

HealthierUS School Challenge



Silver Award: To achieve this award a school must meet all the requirements for a Bronze Award

Give yourself a silver star for when you complete each goal!

Met	Goal
	Enroll as a Team Nutrition School.
	Form a HealthierUS School Challenge panel.
	A school wellness policy has been developed and submitted with the application. <ul style="list-style-type: none"> * School policies support a wellness environment by permitting primarily non food items being sold through school fundraising activities. * If food items are sold during the school day, they met the guidelines for competitive foods.
	Provide nutrition education to students in multiple grades.
	Set a policy that prohibits the use of food as a reward.
	Provide 45 minutes of structured physical education each week.
	Maintain an Average Daily Participation (ADP) of 70% of school enrollment or higher.
	Serve a different fruit everyday of the week (1 days/week must be fresh). 100% fruit juice can only be counted as a fruit once per week and must not exceed six fluid ounces.
	Serve a different vegetable everyday of the week.
	Dark green or orange vegetables must be offered three or more days a week.
	Offer cooked legumes (dry beans or peas) each week.
	Offer at least one serving of whole grain food three or more days a week.
	Serve low fat (1% or less) and fat free (skim) milk, flavored or unflavored, each day. Limit eight fluid ounces.
	Competitive Foods (During meal periods in the food service area.) <ul style="list-style-type: none"> <li style="width: 50%;">* Total Fat: ≤ 35% per serving <li style="width: 50%;">* Sugar: ≤35% by weight. Excludes fruits, vegetables, and milk <li style="width: 50%;">* Trans Fat: ≤ 0.5 grams per serving <li style="width: 50%;">* Sodium Limits: ≤ 480 mg sodium per non entrée, ≤ 600 mg per entrée <li style="width: 50%;">* Saturated Fat: ≤ 10% per serving <li style="width: 50%;">* Water: non flavored, no sweeteners, non carbonated, non caffeinated.

*It's easy
to take the challenge!*



Refer to the HealthierUS School Challenge on the USDA Team Nutrition Website for more details on the Gold Award of Distinction, Gold, Silver, and Bronze awards:
<http://www.fns.usda.gov/tn/healthierus/index.html>

THE FLORIDA DEPARTMENT OF EDUCATION ENCOURAGES ALL SCHOOLS TO WORK TOWARD THESE GOALS FOR THE BETTER HEALTH OF THEIR STUDENTS.