

# SIDE BY SIDE COMPARISON OF THE FOUR DIFFERENT AWARD LEVELS

<b>HealthierUS School Challenge Comparison Criteria for All Schools</b>		<b>Award Level General Requirements</b>			
		<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Gold Award of Distinction</b>
 <b>School is enrolled as a Team Nutrition (TN) school.</b>		✓	✓	✓	✓
<b>Reimbursable lunches meet the USDA nutrition standards. School district had a School Meals Initiative (SMI) review within 5 years and all corrective actions have been completed.</b>		✓	✓	✓	✓
<b>Average Daily Participation for lunch meets or exceeds a minimum.</b>	<b>Elementary Schools</b> <b>Middle Schools</b> <b>High Schools</b>	N/A N/A N/A	60% 60% 45%	70% 70% 65%	70% 70% 65%
<b>School lunch menu allows students to select each of the food items listed below:</b>		✓	✓	✓	✓
<ul style="list-style-type: none"> <li>• <b>A different vegetable</b> every day of the week. All servings must be at least ¼ cup. Of these five:               <ul style="list-style-type: none"> <li>• Dark green or orange vegetables offered 3 or more days per week (of the 3, at least 2 must be different)</li> <li>• Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas).</li> </ul> </li> </ul> 		✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
<ul style="list-style-type: none"> <li>• <b>A different fruit</b> every day of the week (fresh, frozen, canned, dried, or 100% juice). All servings must be at least ¼ cup. <i>Dried fruit must have no added sweetener (nutritive or non-nutritive); canned fruit must be packed in juice or light syrup.</i></li> </ul> 		✓ plus 1 day/week fruit must be served fresh	✓ plus 1 day/week fruit must be served fresh	✓ plus 2 days/week fruit must be served fresh	✓ plus 2 days/week fruit must be served fresh
<ul style="list-style-type: none"> <li>• <b>100% fruit juice</b> can be counted as a fruit only once per week.</li> </ul>		✓	✓	✓	✓
<ul style="list-style-type: none"> <li>• <b>A whole-grain food</b> serving. A serving size of whole-grain food is equal to a serving of Grains/Bread as defined in the <i>Food Buying Guide</i>, pages 3.15-3.16. The majority of whole-grain food products served must have the whole grain(s) listed first in the ingredient statement. Other whole-grain servings must have whole grain as the primary grain ingredient.</li> </ul> 		At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered 3 or more days per week (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)	At least 1 serving of whole-grain food offered each day (not the same one each day)
<ul style="list-style-type: none"> <li>• <b>Only low-fat (1% or less) and fat-free (skim) fluid milk</b>, flavored or unflavored, offered each day.</li> </ul>		✓		✓	✓

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<p><b>If the school sells any other foods and beverages on campus (competitive foods), sales must meet the criteria below, as well as the restricted times and locations stated at the right.</b></p> <p><b>Competitive foods</b> are defined as any foods or beverages sold in competition with reimbursable meals. This includes a la carte, vending, snack bar, school store, and/or any other food and beverage sales on campus.</p> <p>Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.</p>	<p>The criteria apply during meal periods within the foodservice area(s) <i>Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i></p>	<p>The criteria apply during meal periods within the foodservice area(s) <i>Foodservice area(s) refers to any area on school premises where program meals are served and/or eaten.</i></p>	<p>The criteria apply throughout the school day (including meal periods), throughout the school campus</p>	<p>The criteria apply throughout the school day (including meal periods), throughout the school campus</p>
<p><b>Competitive foods and beverages must meet these criteria:</b></p> <ul style="list-style-type: none"> <li> <b>Competitive Foods:</b> <ul style="list-style-type: none"> <li> <b>Total fat:</b> Calories from total fat must be at or below 35% per serving. <i>Excludes nuts, seeds, nut butters, and reduced-fat cheese.</i> </li> <li> <b>Trans fat:</b> Less than 0.5 grams (<i>trans</i> fat free) per serving. </li> <li> <b>Saturated fat:</b> Calories from saturated fat must be below 10% per serving. <i>Excludes reduced-fat cheese.</i> </li> <li> <b>Sugar:</b> Total sugar must be under or equal to 35% sugar by weight (includes naturally occurring and added sugars). <i>Excludes fruits, vegetables, and milk.</i> </li> <li> <b>Sodium:</b> See information at right for sodium limits. </li> </ul> </li> <li> <b>Portion size/Calories:</b> Not to exceed the serving size of the food served in the NSLP; for other items, the package or container is not to exceed 200 calories. </li> </ul>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>≤ 480 mg sodium per non-entrée; ≤ 600 mg per entrée</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>≤ 200 mg sodium per non-entrée; ≤ 480 mg per entrée OR Physical Education is 150 minutes/week for elementary schools</p> <p>✓</p>
<ul style="list-style-type: none"> <li> <b>Competitive Beverages:</b> <i>(Only the following beverages are allowed)</i> <ul style="list-style-type: none"> <li> <b>Milk:</b> Only low-fat (1% or less) and fat-free (skim), flavored or unflavored fluid milk, and/or USDA approved alternative dairy beverages; <i>limit serving size to maximum of 8 fluid ounces.</i> </li> <li> <b>100% full strength fruit &amp; vegetable juices</b> with no sweeteners (nutritive or non-nutritive); <i>limit serving size to maximum of 6 fluid ounces for elementary and middle schools and 8 fluid ounces for high schools.</i> </li> <li> <b>Water:</b> Unflavored, no sweeteners (nutritive or non-nutritive), noncarbonated, caffeine-free. </li> </ul> </li> </ul>	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p>

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<b>Nutrition Education:</b>				
<b>Elementary Schools</b>				
<ul style="list-style-type: none"> <li>Is provided for at least half, but no fewer than two, of the grade levels in the school. If the school consists of a single grade, nutrition education is provided to all students in the school.</li> <li>Is part of a structured and systematic unit of instruction, such as <i>MyPyramid</i> lessons from Team Nutrition.</li> <li>Involves multiple channels of communication, including the classroom, cafeteria, and home/parents.</li> <li>Messages are reinforced by prohibiting the use of food as a reward (school holiday parties are excluded).</li> </ul>	✓	✓	✓	✓
<b>Secondary Schools</b>				
<ul style="list-style-type: none"> <li>Offered to middle school students in at least one grade level as part of required year round instruction.</li> <li>Offered to high school students in 2 courses required for graduation.</li> <li>Involves multiple channels of communication.</li> <li>Messages are reinforced by prohibiting the use of food as a reward (school holiday parties are excluded).</li> </ul>	✓	✓	✓	✓
<b>Physical education/activity is promoted by:</b>				
<b>Elementary Schools</b>				
<ul style="list-style-type: none"> <li>Providing structured physical education classes for all full-day students throughout the school year.</li> </ul>	A minimum average of 45 minutes per week throughout school year	A minimum average of 45 minutes per week throughout school year	A minimum average of 90 minutes per week throughout school year	A minimum average of 150 minutes/week throughout school year OR meet stricter sodium requirements plus a minimum average of 90 minutes per week throughout school year
<ul style="list-style-type: none"> <li>Providing unstructured daily opportunities for physical activity for all full-day students, such as recess.</li> </ul>	✓	✓	✓	✓
<ul style="list-style-type: none"> <li>Reinforcing physical education/activity messages by neither denying nor requiring physical activity as a means of punishment.</li> </ul>	✓	✓	✓	✓

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<p><b>Physical education/activity is promoted by:</b></p> <p><b>Secondary Schools</b></p> <ul style="list-style-type: none"> <li>Offering structured physical education classes to at least two grades and providing students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) throughout the school year.</li> <li>In addition, actively promoting participation in physical activities (in and out of school) to all students.</li> <li>Reinforcing physical education/activity messages by neither denying nor requiring physical activity as a means of punishment.</li> </ul> 	✓	✓	✓	✓
<p><b>School policies support a wellness environment</b> by permitting primarily nonfood items being sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods, as outlined in this chart.</p>	✓	✓	✓	✓
<p>The school district has developed a <b>Wellness Policy</b>. A copy of the Wellness Policy is submitted with the application.</p>	✓	✓	✓	✓