nutrition funds may **not** be used to purchase foodservice operation equipment, such as salad bar equipment, refrigerators, food processors, etc. However, small mobile kitchen equipment to be used for classroom food preparation demonstration or hands on food experiences may be permissible **if** such activities are part of the integrated nutrition education lessons specified under objectives of the proposed mini- grants. Teachers’ commitment to teach nutrition in the classroom and share the use of the purchased mobile kitchen equipment among other teachers within the same school building, if applicable, should be clearly indicated in the mini- grant proposal. A total expenditure of food and nutrition-related equipment purchases should not exceed 10% of the total mini- grant awarded.

Medical Equipment

Team Nutrition funds may **not** be used to purchase medical equipment or health services related to health assessments such as obtaining clinical data on nutritional status, chronic disease or chronic disease risk assessment. Therefore, measurement of height, weight, skin fold thickness, blood pressure, cholesterol, and blood glucose and iron level are not allowable costs under the TN grant. Although the Body Mass Index (BMI) concept may still be part of the nutrition education component for the age appropriate students, obtaining the height and weight status should come from the school nurses' office, students' health care provider or the individual student's knowledge.

Physical Activity

Eating healthy and being physically active are desired behavior outcomes of TN. States are encouraged to coordinate with community, youth and recreational organizations and others whose primary mission is to make regular opportunities for physical activity accessible to students. Educational and program materials developed with TN funds to promote and reinforce physical activity for all target audiences must include messages that link nutrition and physical activity, such as "balance your day with food and play," and "Eat Smart. Play Hard." While it might be permissible to use mini- grant funds to purchase posters, pamphlets, audiovisuals, and small, consumable supplies such as a few classroom jump ropes or hoola hoops to help teachers promote life- long physical activity habits as part of a classroom nutrition education activity, Team Nutrition funds are **not** intended to purchase pedometers or award pins for everyone, or to subsidize the regular physical education program in the school. The costs associated with physical activities should not significantly detract from funds for promoting healthy eating. Team Nutrition funds may **not** be used to purchase playground equipment, exercise or sports' equipment, sports lessons (swimming, skating, etc.) or to pay for the services of a for-profit physical fitness organization. Students should not be given the message that they must belong to a health club in order to be physically active. Schools are encouraged to look to other funding sources for physical activity such as forming partnerships with local non-profit organizations such as the YMCA, YWCA, Sierra Club and others in providing the kind of resources that might continue to supplement this type of activity when the Team Nutrition grant dollars are no longer available at the school.

Promotional/Incentive Items

The purpose of the Team Nutrition Grants is to promote Team Nutrition messages, not Team Nutrition, itself. Any promotional item or incentive should promote one or more of the Team Nutrition messages or refer the target audience to a website that provides the Team Nutrition messages. Any cost associated with such promotions or incentives must be reasonable in comparison to the mini-grant funding.

Staff Development and/or Substitute Pay

If adequate funding is available and acceptable to the State agency, Team Nutrition funds may be used to hire a substitute for the teacher, school administrator, or school foodservice staff representative to attend training, participate in planning sessions or other avenues for staff development in nutrition education. For accounting purposes, a record of who attended the session, how long it lasted, and the purpose of the session is required.

Gardening

It is recognized that some of the Team Nutrition materials promote activities related to gardening, and gardening is an excellent way to involve the entire school, parents and the community in a Team Nutrition activity. If the plans submitted by the mini- grant recipient(s) specify a gardening activity, Team Nutrition funds may be used to purchase a reasonable amount of supplies (e.g., seeds, potting soil and starter pots) for classroom gardening projects or even a few shovels and hoes to enhance existing school gardening project. Funds may **not** be used to purchase bulk soils such as topsoil, irrigation supplies, fencing or any type of large equipment such as a tiller or greenhouse. Schools are encouraged to partner with local gardening supply sources for creating sustainability of the gardening project after the TN Training Grant period. Schools may also contact their local Cooperative Extension office to see if there is a Master Gardeners program that can assist you with the gardening project.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten building, 1400 Independence Avenue, SW., Washington DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Healthy Hawaii School Challenge Team Nutrition Mini-Grant Application

A Team Nutrition mini-grant of \$2,000 is available as an incentive to Hawaii schools to implement a school wellness best practice initiative. The project director must have school operational responsibility; the team must select a new best practice for their school, and commit to implement the best practice for at least 3 to 6 months.

Mini-grant Design and Requirements

The following steps include additional information for you to review for the grant planning and preparation.

Step 1 – Complete the Healthy Hawaii School Challenge Application Packet to the Office of Hawaii Child Nutrition Programs.

Step 2 – Complete the Healthy Hawaii School Challenge Mini-Grant Application

Step 3 – Submit applications to the Office of Hawaii Child Nutrition Programs for review

Step 4 – Plan to implement and evaluate the Team Nutrition school best practice during the school year mini-grant is received or the following school year.

Step 5 – Maintain records of grant expenditures.

Step 6 – Provide a brief summary report to OHCNP no later than August 1, 2008.

School Name _____

School District _____

School Address _____

Street

City

State

Zip Code

Mini-Grant Project Director _____

E-mail Address _____

School Phone Number ____ - ____ - ____ School Fax Number ____ - ____ - ____

E-mail Address _____

Date Submitted _____
 Month Day Year

I have read this Team Nutrition Mini-Grant Application and accompanying mini-grant requirements. If this application is selected, I will participate and stay involved throughout the mini-grant project. I agree to expend Team Nutrition funds and provide a brief summary report no later than August 1, 2008.

Mini-Grant Project Director's Signature

Date

Healthy Hawaii School Challenge Application Cover Sheet

PRINT ALL INFORMATION

School Name _____ School District _____

School Address _____
Street

City _____ State _____ Zip Code _____

Principal's Name _____

E-mail: _____ Phone Number _____ Fax Number _____

School Foodservice Manager's Name _____

E-mail _____ Date Submitted _____
Month Day Year

Please include the following information in your Application Packet:

- Application Cover Sheet
- Application Form
- Agreement Form
- Prior month's menus (four full weeks) for reimbursable school lunches served in your school.
Include portion sizes on your menu.
- Breakfast Menu & School Environment Criteria Worksheet
- Lunch Criteria Menu Worksheet
- Health, Nutrition, and Physical Education Worksheet
- Mini-Grant Application

FOR OFFICE USE ONLY

Date Application Received by OHCNP _____

Date Reviewed _____

Decision Approved Denied

Date Entered into Database _____

School Year _____

Date Letter & Award Received _____

- Plaque
- Banner
- Mini Grant \$2,000

Elementary Schools Only:

USDA's HealthierUS School Challenge

- USDA Bronze
- USDA Silver
- USDA Gold

Date Entered into USDA Database _____

Date Entered into USDA Website _____

School Year _____

Healthy Hawaii School Challenge Agreement Form

Name	Position	Phone Number	
Mailing Address	City	State	Zip Code
E-mail Address			

Signatures of Review Panel:

We have reviewed this application and attest to the accuracy of the information provided. If selected, we agree to maintain the standards and procedures we indicated in this application for the duration of our certification. Further, we agree to cooperate with USDA and other regulations upon request to publicize our efforts.

Principal/Administrator	Signature	Date
Foodservice Manager	Signature	Date
Other School Representative (i.e. Teacher)	Signature	Date
Representative of the School Parent's Organization	Signature	Date
Other School Representative (i.e. Student)	Signature	Date
Other Representative	Signature	Date

The Office of Hawaii Child Nutrition Program reserve the rights to verify all information on the application and reject applications that are incomplete or otherwise fail to provide factual information.

Thank you for applying for the Healthy Hawaii Challenge. For more information visit the Office of Hawaii Child Nutrition Program Website: <http://ohcnp.k12.hi.us/>

FOR OFFICE USE ONLY

Application Approved
 Application Denied

Reason

Office of Child Nutrition Programs Director's Name	Signature	Date
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Healthy Hawaii School Challenge Breakfast Menu & School Environment Criteria Worksheet

School Name _____

Please indicate the breakfast menu efforts in the following chart or submit a written description.

	Yes	No
1. Vegetable or fruit offered daily	<input type="checkbox"/>	<input type="checkbox"/>
2. 100% fruit juice served no more than once a week	<input type="checkbox"/>	<input type="checkbox"/>
3. Cereals contain ≥ 2 grams of dietary fiber per serving (when served)	<input type="checkbox"/>	<input type="checkbox"/>
4. No trans fat (effective School Year 2008-2009)	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate the school environment efforts by checking one or more in the following chart or submit a written description.

- Hydroponics farm
- School garden
- Recess before lunch
- Universal breakfast program
- Additional school policies that promote school breakfast and/or lunch
- School policies that encourage healthy snacks on campus
- Physical activity programs that goes beyond PE classes
- "Walking School Bus"
- School-wide morning exercise program
- Other _____

Healthy Hawaii School Challenge

Health, Nutrition, and Physical Education Worksheet

School Name _____

Grades in your school: (circle all that apply) 1 2 3 4 5 6 7 8 9 10 11 12

Grades in which health education is offered: (circle all that apply)

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

Grades in which physical education is offered: (circle all that apply)

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

Please indicate health, nutrition, and physical education efforts in the following chart:

	Yes/No	If yes, please provide a brief description.
The school delivers health education as part of a structured and systematic unit of instruction that is aligned with the Hawaii Content and Performance III Standards (HCPS III)?		
Nutrition education is incorporated into health education?		
Does every student have the opportunity to take a health education course?		
Does health and nutrition education involve community participation or awareness?		
Does health and nutrition education involve parent participation or awareness?		
Are students provided with: behavior-focused nutrition education integrated into the curriculum that is interactive and teaches the skills needed to adopt healthy eating habits?		
Intermediate/Middle Schools Only: Does your school offer at least one semester of health education?		
Does physical education classes have instructional periods totaling a minimum of 45 min/wk for grades K-3, 55 min/wk for grades 4-5, 107 min/wk for grade 6 (elementary), and 200 min/wk for grades 6-12 (secondary)?		
Does your school have any alternate physical activity offered and how often offered? Indicate time allotted for the activity. (i.e. interscholastic sport activities)		

Healthy Hawaii School Challenge Lunch Menu

Green or Orange: apricots, broccoli, cantaloupe, carrots, choy sum, mango, bak choy, papaya, pumpkin, spinach, orange sweet potato, taro leaves, watercress, other dark greens

Vit. C: broccoli, cabbage, cantaloupe, cauliflower, green pepper, mango, orange, papaya, strawberries, tomato, watermelon, pineapple, peaches, Fair = potato

Iron : fortified cereals, eggs, ham, lean beef, lean pork, chicken (dark), turkey (dark), tuna, beans, soybeans, bulgur, raisins, prunes, Fair source = enriched flour

Beans: kidney beans or red beans, black beans, pinto beans, navy beans, lentils, garbanzo beans, cowpeas, split peas, lima beans, black-eyed peas

Planning

Month Served: _____ School: _____ Menu Planning Approach Used: (Circle) Traditional Enhanced NSMP ANSMP

Enter daily menu under the day of the week. List the appropriate food item(s) in the space provided. You are not required to check the boxes.		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Week 1	Meat / Meat Alternative (4x/week)	<input type="checkbox"/> Iron				
	Cooked bean/pea (2x/month)	<input type="checkbox"/> Iron				
	Fruit and/or Vegetable * Fruit (3 different /week) * Vegetable (5 different /week) * Fresh or frozen (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)
	Whole Grain Starch (Daily)	<input type="checkbox"/> Iron				
	1% / Nonfat Milk (Daily)	<input type="checkbox"/> Offered				
Enter daily menu under the day of the week. List the appropriate food item(s) in the space provided. You are not required to check the boxes.		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Week 2	Meat / Meat Alternative (4x/week)	<input type="checkbox"/> Iron				
	Cooked bean/pea (2x/month)	<input type="checkbox"/> Iron				
	Fruit and/or Vegetable * Fruit (3 different/week) * Vegetable (5 different/week) * Fresh or frozen (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)
	Whole Grain Starch (Daily)	<input type="checkbox"/> Iron				
	1% / Nonfat Milk (Daily)	<input type="checkbox"/> Offered				
Enter daily menu under the day of the week. List the appropriate food item(s) in the space provided. You are not required to check the boxes.		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>

Week 3	Meat / Meat Alternative (4x/week)	<input type="checkbox"/> Iron				
	Cooked bean/pea (2x/month)	<input type="checkbox"/> Iron				
	Fruit and/or Vegetable * Fruit (3 different /week) * Vegetable (5 different /week) * Fresh or frozen (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)
	Whole Grain Starch (Daily)	<input type="checkbox"/> Iron				
	1% / Nonfat Milk (Daily)	<input type="checkbox"/> Offered				
Enter daily menu under the day of the week. List the appropriate food item(s) in the space provided. You are not required to check the boxes.	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	
Week 4	Meat / Meat Alternative (4x/week)	<input type="checkbox"/> Iron				
	Cooked bean/pea (2x/month)	<input type="checkbox"/> Iron				
	Fruit and/or Vegetable * Fruit (3 different /week) * Vegetable (5 different /week) * Fresh or frozen (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)
	Whole Grain Starch (Daily)	<input type="checkbox"/> Iron				
	1 % / Nonfat Milk (Daily)	<input type="checkbox"/> Offered				
Enter daily menu under the day of the week. List the appropriate food item(s) in the space provided. You are not required to check the boxes.	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	
Week 5	Meat / Meat Alternative (4x/week)	<input type="checkbox"/> Iron				
	Cooked bean/pea (2x/month)	<input type="checkbox"/> Iron				
	Fruit and/or Vegetable * Fruit (3 different /week) * Vegetable (5 different /week) * Fresh or frozen (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)	<input type="checkbox"/> Fresh or Frozen <input type="checkbox"/> Green or Orange (3x/week) <input type="checkbox"/> Vit. C (Daily) <input type="checkbox"/> Iron (Daily)
	Whole Grain Starch (Daily)	<input type="checkbox"/> Iron				
	1 % / Nonfat Milk (Daily)	<input type="checkbox"/> Offered				