

HealthierUS Challenge



Manual

Idaho Department of Education
Child Nutrition Programs



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Introduction:

Purpose:

The intent of the HealthierUS Challenge is for school menus to provide ALL children the opportunity to choose:

- A variety of fruits and vegetables, including fresh and raw items,
- A variety of dark green/orange fruits and vegetables,
- A whole grain item, and
- Products high in iron and vitamin C.

Recognize Exceptional Schools:

HealthierUS Challenge requirements are difficult to meet because the program is used to recognize **EXCEPTIONAL** schools.

Based on Lunch:

The Challenge is only based on lunch, breakfast isn't taken into consideration.

Goals Are Good For Students at All Schools:

The award is only given to elementary schools, but the Idaho State Department of Education encourages all schools to work towards the goals outlined in this manual for the better health of their students.

This manual was developed to help break down the requirements of the HealthierUS Challenge into simple, attainable goals that schools can work towards. The goals do not need to be met in this order. Pick one goal to meet at a time, every goal met is something to be proud of.



Gooding's HealthierUS Challenge Award

Anji Baumann Craig Maki Carol Williams
 Foodservice Director Principal Kitchen Manager



"Goldie"

The HealthierUS Challenge
 Gold Award Winner

Meet Goldie: Goldie can be found throughout this guide offering tips to help you meet the requirements of the HealthierUS Challenge. Goldie's tips come from an actual HealthierUS Challenge Gold Award Winner from Idaho: Anji Baumann, Gooding Foodservice Director.



Common Questions Answered

Does a school have to meet ALL seven of the criteria for the *Silver* and ALL nine of the criteria for the *Gold* certification?

To receive a *Silver* certification a school must meet all of the criteria listed under the *Silver* category . For the *Gold* certification a school must meet all of the *Silver* requirements plus offer fresh fruits or raw vegetables every day of the week and whole grain foods every day of the week. Also, the a la carte and/or vended items must meet the requirements outlined.

There are several elementary schools within my school district that qualify for either the *Gold* or *Silver HealthierUS* School Challenge criteria. However, an SMI review has only been conducted at one of the schools. Can the others apply?

Yes they can. An SMI review requires the selection of a minimum of one school which represents the SFA's ability to meet the school meals nutrition standards. If your school district (SFA) has had an SMI review within the prior five years, your State agency has approved your plans for any areas noted as needing corrective action or improvement, you have completed all identified activities, and the review was closed by the State agency—all of your schools meet the initial SMI criteria for the *Healthier US* School Challenge.



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