

## HOW DO I GET STARTED?

1. Start by reviewing the US Challenge criteria checklist on the next page.
2. Does your menu meet each component criterion? If not, make modifications for a future menu that meets all of the criteria.
3. Does your school meet the a la carte, nutrition education, physical education, and other requirements of the Challenge?
4. The HealthierUS Challenge application is now online, with several helpful tools to assist in the application process. Download the application at <http://healthymeals.nal.usda.gov/hsmrs/HUSSC/>.
5. Complete and review the application and gather documentation.
6. Submit the completed application to your State Agency in a three ring binder.

**WE WANT TO HELP YOU:** The HealthierUS Challenge application process can be difficult for some schools and the State Agency is eager to help. Please contact Heidi Martin ([hcmartin@sde.idaho.gov](mailto:hcmartin@sde.idaho.gov)) at the State Agency if you are planning to apply for the challenge; she can assist throughout the process. Working with the State Agency from the start may save time and help you avoid future errors. In addition, the State Agency may be able to provide a Cadre member to work with you one-on-one throughout the application process.