

MICHIGAN NUTRITION STANDARDS TOOLKIT

**Team Up to Make Healthy
the Easy Choice!**



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WELCOME TO THE *MICHIGAN NUTRITION STANDARDS* TOOLKIT.

You are taking an important step toward improving the health of students and the nutrition environment in your school.

This toolkit will give you the resources you need to implement the *Michigan Nutrition Standards*. This kit is for everyone that is involved with schools: teachers, administrators, parents, school nutrition professionals, counselors, social workers, school nurses, community members, and more.

To get started with the toolkit, gather a team and complete the *Michigan Nutrition Standards* assessment checklist; *Does our School Make the Grade?* If you need help gathering a team see Tab 2, Team Effort for ideas. Let the checklist, located on the next page, guide you to which resources in this toolkit you should look at first.

The first tab, Game Plan, will give you an overview of what the *Michigan Nutrition Standards* are and why they are important. Be sure to check out the other tabs too. In them you'll find plenty of additional tips and tools that will help make implementing the *Michigan Nutrition Standards* in your school successful, fun—and run smoothly!

**THANK YOU FOR YOUR COMMITMENT TO AND ENTHUSIASM
FOR IMPLEMENTING THE *MICHIGAN NUTRITION STANDARDS*.**



DOES OUR SCHOOL MAKE THE GRADE?

MEETING THE *MICHIGAN NUTRITION STANDARDS* CHECKLIST



INSTRUCTIONS

1. Think about your school. Using the grade system A, B, C, or D (see the key below for a more detailed explanation) give your school a “grade” for each item. It’s best to complete this checklist as a team. (See Tab 2, Team Effort, for more information about forming a team.)
2. Review the grades for each item with your team and together decide which ones you want or need to work on first; then circle those. It’s best to choose just a few items to start with. This will allow you to focus on one or two things at a time, and to build on your successes.
3. After you decide what you want to work on, see the Tab column for the appropriate sections of this toolkit which contain tip sheets, handouts, materials, tools and information that will help your team make healthy the easy choice, when implementing the *Michigan Nutrition Standards* (MiNS). Good Luck!

KEY

- A**—We consistently do everything listed here very well; there is no need for improvement in this area.
- B**—We do a pretty good job of everything listed here but we could do better.
- C**—We do these things, but not consistently or completely. There is room for improvement.
- D**—We need to do a better job of the things listed here.
- NA**—This is not applicable to our school.



OUR SCHOOL ...	GRADE					TAB
	A	B	C	D	NA	
1. Has staff (teachers, foodservice, administrators, transportation, etc.) that are aware of and understand the MiNS and why they are important.						1, 3
2. Has an active Coordinated School Health Team, wellness, or nutrition committee that meets regularly and works to improve students' and family health and implement the MiNS.						2
3. Has school board members and building-level administrators that are aware of and support the MiNS.						2, 4
4. Educates students, parents and community members about the standards and engages them to be partners to support and promote the MiNS.						2, 3, 6, 7
5. Trains school staff, parents, and community members about what the MiNS are and why they are important.						4, 6
6. Has consistent messages about healthy eating that support the MiNS posted in the school and/or distributed to or shared with students, school staff, and parents.						4, 5, 6, 7, 8
7. Promotes healthy school fundraisers.						4, 6, 8
8. Rewards students for good behavior without using food.						4, 6, 8
9. Has a school store that sells food items that meet the MiNS.						3, 5, 8
10. Helps parents with ideas for classroom parties, snacks, and celebrations that meet the MiNS.						4, 6
11. Understands how the MiNS are related to the Healthy Hungry Free Kids Act, the Healthier US School Challenge (HUSCC), and the School Meals Initiative.						3, 5
12. Utilizes a process or system to determine whether or not school meals meet the MiNS.						3, 5
13. Serves school meals (breakfast and lunch) and afterschool snacks that meet the MiNS.						3, 5
14. Creatively markets school meals and their nutritional value to school staff, students, parents, and community members.						5
15. Follows the MiNS guidelines for competitive food and beverages. Competitive food and beverages are those offered or sold outside of school meals (e.g. a la carte, vending, school stores, classroom parties).						3, 5, 6
16. Has a system in place for calculating which food and beverages considered for sale as competitive foods can be sold in accordance with the MiNS.						3, 5
17. Utilizes research-based nutrition education resources and materials to promote the MiNS and educate students and families about healthy food choices.						4
18. Shares information and success stories about implementation of the MiNS using written, digital, and social media, and other forms of communication.						8



RESOURCES

Please check out the *Michigan Nutrition Standards* website at www.michigan.gov/nutritionstandards for additional resources to help implement the standards such as:

- Basic Nutrition Information
- Farm to School
- Recipe Ideas
- Taste Testing
- Updated materials
- And More



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