Advancing Your SHI Score
School Nutrition
Today’s Presenters

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Logistics

» Listen in with your telephone or computer speakers
» Everyone is muted
» Submit questions in the question box
» This call is being recorded
» Link to recording and handouts will be sent out following the call
Agenda

» School Health Index (SHI) and why it’s important

» Advancing Your SHI Score: School Nutrition
  • Fundraising and USDAs Smart Snacks in School Nutrition Standards
  • Essential topics on healthy eating

» Additional Action for Healthy Kids Resources
Why Take the School Health Index?

» Develop relationships with key staff
» Determine your schools strengths and weaknesses
» Define foals that suit your schools needs
» Justify your decision to make changes
» Document starting points to show progress over time
» Develop an Action Plan for improving school health

Complete your School Health Index assessment annually so you can measure your progress over time.
Fundraising efforts and USDAs Smart Snacks standards

» Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA’s Smart Snacks in School nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy and pizza sales; and market days.

• Yes
• Most
• Some
• No
USDAs Smart Snacks – Standards for Food Items

Any food items sold in schools must:

» Be a grain product that contains 50% or more whole grains by weight or have whole grains as first ingredient; or

» Have as the first ingredient a fruit, vegetable, a dairy product or a protein food (e.g., beans, eggs, poultry, meat, nuts, seeds, etc.); or

» Be a combination food that contains at least ¼ cup of fruit and/ or vegetables

Foods must also meet several nutrient requirements:

» Calorie limits
  • Snack items: less than or equal to 200 calories
  • Entrée items: less than or equal to 350 calories

» Sodium limits
  • Snack items: less than or equal to 200 mg
  • Entrée items: less than or equal to 480 mg

» Fat limits
  • Total fat: less than or equal to 35% of calories
  • Saturated fat: less than 10% of calories
  • Trans fat: 0 grams

» Sugar limit
  • Less than or equal to 35% of weight from total sugars in foods

Strategies: Healthy Fundraising

• Promote health eating
  • Host Harvest Days and sell fresh fruits, vegetables and herbs from the school garden
  • Create a cookbook
  • Cookware and kitchen utensils

• Non-Food
  • Car wash
  • Game night/Family night
  • Parents night out

• Promote Physical Activity
  • School dances
  • Family obstacle course
  • Action-a-thons (walk, bike, jump rope, skate, hula hoop, etc.)

https://www.actionforhealthykids.org/activity/healthy-fundraising/
SHI Question - School Nutrition

Essential Topics on Healthy Eating

» Does your health education curriculum address all of these essential topics on healthy eating?
  • Yes, addresses all of these topics
  • Most, addresses most of these topics
  • Some, addresses some of these topics
  • Addresses one or none of these topics, or there is no health education curriculum
Essential Topics

» The relationship between healthy eating and personal health and disease prevention
» Food guidance from MyPlate
» Reading and using food labels
» Eating a variety of foods everyday
» Balancing food intake and physical activity
» Eating more fruits, vegetables and whole grain products
» Choosing foods that are low in saturated fat and cholesterol and do not contain trans fats
» Choosing foods and beverages with little added sugars
» Eating more calcium-rich foods
» Preparing healthy meals and snacks
» Risks of unhealthy weight control practices
» Accepting body size differences
» Food safety
» Importance of water consumption
» Importance of eating breakfast
» Making health choices when eating at restaurants
» Social influences on healthy eating, including media, family, peers and culture
» How to find valid information or services related to nutrition and dietary behavior
» How to take steps to achieve the personal goal to eat healthy
» Resisting peer pressure related to unhealthy dietary behavior
» Influencing, supporting, or advocating for others’ healthy dietary behavior
Strategies: Essential Topics on Healthy Eating

» Join Team Nutrition for free resources from the USDA.
  • https://www.fns.usda.gov/tn

» Designate a school-level nutrition education champion to help each grade create a nutrition education scope and sequence.
  • https://www.cdc.gov/nutrition/strategies-guidelines/index.html

» Explore ways to integrate essential topics into math, science, language arts and more.
  • https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum

» Leverage community partners to present as guest teachers for subjects outside of your curriculums current scope.

» Be a healthy role model.
  • https://www.actionforhealthykids.org/activity/staff-as-healthy-role-models/
Healthy Eating Toolkit

- Recipes
- Creative School Gardens
- Healthy Fundraising
- Nutrition Education
- Staff Role Modeling
- Taste Tests
- And more!
Advance Your SHI Score

» Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA’s Smart Snacks in School nutrition standards?
  • **Switch your fundraising strategy to all non-food items and fully meet these standards, scoring a 3. Switching food and beverage fundraisers to meet the Smart Snacks standard can also improve your score, aiming for 100% or 60% minimum.**

» Does your health education curriculum address all of these essential topics on healthy eating?
  • **Addressing two or more of the essential topics on healthy eating brings your score from a 0 to a 1 and addressing 12 or more of these topics takes you from a 1 to a 2. Strive to address all 21 topics and score a 3.**
Additional AFHK Resources

» Contact Us
  • https://www.actionforhealthykids.org/contact/

» Healthy Kids Blog
  • https://www.actionforhealthykids.org/blog/

» Action for Healthy Kids Grants
  • https://www.actionforhealthykids.org/school-grants-support/

» Newsletter Sign Up
  • https://www.actionforhealthykids.org/news-sign-up
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