



ACTION FOR
HEALTHY
KIDS 

Advancing Your SHI Score
School Nutrition

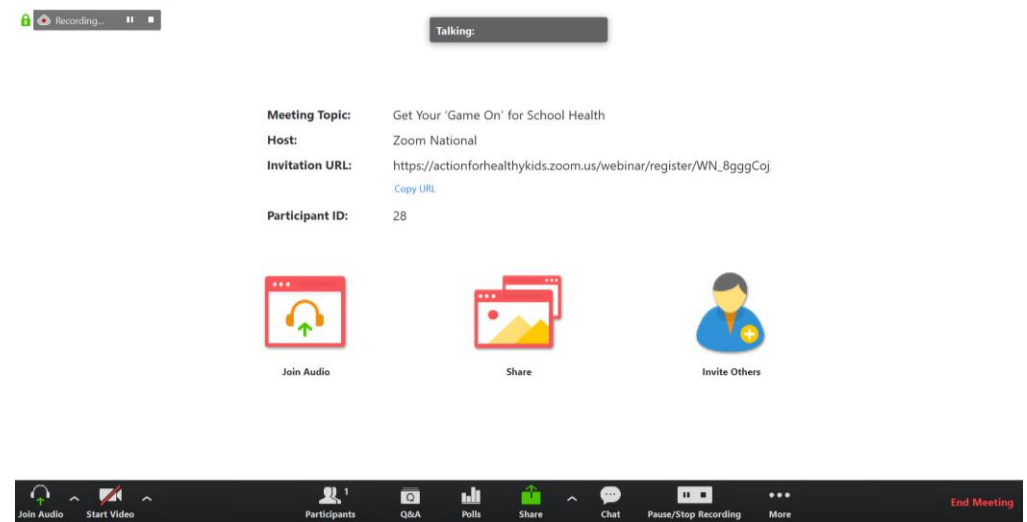
Today's Presenters



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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.

SHI Question - School Nutrition

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

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

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 fat
- » 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!

Healthy Eating Toolkit

Feast on these nutrition resources—for use at home or at school—to get your kids or students inspired to eat better and build healthy habits.

I'm a parent

I'm an educator

ABOUT THE TOOLKIT

Encourage healthy eaters

This interactive toolkit, sponsored by Dole, is your one-stop shop for all things nutrition. Eating better helps improve kids' learning, behavior, and emotional health, so start building healthy habits with these recipes, resources, and ideas on a variety of topics. Check back regularly for new and updated content.



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>

Follow Us for More Resources

Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!

 Action for Healthy Kids shared a link.
Posted by Jacqueline Periman [?] · December 14



Spice up your classroom and play the Game On! 12 Days of Fitness Challenge. #SmilesAllAround



12 Days of Fitness
www.actionforhealthykids.org



Healthy and Fun Snack Ideas



72 Pins



Edit

Healthy Treats for Kids



38 Pins



Edit



Contact Info

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Every kid healthy, active and ready to learn

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