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TEAM UP IN THE CAFETERIA



Michigan school food service professionals do a wonderful job of meeting the federal guidelines for school meals while also meeting the needs of a varied customer base. Often these efforts go unnoticed in the greater school community.

The *Michigan Nutrition Standards* are a tool for school food service staff to continue to move programs forward to provide nutritious, well balanced meals that meet the current federal guidelines as well as the HealthierUS School Challenge.

The *Michigan Nutrition Standards* focus on offering students, school staff, and other customers food and beverages with health benefits such as: colorful fruits and vegetables, low-fat and fat-free dairy, whole grains, lean meat, poultry, seafood, legumes, nuts and seeds.

The Michigan Department of Education recommends that schools follow the *Michigan Nutrition Standards* until national standards outlined in the Healthy, Hunger Free Kids Act of 2010 for school meals and competitive foods go into effect.

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MEETING THE STANDARDS IN THE CAFETERIA: A HOW TO GUIDE

The landscape of school meals and competitive foods is ever changing. With changes anticipated with the implementation of the Healthy, Hunger Free Kids Act of 2010, food service professionals may be wondering why they should implement the *Michigan Nutrition Standards*.

For links to the underlined resources, go to the online toolkit at www.michigan.gov/nutritionstandards

THE BENEFITS INCLUDE:

- Preparing for proposed USDA nutrition standards for school breakfast and lunch.
- Satisfying food service component of USDA's HealthierUS School Challenge.
- Preparing for anticipated USDA nutrition standards for competitive food and beverages.
- Helping satisfy the School Meal Initiative.

FOLLOW THESE EASY STEPS TO IMPLEMENT THE *MICHIGAN NUTRITION STANDARDS* IN YOUR FOOD SERVICE PROGRAM:

1. PREPARE:

- If your school hasn't already done so, form a Coordinated School Health Team (CHST) at the school or district level. For more information on CSHTs go to the Team Work tab.
- Be an active member on the CSHT.
- Develop an implementation plan to roll out the nutrition standards as a whole for the school or district.

2. ASSESS:

- Take a close look at the food and beverages offered and sold in the following venues:
 - School breakfast
 - School lunch
 - Afterschool snacks
 - A la carte
 - Vending
 - Catering
 - Others
- Review the current offerings in each venue and determine if an area needs an adjustment. Follow steps on how to implement the standards in the different venues found in this handout.

3. PLAN:

- Create a plan on how you intend to implement the *Michigan Nutrition Standards* in each of the different venues.
- Don't make a go of this alone! Use students, food service staff, school staff and families to create the plan.
- See the following handouts in this tab for more information: [Fuel Up to Play 60](#) and [Family Matters](#) involvement to implement the *Michigan Nutrition Standards*.
- Seek buy-in from school leaders prior to implementing your plan.

4. IMPLEMENT:

- Make the changes you planned and let others know about what is happening. See the Marketing tips for each venue found in this handout.





TIPS TO IMPLEMENT THE MICHIGAN NUTRITION STANDARDS WITHIN SCHOOL MEALS & SNACKS

ASSESS:

- Use the [School Meals Checklist](#) to see where the *Michigan Nutrition Standards* are currently being met.

PLAN:

- Identify areas for improvement.
- See the [menu and recipe ideas](#) for ways to incorporate foods that meet the standards.
- Gather input from students and parents through [Nutrition Advisory groups](#), surveys, and [Fuel Up to Play 60 teams](#).
- [Taste test](#) new items with the students prior to adding them to the menu. Piloting schools found this to be a very successful way to increase acceptance of new menu items.

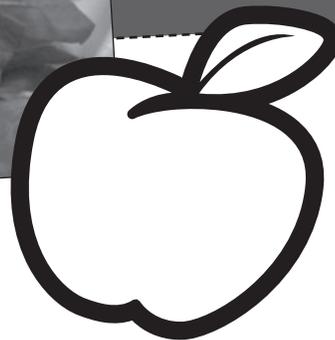
“Our kids have been getting more and more unhealthy everyday. We don’t do them any favors by ignoring the research or holding off to make changes”

.....
PILOT DISTRICT



“In the beginning [it] was really a struggle and different from how I used to think, now it’s kind of natural to me.”

.....
PILOT DISTRICT





MARKET:

MENUS

- Know your customer. Some districts have found it successful to market healthy changes to families by describing the new healthy food choices on the printed school menus. Others have found this not to be successful.
- Use fun descriptive words for nutrient-rich items on the menu and at point of purchase.
- Add information to a school website to let parents know about some of the healthy offerings available (i.e. whole grains, dark greens in salad mix, how many fresh fruit and vegetable choices are available, lower sodium products).

MEDIA

- Let students know, via morning announcements or online, that their voices were heard. Publish and post results of taste tests and let them know what changes took place to the menu.
- Highlight the most nutrient-rich choice for the day through icons on a menu, utilizing the GO! shelf tags, morning announcements, online or in school television channels.
- Market the most nutrient-rich choices to athletic and academic groups before big competitions.

“Public awareness was pretty important to get out to our parents and community. Here’s what our school is doing for your children.”

PILOT DISTRICT FOOD SERVICE DIRECTOR

SERVING AREA

- Place the most nutrient-rich options easily accessible to students and at the front of the line.
- Consider adding or expanding grab-and-go options that meet the standards and make them reimbursable meals.
- Move whole fruits and vegetables to the point of sale area instead of traditional a la carte items. Place the traditional a la carte items behind the point of sale and make students ask for them instead (see www.smarterlunchrooms.org for more ideas).
- At the point of sale, ask students if they would like to add a fruit, vegetable or low-fat/fat free milk if they are not already on their tray. Have the items fresh, cold and attractively displayed.

“We do something once a month to promote the standards.”

PILOT DISTRICT FOOD SERVICE DIRECTOR

OTHERS

- Market the healthy changes to school staff.
- Increase the entrée choices available to all staff. Some pilot districts saw revenue increase with more staff purchasing meals when the entrée options available at the high school level were available to staff at all buildings.
- Have samples available for parents at parent teacher conference and open houses. Let them taste how delicious and tasty school meals have become.
- Apply for the HealthierUS School Challenge and receive national recognition for your efforts.



TIPS TO IMPLEMENT THE MICHIGAN NUTRITION STANDARDS WITHIN A LA CARTE & VENDING

ASSESS:

- Use the [Competitive Food Guidelines](#) and the online [Competitive Food Calculator](#) to determine which products currently sold meet the [Michigan Nutrition Standards](#).

PLAN:

- **OFFER A BALANCE** of nutrient-rich options (i.e. fruits, vegetables, low fat and fat free dairy, whole grains, nuts, seeds and lean proteins).
- **CREATE A LIST** of products to consider offering.
- **GATHER OPINIONS** from students on food and beverages to offer that meet the standards. Use the [Fuel Up to Play 60](#) team, student advisory committee or other existing student leadership team for input.
- **TASTE TEST** potential new items and have students vote for their favorites to be added to a la carte and vending machines.
- **EDUCATE FOOD SERVICE STAFF** on not continuing to order products that do not meet the standards. Create a reference book of products that do meet the standards.
- **UPDATE STANDING ORDERS** with vendors to reflect the current offerings.

MARKET:

PRICING AND PLACEMENT

- Price the most nutrient-rich options lower than the other options (i.e. fresh fruit will be less expensive than baked snack chips).
- Place the most nutrient-rich options in places most readily accessible to students in the middle rows of a vending machine or closest to the cash register (i.e. nuts & seeds, fruit, vegetables, and low fat dairy).

MEDIA

- Let students know their voices were heard and announce the winning items to be added to the a la carte and vending.

"A la carte was not a problem at all. At first we were afraid our sales might drop off but actually our meal sales have grown and a la carte revenue was steady."

PILOT DISTRICT FOOD SERVICE DIRECTOR



SERVING AREA

- Create meal deals and bundling in a la carte and vending. This will not only help sell more fruits, vegetables and low fat dairy but will increase reimbursable meal sales.
- Consider using an [icon on signage](#) to indicate the most nutrient rich options available.
- Make sure marketing posters and the vending machine fronts are reflective of the products being offered.
- Work with outside vendors to change the fronts of vending machine or the inserts to coolers. Avoid having a cooler with a soda insert that is stocked with fresh fruits and vegetables. Consider changing to a water insert instead if it was provided by the manufacturer.



TIPS TO IMPLEMENT THE MICHIGAN NUTRITION STANDARDS WITHIN CATERING

Some pilot district food service departments noticed an increase in catering business when implementing the *Michigan Nutrition Standards*. By following the standards at all events, it sends a consistent message to students, staff and families to promote healthy eating.

ASSESS:

- Review the options available in catering.

PLAN:

- Offer a variety of nutrient-rich options available to purchase for meetings, events and meals.
- Create a brochure highlighting the healthy offerings.
- Consider the implications of a healthy food ordering system for families to use for classroom/school functions.
- Provide taste tests to staff and families for nutrient-rich options.

MARKET:

- Highlight the offerings available with school staff and families.
- Use pictures and colorful descriptions on marketing materials.



"All of our meetings have healthy foods. With all those meetings, our catering business has increased significantly because people aren't just bringing in cookies or whatever for meetings. They're having us do lunches, dinners, fruit and veggie trays."

PILOT DISTRICT FOOD SERVICE DIRECTOR



OVERCOMING CHALLENGES

Making changes, such as implementing the *Michigan Nutrition Standards*, doesn't come without a set of challenges. Pre-planning and involving many key partners can help alleviate some of these challenges.

1. NAYSAYERS

- Create a set of key messages for staff to use when approached by someone that is less than thrilled about the upcoming changes.
- Remind people that the changes are for the kids!
- These changes will help our kids be healthy, fit, and ready to learn.
- Stay positive!

"I think it is just better to put it in place and the more you talk about it the more you're taking a chance. Negative people speak more about it—It's better just to speak softly and serve carrot sticks."

PILOT DISTRICT

2. PRESS

- For more information go to the [Cheer for Your Success](#) tab.

3. SOCIAL MEDIA

- For more information on ways to use social media check out the [Cheer for Your Success](#) tab.
- Stay strong and positive about doing the right thing for children's health.
- Piloting districts report that things get easier after the first few months of changes.

"The high school staff, teachers, and guidance counselors have been very supportive, good about talking the issues through with the kids."

PILOT DISTRICT

4. FINDING PRODUCTS TO MEET THE STANDARDS

- Work with the vendors and keep asking questions about getting in new products. Use consortiums and talk with other directors to buy new products together to lessen the risk and increase the quantity.

"There was some negativity expressed in a local newspaper after we first got this going. That's died way off—it was just the initial 'Oh my gosh how can you do this to my kid?' Actually it was just the adults who were having the hard time; the kids were thrilled with the different ways we were doing birthdays."

PILOT DISTRICT

5. USING STUDENTS

- "[Fuel Up to Play 60](#) tempered a lot of the middle school resistance. It's a student run organization and they are leading the charge to get kids involved and active. It's taken some pressure off of me actually."

6. USING COORDINATED SCHOOL HEALTH TEAMS

- Make sure the message comes from various staff and not just from food service.
- "It makes a world of difference—being able to communicate amongst ourselves."



DO OUR MEALS MEET THE STANDARDS? A CHECKLIST FOR SCHOOL MEALS

SCHOOL LUNCH CHECKLIST

All answers should be **yes** for the lunch menu to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are <u>whole grains</u> offered at least one half the time?		
Are at least two <u>dark green vegetables</u> offered a week?*		
Are at least one <u>deep yellow/orange/red vegetable</u> offered a week?*		
Are <u>legumes</u> offered as a vegetable or meat/meat alternate at least twice a week?*		
Is 100% juice offered as the fruit choice no more than one time per week?*		
Are lower fat (less than 40% of calories from fat) entrée choices offered at least four times per week?		
Is only skim and 1% flavored or unflavored milk offered?		
Are calories from fat between 25-35% averaged over the week?		
Are calories from saturated fat less than 10% averaged over the week?		
Are there zero trans fats per serving on the nutrition label or in manufacturer's specifications for any food included on the school menu?		

*Offerings on fruit and vegetable bars count toward the total.

SCHOOL BREAKFAST CHECKLIST

All answers should be **yes** for the breakfast menu to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are <u>whole grains</u> offered at least three times per week?		
Is there a fruit or vegetable serving every day?		
Is there at least three whole fruit or vegetables offered instead of juice?		
Is juice offered no more than 2 times a week as the fruit or vegetable serving?		
Is only fat free and 1% flavored or unflavored milk offered?		
Are there either two grains or one meat/meat alternative and one grain offered daily?		

AFTERSCHOOL SNACKS CHECKLIST

All answers should be **yes** for the afterschool snacks to meet the *Michigan Nutrition Standards*.

ITEM	YES	NO
Are there at least two components (meat/meat alternate, grains/breads, fruits/vegetables, milk) offered daily?		
Is at least one <u>whole grain</u> offered per week?		
Is at least one half of the fruit/vegetable servings the whole fruit/vegetable instead of juice?		
Is only fat free or 1% flavored or unflavored milk offered?		



MICHIGAN NUTRITION STANDARDS COMPETITIVE FOOD AND BEVERAGE GUIDELINES

Competitive food includes food and beverages sold in school stores, a la carte/snack lines, food sold as part of fundraising efforts, and food or drinks sold in vending machines. Below are the October 2010 *Michigan Nutrition Standards*.

COMPETITIVE BEVERAGES

BEVERAGE	ELEMENTARY AND MIDDLE SCHOOL	HIGH SCHOOL
WATER: without flavoring, additives, carbonation, or added sugar.	Allowed	Allowed
JUICE: 100% juice or 100% juice/water blends, with no added sugar (up to 10 oz. serving).	Allowed	Allowed
MILK: low-fat (1%) or fat-free milk (flavored and unflavored) and lactose-free and soy beverages.	<ul style="list-style-type: none"> • Not to exceed 170 calories per 8 oz. serving. • Not to exceed 28 grams of sugar per 8 oz. serving. • Up to 8 ounce serving. 	<ul style="list-style-type: none"> • Not to exceed 170 calories per 8 oz. serving. • Not to exceed 28 grams of sugar per 8 oz. serving. • Up to 16 oz./serving, 1% or fat-free flavored or unflavored milk.
OTHER BEVERAGES		
FLAVORED BEVERAGES: Fortified, or flavored beverages with less than 5 calories per serving as packaged (up to 20 oz. serving).	Not Allowed	Allowed
JUICE: 100% juice or 100% juice/water blends with carbonation (up to 12 oz. serving).	Not Allowed	Allowed
SPORTS DRINKS*	Should not be available in the school setting.	Should not be available in the school setting.

*The individual athletic coach may determine whether sports drinks are made available to student athletes under allowable conditions to maintain hydration (such as when students are engaging in prolonged, vigorous activities on hot days). Beverages such as water, low-fat or fat-free milk (flavored or unflavored), and/or 100% juice shall be considered.

COMPETITIVE FOOD

NUTRIENT	ENTRÉE* (PER SERVING)	OTHER FOOD (AS PACKAGED)
CALORIES	500 or less	200 or less.
TOTAL FAT		No more than 35% of total calories (excludes nuts, seeds, nut butters, and reduced-fat cheese).
SATURATED FAT	Less than 6 grams (g)	Less than 10% of total calories (excludes reduced-fat cheese).
TRANS FAT	Trans Fat-free (less than or equal to 0.5g per serving)	Trans Fat-free (less than or equal to 0.5g per serving).
TOTAL SUGAR		No more than 35% of total weight (excluding fruit).
SODIUM	Less than 600 milligrams (mg)	No more than 230 mg.



MICHIGAN NUTRITION STANDARDS COMPETITIVE FOOD CALCULATOR

This tool provides a summary of the *Michigan Nutrition Standards* recommendations for food and beverages served outside of the USDA Child Nutrition Programs. The calculator allows input of nutrients from the Nutrition Facts label to see if the item meets the *Michigan Nutrition Standards*.

The calculator can be accessed online at the following link:
http://www.michigan.gov/documents/mde/Guidelines_and_Calculators_353616_7.xls

BEVERAGE CALCULATOR DIRECTIONS:

1. Enter information found on the Nutrition Facts label in the online version.
2. All answers need to be "Yes" in the right hand column in order for the product to meet the *Michigan Nutrition Standards*.

ELEMENTARY AND MIDDLE SCHOOL

BEVERAGE		DOES BEVERAGE FOLLOW NUTRITION STANDARDS GUIDELINES?	
WATER			
	YES/NO		
FLAVORING			
ADDITIVES			
CARBONATION			
ADDED SUGAR			
100% JUICE OR 100% JUICE/WATER BLEND WITH NO ADDED SUGAR			
SERVING SIZE		OUNCES	
ADDED SUGAR		GRAMS	
MILK LOW-FAT (1%) OR FAT-FREE (FLAVORED AND UNFLAVORED) AND LACTOSE FREE AND SOY BEVERAGES			
SERVING SIZE		OUNCES	
CALORIES			
TOTAL SUGAR		GRAMS	

HIGH SCHOOL

BEVERAGE		DOES BEVERAGE FOLLOW NUTRITION STANDARDS GUIDELINES?	
100% JUICE OR 100% JUICE/WATER BLEND WITH NO ADDED SUGAR			
SERVING SIZE		OUNCES	
MILK LOW-FAT (1%) OR FAT-FREE (FLAVORED AND UNFLAVORED) AND LACTOSE FREE AND SOY BEVERAGES			
SERVING SIZE		OUNCES	
CALORIES			
TOTAL SUGAR		GRAMS	



FOOD CALCULATOR DIRECTIONS:

1. Convert weight to grams if listed in ounces on product information/nutrition label.
2. Is the product an entree or other food?
3. Enter information found on the Nutrition Facts label in the appropriate section in the online version.
4. All answers need to be "Yes" in the right hand column in order for the product to meet the *Michigan Nutrition Standards*.

1 ounce = 28 grams

ALL SCHOOLS

ENTRÉE		DOES ENTRÉE FOLLOW NUTRITION STANDARDS GUIDELINES?	
SERVING SIZE		OUNCES	
CALORIES			
SATURATED FAT		GRAMS	
TRANS FAT		GRAMS	
SODIUM		MILLIGRAMS	

ALL SCHOOLS

OTHER FOOD		DOES OTHER FOOD FOLLOW NUTRITION STANDARDS GUIDELINES?	
SERVING SIZE		GRAMS	
CALORIES			
TOTAL FAT		GRAMS	
SATURATED FAT		GRAMS	
TRANS FAT		GRAMS	
TOTAL SUGAR		GRAMS	
SODIUM		MILLIGRAMS	



TRY IT, YOU'LL LIKE IT! THE BENEFITS OF TASTE TESTING

WHY TASTE TEST?

The *Michigan Nutrition Standards* emphasize nutrient-rich foods with specific health benefits such as dark green vegetables and lower sodium foods. Some children may not have had an opportunity to try these foods before. By nature, children are nervous to try new foods, this is called neophobia. They may be hesitant to take a new food at a school meal if they are not sure they will like it. Children want to make sure they are full at the end of the meal to prepare them for learning. A taste test or better yet, a series of taste-tests is a great way for students to experience foods they may see every day but never try or to try new healthier foods. Taste-testing is a strategy used by districts that piloted the *Michigan Nutrition Standards*.

PLANNING TASTE-TESTS

Taste tests can be conducted in a variety of places including the cafeteria and classrooms. One resource that includes suggestions for conducting successful taste tests is *Fuel Up to Play 60 (FUTP60)*. The *FUTP60* website contains a “playbook” that is found on the top toolbar of the website. The “playbook” can be searched for different types of plays including Healthy Eating plays. Taste tests are just some of the Healthy Eating plays available. The *FUTP60* website contains a taste test tip sheet and stories on how other schools have successfully conducted taste tests with their students.

www.FuelUpToPlay60.com

CONDUCTING TASTE-TESTS—USEFUL TIPS

- Have students help conduct taste tests. Students are more likely to try a new food if asked by a peer and not an adult.
- Have a small group of student leaders (Middle School or High School) dress up as waiters/waitresses and pass out samples of new foods that meet the *Michigan Nutrition Standards* to taste during the lunch hour.
- Involve classroom teachers. School foodservice can provide classroom teachers with food samples and evaluation sheets.
- If students are old enough to read, pass out an evaluation sheet with the sample. If not, consider using a simple count of thumbs up or thumbs down, or use smiley face posters. You can also pass out colored strips of paper and ask students to vote by placing their votes (paper strips) in a bucket: green = I like it, and red = I don't like it.
- Provide incentives to students who participate in the taste tests. Inexpensive incentives include stickers, bookmarks, pencils, tattoos or a drawing for an extra class recess, lunch with the principal, or a donated prize.

Taste tests in the cafeteria and classroom provide a safe environment for children to try new foods before the foods are on the school menu.





TASTE-TEST THEME

There are many ways to conduct a theme-based taste test using foods that meet the *Michigan Nutrition Standards*:

- Taste-test a new food-of-the-week, or food-of-the-month;
- Focus on taste-testing a certain color of food such as green foods, or red foods;
- Taste-test new drinks you are considering for school vending machines such as flavored milk or 100% juice blends;
- Try a new entrée item each week for a month. Collect evaluation data and let students know the results;
- Offer a taste-test of a new food the day before it is seen on the menu;
- Try a different food group for each taste test;
- Taste-test new, lower-sodium foods such as soups and entrées;
- Compare old favorites to new, more nutrient-rich options that meet the standards.

"When we have something new on the menu, we set up a taste-test for the kids so they can give input on the flavor and whether or not they like it."

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PILOT DISTRICT



Check out the Health School Meals Resource system for more ideas on how to conduct successful taste-tests and for already-created sensory food-tasting evaluation forms:

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=230





FUN, AND TASTY WAYS TO DESCRIBE SCHOOL MEALS

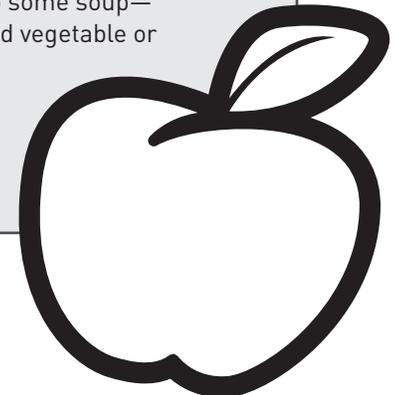
Add some excitement to your menus by describing foods in a whole new way. It will catch the eye of your students, their families and those radio guys who read the lunch menus every morning.

HERE ARE JUST A FEW IDEAS

Authentic	Drizzled	Green, red, etc.	Saucy	Tangy
Blended	Dynamite	Hearty	Savory	Tantalizing
Bright	Extraordinary	Hip	Scrumptious	Tart
Bubbly	Fabulous	Hot	Seasoned	Tender
Cherry (-ful)	Famous	Icy	Silky	Toasty (-ed)
Cheesy	Fantastic	Intense	Sizzling	Velvety
Chewy	Fiery	Jazzy	Smooth	Vivid
Chunky	Fizzy	Jolly	Snappy	Warm
Colorful	Flaky	Juicy	Snazzy	Whipped
Cool	Flavorful	Luscious	Soft	Wild
Crazy	Fluffy	Moist	Sparkling	Wow
Creamy	Foamy	Mouth-watering	Spectacular	Yummy
Crisp (-y)	Fresh	Nutty	Spicy	Zappy
Crumbly	Frosty	Peppery (-ed)	Splashy	Zesty
Crunchy	Frothy	Plump	Sticky	Zingy
Dazzling	Fruity	Pure	Succulent	Zippy
Delectable	Gingery	Refreshing	Sunny	
Delicious	Glazed	Rich	Superb	
Delightful	Goey	Ripe	Sweet	

- Crazy carrot sticks
- Wild potato wedges
- Savory cinnamon apples
- Fiery chicken fajitas
- Tasty turkey burgers
- Dynamite turkey dogs
- Creamy whole-wheat mac n' cheese
- Berrilicious (bananalicious) fruit smoothies
- Zesty Zucchini pasta
- Try our tangy vegetable stir-fry
- Make a fruit fashion statement with green kiwi, orange cantaloupe, and red watermelon
- Veggie are in vogue—try snazzy sugar-snap peas or luscious leafy greens
- Give your tray some personality with intense chicken chili, hip whole-wheat bread or cool corn on the cob
- Make your meal a masterpiece at the salad bar with spectacular spinach and a rainbow of veggies
- Wake up your mouth with crunchy cereal, smooth milk and jazzy juice
- Slurp up some soup—seasoned vegetable or classic chicken noodle

Adapted from: Students Succeed with School Meals: Fun, Exciting & Tasty Ways to Describe School Meals. North Carolina Division of Public Health.





ANYTHING BUT BORING MENU IDEAS

This menu was developed using menu items popular in school districts participating in the *Schools Implementing Nutrition Standards* project.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rigatoni with Meatballs and WG Roll Squash Grapes	WG Chicken Patty on WG Bun Broccoli Slaw Apple Juice Banana Animal Crackers	Fiesta Pasta with WG Roll Mixed Vegetables Chilled Mixed Fruit	Fish Nuggets with WG Roll Carrot Coins Fresh Local Grown Apple	RF Chili with WG Pretzel Romaine/Spinach Salad Chilled Pears
Turkey Burger on WG Bun Baked Beans Grapes	Grilled Chicken Patty on WG bun Fruit Pico de Gallo Tortilla Pieces Fresh Apple Slices	Tuna Salad on Pita Broccoli Slaw Watermelon Wedges	Oriental Chicken Vegetable Stir Fry: Sautéed Chicken with Oriental Vegetables, Brown Rice Manadrin Oranges	BBQ Pork on WG bun Green and Gold Salad Banana
Sweet and Sour Chicken Flatbread with Hummus Sweet Potato Coins Chilled Peaches	WG Cheese Pizza Broccoli/Cauliflower with RF Dip Fresh Apple Goldfish Grahams	WG Breaded Chicken Nuggets w/ Whole Wheat Dinner Roll Three Bean Salad Grapes	Baked Spaghetti Tossed Romaine Salad w/ Vinegar & Oil Dressing Banana	Macaroni and Cheese Green Bean and Tomato Salad Dinner Roll Fresh Pear
Cheese Stuffed Ravioli Garlic Bread Roasted Mixed Vegetables Local Grown Fresh Apple	Taco Brown Rice Bowl: Turkey Taco Meat, Brown Rice, WG Tortilla Rounds, Corn & Black Bean Salsa, Romaine Ribbons Fresh Pineapple Spears	Lasagna Roll Up with WG Roll Cherry Tomatoes and Cucumber-Dill Salad Chilled Peaches	“Create Your Own” Michigan Chef Salad (Cheese, Meat, Vegetables) WG Breadstick Chilled Pears 100% Orange Juice	Arroz Con Queso Carrot Sticks Fresh Grapes
RF Beef Walking Taco with Baked Tostitos Refried Beans Fresh Grapes	Baked Potato Ham, Broccoli, Light Sour Cream & Toppings Fresh Banana	Chicken quesadilla California Blend Chilled peaches	Cinnamon French Toast String Cheese Sweet Potato/Apple Casserole Strawberries	Pasta Salad with Florentine Chicken Carrot raisin slaw Chilled Diced Mixed Fruit Pretzel Twists

Dark Green Vegetables

Dark Yellow/Orange Vegetables

Whole Grain (WG)

Legume



NOTES:

Lined writing area with a large, faint watermark of an apple in the upper right and a large, faint watermark of a globe in the lower left.



NOTES:

Lined writing area with a large, faint watermark of an apple in the upper right and a large, faint watermark of a globe in the lower left.



FAMILY MATTERS: ENGAGING STUDENTS AND PARENTS

INVOLVING PARENTS AND STUDENTS

Getting feedback, buy-in and support from students and parents can make your job as a Food Service Director or manager easier. Students and parents can help you identify healthy foods that meet the *Michigan Nutrition Standards* that students like to eat, and to find the best way to inform others about your school's efforts to implement the *Michigan Nutrition Standards*.

Parents, students, school staff, and school foodservice can work together to make implementing the *Michigan Nutrition Standards* run smoothly and successfully. Are you ready to get started? Try these suggestions:

FORM A NUTRITION ADVISORY COMMITTEE

A nutrition advisory committee (NAC) can be composed of school foodservice personnel, parents, students, school staff and community members. The NAC can help gather data and recommend changes on what foods, and how foods are offered and served at school.

A SUCCESSFUL SCHOOL NUTRITION ADVISORY COMMITTEE...

- Is usually spearheaded by school foodservice.
- Meets regularly, at least four times a year.
- Contains parents, students, school staff and others.
- Sets goals and works toward achieving them.
- Understands and follows the *Michigan Nutrition Standards*.
- Respects each other's opinions and responds to suggestions.
- Educates school staff, parents and students about changes in school food before any changes are made.

INVOLVE STUDENTS

STUDENTS CAN HELP GET OTHER STUDENTS INVESTED IN AND EXCITED ABOUT THE CHANGES YOU ARE MAKING IN SCHOOL FOOD. STUDENTS CAN...

- Sit on the Nutrition Advisory Committee.
- Assist with taste-testing events or food demos in the cafeteria.
- Survey students, formally or informally about food preferences;
- Suggest new kinds of food and beverages that kids like to try.
- Generate excitement among fellow students about school food.
- Help educate others (parents, school board members, the community) about food served at school and the new *Michigan Nutrition Standards*.





INVOLVE PARENTS

PARENTS CAN...

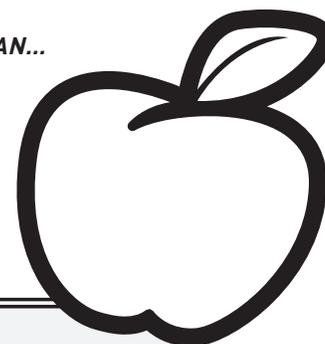
- Join the Nutrition Advisory Committee and help market and promote school meals and foods served at school.
- Help conduct taste-testing events or food demos in the classrooms and the cafeteria.
- Taste-test and rate foods served at school on parent participation day.
- Provide healthy foods that fit the standards for classroom parties, parent events, picnics, and celebrations.
- Survey other parents about what kinds of food they would like to see more of at school.
- Educate other parents and school groups e.g. the athletic boosters, sports teams, or band boosters, about the *Michigan Nutrition Standards* and the nutrition quality of school meals and other food and beverages sold and offered at school.



WHOLE SCHOOL

TEACHERS AND OTHERS WHO WORK AT THE SCHOOL CAN HELP SUPPORT *MICHIGAN NUTRITION STANDARDS* AND SCHOOL FOODSERVICE. THEY CAN...

- Create and set up healthy eating displays that support the standards in the classrooms, hallways or school cafeteria.
- Create a suggestion box for students, parents and school staff to use to make suggestions for foods served and offered at school.
- Create, conduct, and collect written or e-surveys and summarize the results for the foodservice director.
- Write articles or news stories for the school web site, or the school or local newspaper about the *Michigan Nutrition Standards* and changes that are being made.
- Use ideas from Fuel Up to Play 60.
- Conduct kitchen tours for students, families, and community members, promoting new and healthy foods being served.
- Organize a poster contest that advertises new foods that meet the standards that are being sold in school stores, vending machines, on the a la carte line, and at concession stands.
- Invite the Food Service Director or manager into the classroom to obtain and document student input about school meals and foods served at school.



IMPORTANT!

National School Lunch Program regulations require that each School Food Authority obtain student and parent input on a yearly basis and to keep that input on file and be prepared to show it. There are many different approaches that a district can use to obtain input that will help make the district the healthiest—it can be.

Adapted from *Compliance Guidance for Student and Parent Input* and *USDA Menu Planner for Healthy School Meals—Chapter 8 Marketing Your Product*



FARM TO SCHOOL: WAYS TO INVOLVE LOCAL FARMERS

Farm to school is a broad term used to describe efforts to link schools with local agriculture. These efforts are diverse and can include a range of activities such as harvest festivals, field trips to farms, school gardens, farm-raisers (fundraising with local products), educational visits from farmers, and offering locally grown foods in the cafeteria.

Farm to School fits with the *Michigan Nutrition Standards*. One of the guiding principles of the standards is an emphasis on whole, minimally-processed nutrient-rich foods such as fruits, vegetables, whole grains, lean protein and low-fat and fat-free dairy.

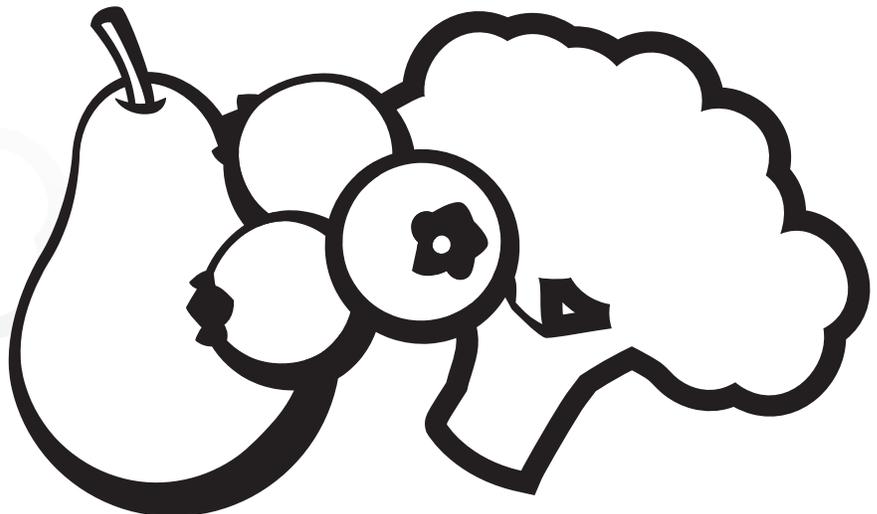
WHEN LOCAL FARMS PROVIDE FOOD FOR SCHOOL MEALS OR SCHOOL-BASED ACTIVITIES...

- School children gain access to fresher less-processed foods and increased variety in school meals.
- School food service directors are afforded new flexibility, both to tailor their orders and to offer creative learning opportunities in school cafeterias.
- Food may cost less because it travels fewer miles to get to the school cafeteria and are handled by fewer people.



THERE ARE MANY WAYS FOODSERVICE CAN BRING THE FARM OR FIELD INTO THE CAFETERIA, THE CLASSROOM AND THE COMMUNITY WHILE PROMOTING AND SUPPORTING THE MICHIGAN NUTRITION STANDARDS. YOU CAN...

- Partner with local farmers to supply locally grown foods such as apples, berries, mixes greens etc. for use in school meal programs, catering, school events and more;
- Organize field trips to local farms and incorporate farm to table and gardening education into the core curriculum and in afterschool programming;
- Serve locally-grown foods at school events such as classroom parties, holiday celebrations, or parent meetings or gatherings;
- Work with farmers and local food processors to sell locally grown foods that meet the standards for school fundraisers such as fruits baskets;
- Offer locally-grown and produced foods such as packaged apple wedges, fresh fruits and veggies and low-fat yogurt in school stores and at concession stands.





FARM TO SCHOOL RESOURCES

There are many resources available to help school foodservice directors purchase Michigan products. Below are a few:

PURCHASING MICHIGAN PRODUCTS: A Step by Step Guide. If you're a food service director who wants to purchase local products for your school meals program this resource is for you. **Not a Food Service Director?** This guide is also helpful for others who want to learn more about how to work with their school food service staff to bring locally grown foods into school cafeterias.

PUTTING MICHIGAN PRODUCE ON YOUR MENU: How to Buy and Use Michigan Produce in Your Institution. This resource contains additional tools including suggestions to help school foodservice connect with local farmers, purchase and use equivalencies, and food safety and storage tips. A 2010 Michigan Produce Availability Guide is also included, which highlights not only field fresh availability but also year-round availability of Michigan-grown fruits, vegetables, and herbs through storing and season extension and greenhouse production.

MICHIGAN FARM TO SCHOOL: At this web site you will find a compilation of FAQs about Farm to School, and information about possible upcoming Farm to School grant opportunities.

MINNESOTA FARM TO SCHOOL TOOLKIT FOR FOOD SERVICE: This online toolkit offers recipes with nutritional analysis, menu examples, nutrition facts, buying tips, promotional materials, and tasting event ideas to help incorporate local foods into school food service. Some agricultural products local to both Minnesota and Michigan are featured, such as apples, dry beans, cabbage, carrots, cucumbers, garlic, green beans, herbs, honey, lettuce, potatoes, rhubarb, squash, and sweet corn.

RECIPES

Fruit and Veggie Quantity Recipe Cookbook

New Hampshire Department of Health and Human Services,
Division of Public Health Services Fruit and Vegetables Program

Fresh From the Farm: The Massachusetts Farm to School Cookbook

Amy Cotler, Massachusetts Department of
Agricultural Resources



FOOD SAFETY

A Checklist for Purchasing Local Produce

Iowa State University Extension and Leopold Center for Sustainable Agriculture

Buying Local—Approved Sources for Food Establishments

Michigan Department of Agriculture

Produce Food Safety in Schools Workshop

Joint Institute for Food Safety and Applied Nutrition (FDA and University of Maryland)

Best Practices: Handling Fresh Produce in Schools

United States Department of Agriculture

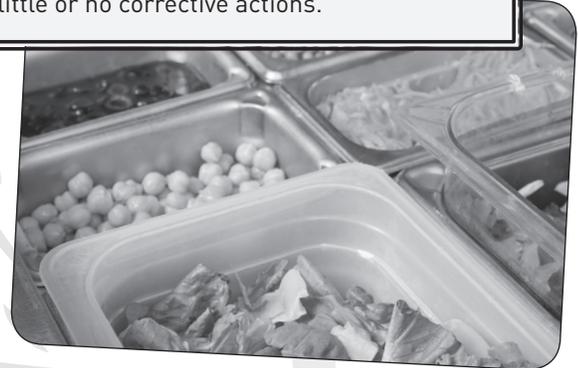
Adapted from the Michigan Farm to School website: <http://www.mifarmtoschool.msu.edu/index.php?id=48>



THE SCHOOL MEALS INITIATIVE (SMI) AND THE MICHIGAN NUTRITION STANDARDS

One of the benefits of implementing the *Michigan Nutrition Standards* is to assist schools with the federally mandated School Meals Initiative (SMI). The SMI is a nutrition review of a week's worth of menus that is currently conducted every five years. The SMI looks at specific nutrient standards. The Healthy, Hunger Free Kids Act of 2010 recommends a nutrition review every three years. The effective date for that change has not been determined. The SMI and *Michigan Nutrition Standards* both reflect the 2005 *Dietary Guidelines for Americans*.

Following the *Michigan Nutrition Standards* will position schools to meet the SMI with little or no corrective actions.



HERE ARE SOME GENERAL GUIDELINES THAT WILL HELP WITH MENU PLANNING!

INCREASE THE VARIETY OF ENTREES OFFERED

HOW THIS HELPS MEET THE STANDARDS:

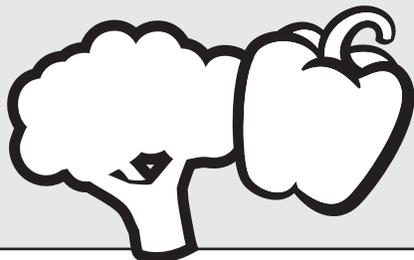
- Keeps total fat, saturated fat and sodium within goal ranges for the week

- Plan more school-prepared items and/or look for new commercially prepared products that meet the standards to increase variety.
- Choose more low-fat, low-sodium products.
- Use low-fat cheeses, dairy products, and lower fat meats.
- Explore the possibility of offering entrée salads or a salad bar.
- Where multiple entrée options are not offered, limit processed meats/meat alternates that have not been modified to reduce fat and/or sodium to once a week.

PLAN MORE FRESH FRUITS AND VEGETABLES ON YOUR MENU EACH DAY

HOW THIS HELPS MEET THE STANDARDS:

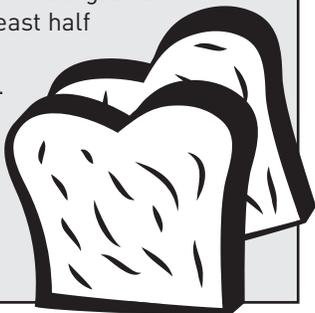
- Provides greater variety of fruits and vegetables
- Offers more whole fruits and vegetables
- Provides fruits and vegetables with specific health benefits such as dark green and deep yellow/orange



- Increase the amounts and variety of fruits and vegetables offered because fruits and vegetables differ in nutrient content.
- Offer a dark green or deep orange vegetable three to four times a week.
- Plan a vitamin C-rich vegetable or fruit daily.
- Offer cut-up fruit or dried fruit as a topping for yogurt.
- Offer fruits high in potassium often, such as bananas, prunes, prune juice, dried peaches, dried apricots, cantaloupe, honeydew melon, oranges, and orange juice.
- Offer fruit often as snacks if you provide reimbursable snacks for an afterschool program.
- Frequently offer fresh vegetable salads or fresh vegetables with a low-fat dip such as low-fat salad dressings, yogurt, or hummus.
- Frequently offer fresh fruits using a variety of presentations, such as orange smiles, apple wedges, fresh fruit cups, red and green grape combos, and banana halves.

**PLAN AT LEAST ONE MENU ITEM CONTAINING A WHOLE GRAIN EACH DAY****HOW THIS HELPS MEET THE STANDARDS:**

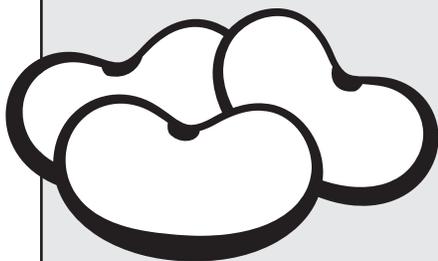
- Increases whole grains to be at least half of grain offerings.



- Plan a variety of breads and bread alternates such as whole wheat breads, whole grain breads, brown bread, and brown rice.
- Increase the variety of whole-grain cooked and ready-to-eat cereals offered at breakfast.
- Offer school-baked bread, replacing most of the white flour with whole-wheat flour. Begin slowly by replacing one-third of the white flour with whole-wheat and gradually increasing until the whole-wheat part is greater than 50 percent. Some schools report success with increasing the whole-wheat flour up to 80 percent. More leavening ingredients and liquids may be required as percentage of whole-grain flour increases.

PLAN TWO SERVINGS OF COOKED DRIED BEANS OR PEAS EACH WEEK**HOW THIS HELPS MEET THE STANDARDS:**

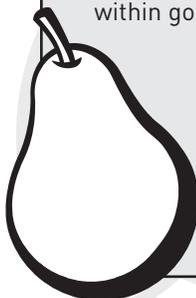
- Legumes must be offered two times per week.



- Offer more cooked dried beans and peas.
- Provides low-fat protein option as a meat/meat alternate that increases fiber and iron.
- Explore the great variety available such as black beans, Great Northern beans, red kidney beans, lima beans (mature), Navy beans, pinto beans, black-eyed peas, lentils, split peas, and garbanzo beans (also called chick peas).
- Offer beans and peas on salad bars; as a vegetable such as Boston baked beans; add to soups; serve as frijoles with Mexican food menu items; or serve as beans and rice.
- Grind or puree beans (pinto, kidney or red) in a food processor and add them to sauces and chili, or puree chickpeas and make a batch of homemade hummus for a vegetable dip.

OFFER AS MANY HEALTHY ALTERNATE CHOICES AS YOUR OPERATION ALLOWS**HOW THIS HELPS MEET THE STANDARDS:**

- Keeps total fat and saturated fat within goal ranges for the week.



- Reduce the number of times pre-fried potato products (French fries, tater tots, smiles) are offered.
- Offer baked potatoes, baked sweet potatoes, or seasoned baked potato or sweet potato wedges more often.
- Offer low-fat or fat free sour cream or plain yogurt for a topping in place of full-fat sour cream.
- Offer low-fat salad dressings in addition to regular salad dressing. Control portion size by pre-proportioning in 1-ounce cups or offering dressing in portion control packets.
- Offer only flavored or unflavored fat-free or one percent low-fat milk at each meal.

Adapted from USDA *The Road to SMI Success—A Guide for School Foodservice Directors—Chapter 4: Daily Practices for Meeting SMI Nutrition Goals for All Menu Planning Approaches*



THE HEALTHIERUS SCHOOL CHALLENGE

By implementing the *Michigan Nutrition Standards* in meals and other venues, schools will also satisfy the food service component of the HealthierUS School Challenge Award (HUSCC). In February 2010, First Lady Michelle Obama introduced **Let's Move!**, incorporating the HealthierUS School Challenge into her campaign to raise a healthier generation of kids. At that time, monetary **incentive awards** became available for each HUSCC award level: Bronze, Silver, Gold, and Gold Award of Distinction. The HUSCC is open to all schools participating in the National School Lunch Program.

The HUSCC provides voluntary national recognition to schools that have created a healthier school environment. The healthier school environment includes school meals, competitive foods, wellness policies, physical education, and nutrition education.

Submitting an application is easy with USDA's downloadable and interactive application. If you have questions, contact MDE-SchoolNutrition@michigan.gov.

[HUSCC Application Materials—apply online or by US mail](#)

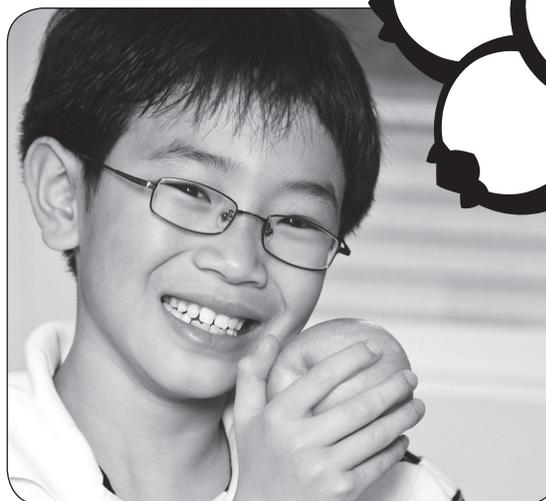
DOWNLOAD THE HUSCC APPLICATION KIT:

- [What's It All About?](#)
- [Criteria and Checklist](#)
- [Whole Grains Resource](#)
- [Guidance on Dark Green/Orange Vegetables & Dry Beans and Peas](#)
- [Increasing Participation/Healthy Fundraising/Fact Sheets for Healthier School Meals](#)
- [Frequently Asked Questions](#)
- [Success Stories](#)
- [How HUSCC is linked to Fuel Up to Play 60](#)
- [Additional Resources](#)
- [Sample Applications: Bronze/Silver](#)
- [Sample Applications: Gold/Gold of Distinction](#)

Check out who has already been awarded as a [HealthierUS School](#)

TIPS FROM HUSCC AWARD WINNERS:

- [Getting Started](#)
- [Creating Healthier Menus](#)
- [Energizing Students](#)
- [Engaging the Community](#)
- [Funding the Changes](#)



OVERVIEW AND TIPS FROM USDA'S MICHIGAN HUSCC PRESENTATION:

- [USDA's HUSCC Presentation May 2010—part 1](#)
- [USDA's HUSCC Presentation May 2010—part 2](#)
- [USDA's HUSCC Presentation May 2010—part 3](#)

For links to the underlined resources, go to the on-line toolkit at www.michigan.gov/nutritionstandards



USDA HEALTHIERUS SCHOOL CHALLENGE

Nutrition Standards	Meal Participation	School Meals	Competitive Foods	Competitive Beverages
<ul style="list-style-type: none"> SMI review within 5 years 	<ul style="list-style-type: none"> ADP Lunch (n/a Bronze) Elem/Mid (Silver 60%, Gold 70%) HS (Silver 45%, Gold 65%) 	<p>Choices available</p> <ul style="list-style-type: none"> Different vegetable daily Different fruit daily 100% juice as fruit Whole grain ≤ 1% flavored or unflavored milk daily 	<p>Requirements</p> <ul style="list-style-type: none"> ≤35% kcal fat ≤0.5gm/svg trans fat ≤10% kcal sat fat Na: 480 mg/non entrée, 600 mg/entrée NSLP serving not to exceed 200 kcal 	<p>Requirements</p> <ul style="list-style-type: none"> ≤ 1% flavored or unflavored milk; 8 oz max serving 100% fruit/veg juice no sweeteners; Unflavored water
N/A	Action strategies (Try It, You'll Like It!)	<ul style="list-style-type: none"> Try It, You'll Like It! Taste Test Days, Salad Bar Tryouts, Build Your Own Shake Up, etc. Menu Makeover 	<ul style="list-style-type: none"> Vending Revamp School Wellness Investigation Try It, You'll Like it! 	<ul style="list-style-type: none"> Vending Revamp Menu Makeover
Nutrition Education	Physical Education	Wellness Environment	Wellness Policy	Other
<ul style="list-style-type: none"> Min 2 grades (elem), 1 grade (sec) HS 2 courses for grad Elem; structured unit Prohibit using food as reward 	<ul style="list-style-type: none"> Structured PE Elem: unstructured daily options (recess) Not denying PA or using as punishment Sec: promote in and out of school PA 	<ul style="list-style-type: none"> Nonfood items for fundraisers Foods sold throughout day meet competitive food guidelines 	<ul style="list-style-type: none"> Copy submitted 	<ul style="list-style-type: none"> N/A
<ul style="list-style-type: none"> Taste Test Days How Many Can You? What Food Can Do For You School Wellness Investigation Spreading the Word 	<ul style="list-style-type: none"> All Physical Activity action strategies (Make the Most of Mornings, Physical Activity: Anywhere, Anytime!, etc.) 	<ul style="list-style-type: none"> School Wellness Investigation FUTP60 as part of Wellness Plan implementation 	<ul style="list-style-type: none"> FUTP60 reps serve on Wellness Council Make the Most of Mornings School Wellness Investigation as eval FUTP60 grants=funds 	<ul style="list-style-type: none"> All Physical Activity action strategies (Make the Most of Mornings, Physical Activity: Anywhere, Anytime!, etc.) Bring on Breakfast



UNITED DAIRY INDUSTRY OF MICHIGAN

Questions? Please Call 1-800-241-MILK(6455)

www.udim.org





Who Can Help and How: School Nutrition Professionals

Why Fuel Up to Play 60?

Fuel Up to Play 60, the in-school nutrition and physical activity program launched by the National Dairy Council®, local Dairy Councils and the National Football League, in collaboration with the United States Department of Agriculture (USDA), is helping to make wellness part of the game plan in more than 70,000 schools across the country. Fuel Up to Play 60 presents an opportunity for you to ensure changes made at school are sustainable, making it possible for children to have more opportunities to choose tasty, nutrient-rich foods throughout the school environment and to be physically active.

Why You?

As a school nutrition professional, you have the expertise and experience to help students make healthy choices both in and outside the cafeteria. You can help students and nutrition staff understand the benefits of healthy eating, and you can participate in activities to demonstrate your commitment to the long-term health of students and schools. When students implement Healthy Eating Plays, you can provide the help and guidance that will help them make positive changes in the school environment. When you do, here's what can happen for you and your school:

- **Secure Funding for Your School:** Fuel Up to Play 60 provides funding opportunities that can help support healthy eating promotions and equipment for your school cafeteria.
- **Earn Continuing Education Units:** You can earn CEUs through Fuel Up to Play 60 participation via our partnership with the School Nutrition Association.
- **Be a Change Agent:** Fuel Up to Play 60 has resources that can help you gain allies in achieving your school nutrition goals. Together, you can take a closer look at your school wellness environment and implement strategies to improve it. The School Wellness Investigation can help you diagnose specific needs, and the Fuel Up to Play 60 Playbook has a wealth of activities and the tools and resources to help meet those needs and more.
- **Be Recognized for Your Efforts:** Fuel Up to Play 60 can help you take actions that qualify your school for the HealthierUS School Challenge initiative. You can mobilize the whole school community to help *you* earn that distinction. Learn more by watching the “Working Together” video available at the online Training Camp.
- **Improve School Meal Participation:** Fuel Up to Play 60 provides all kinds of rewards and incentives – for kids and adults – to build awareness and drive healthier choices. You can help students get excited so they'll want to be the champions of your healthy meals program at school.

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- **Achieve Your School Wellness Goals:** When you help implement Fuel Up to Play 60 programs in your school, you'll be helping your school achieve its goals – for local school wellness and to be part of a growing collection of schools across the nation dedicated to the success and well-being of youth. Fuel Up to Play 60 supports the ambitious yet attainable goals of First Lady Michelle Obama's Let's Move! initiative to end childhood obesity within a generation by getting more youth and families to commit to becoming active and eating better.

How Can You Get Involved?

As a school nutrition professional, here are some things you can do right now – today – to help integrate Fuel Up to Play 60 in your school. You can:

1. **Make sure you're enrolled** and link yourself to a school – or multiple schools in your district.
2. **Log in to your Dashboard and connect with your school's Program Advisor.** Find out who is leading the effort in your school and help that person build a strong team. If your school doesn't have a Program Advisor, consider volunteering. You'll be recognized for your efforts – and you'll make a difference.
3. **Lead a School Wellness Investigation** to identify your school's most significant needs.
4. **Brief your school's Fuel Up to Play 60 team** on the issues and challenges of running a school food program. Help them design the right Plays to help improve students' nutrition choices.
5. **Consult the Fuel Up to Play 60 Playbook** to find an activity that matches your goals. Kickoff and Promotion Plays can help build student awareness of and enthusiasm for healthier foods. Healthy Eating Plays capitalize on the work you do to increase student selection of nutrient-dense choices. You can also work with your school's P.E./health teacher on a Physical Activity Play to help provide nutrition education that will help both your programs.
6. **Complete a funding application** form through Fuel Up to Play 60's competitive, nationwide funding program for schools. Schools may apply for up to \$4,000 per year at FuelUpToPlay60.com.

Learn more about **Fuel Up to Play 60** at FuelUpToPlay60.com.

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