



## Healthy Cuisine for Kids HealthierUS School Challenge Cooks Training

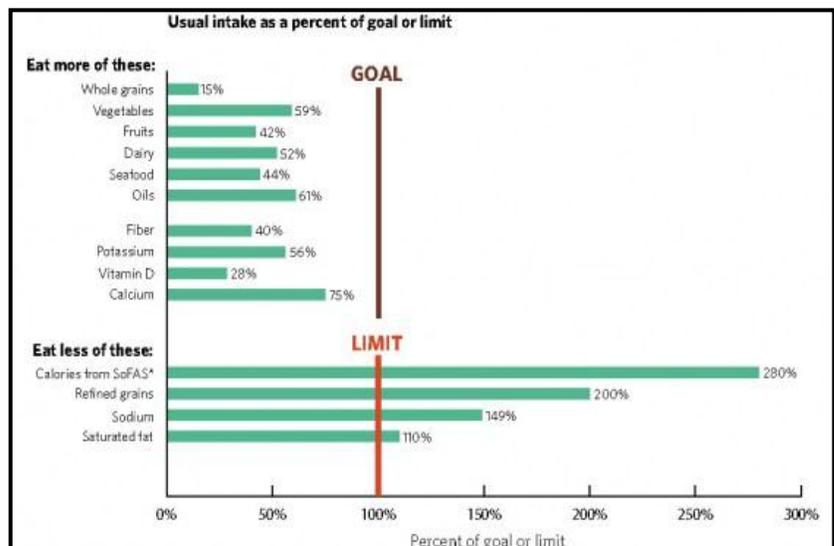
### Overview of HealthierUS School Challenge

Schools provide many opportunities for children to learn about and practice healthy eating. Healthy eating enhances learning and overall school performance, provides social benefits, and improves health during critical periods of growth. It also helps children become healthy adults by lowering the risk of health conditions such as type 2 diabetes, heart disease, certain cancers and high blood pressure.

Experience and research strongly suggests that a comprehensive school health approach can influence the health related knowledge, attitudes and behaviors of students. This approach includes a wide range of activities and services to create a culture that impacts the nutritional health and learning of students, staff and the community.

Childhood obesity is at an all time high with more than one of every three children in Ohio identified as overweight or obese. (2008-Ohio Health Survey). Many children are consuming diets with too many calories, too few nutrients and are not getting the recommended amount of physical activity. Overall, American diets fall short of getting the recommended intake of foods that are nutrient dense and consume too much of added sugar, sodium, solid fats, saturated fat and *trans* fat.

### How Do Typical American Diets Compare to Recommended Intake Levels or Limits?



\* SoFAS-solid fats and added sugars

Data from USDA, Agricultural Research Service and US Department of Health and Human Services, Centers for Disease Control and Prevention. *What We Eat in America, NHANES 2001-2004 or 2005-2006.*



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#### Guidelines to Good Health

The *2010 Dietary Guidelines for Americans* are designed to help Americans build healthy eating patterns that encourage consumption of nutrient dense foods and beverages to assure nutritional quality, promote health and reduce risk for disease. That means getting more fruits, vegetables, especially dark-green and red and orange vegetables, beans and peas, and increase whole grains to at least half of all total grains.

*The 2010 Dietary Guidelines recommendations are designed around two major messages*

**1. Balance Calories to Manage a Healthy Weight.** The *Dietary Guidelines* encourage adults and children to decrease calories, choose smaller portions, decrease screen time and increase physical activity.

**2. Choose more nutrient-dense foods and beverages.** Healthy eating means eating more vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, lean meats and poultry, seafood, eggs, beans and peas and nuts and seeds, while limiting sodium, solid fats, added sugars, and refined grains.

Building a healthy diet means making smart choices from all food groups. No single food or food group provides everything you need for a healthy diet. Follow the tips below to build a healthy diet. *For more information go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).*

#### Build A Healthy Plate

##### Make half your plate fruits and vegetables

- *Choose red, orange and dark-green vegetables, like tomatoes, sweet potatoes and broccoli, in main and side dishes.*

##### Switch to fat-free or low-fat (1%) milk

- *They have the same amount of calcium and other essential nutrients but less fat and calories.*

##### Make at least half your grains whole

- *Choose 100% whole grain cereals, breads, crackers, rice, and pasta.*
- *Check the ingredient list on food packages to find whole-grain foods.*

##### Vary your protein food choices

- *Eat beans, which are a natural source of fiber and protein.*
- *Keep meat and poultry portions small and lean.*
- *Try seafood twice a week.*



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### Cut back on added sugars, salt, and foods high in solid fats

#### Choose foods and drinks with little or no added sugars

- *Drink water instead of sugary drinks*
- *Eat sugary desserts less often*
- *Choose 100% fruit juice instead of fruit-flavored drinks.*

#### Cut back on sodium from foods you buy and prepare

- *Choose foods lower in sodium. Select foods labeled as “reduced sodium,” “low sodium,” or “no salt added”*
- *Use herbs and spices to season foods.*

#### Eat fewer foods that are high in solid fats

- *Cut back on foods that are high in saturated fat such as processed meats, cheese, cakes and cookies*
- *Prepare and purchase lean meats or poultry, low-fat or fat-free milk, cheese and yogurt*
- *Use oils instead of solid fats for cooking.*

Examples of Solid fats and oils	
Solid Fats	Oils
Beef, pork, and chicken fat	Canola oil
Butter, cream, and milk fat	Corn oil
Coconut, palm, and palm kernel oils	Cottonseed oil
Hydrogenated oil	Olive oil
Partially hydrogenated oil	Peanut oil
Shortening	Safflower oil
Stick margarine	Sunflower oil
	Tub (soft) margarine
	Vegetable oil

Source: Let's Eat for the Health of It

[www.ChooseMyPlate.gov/downloads/MyPlate/DG2010Brochure.pdf](http://www.ChooseMyPlate.gov/downloads/MyPlate/DG2010Brochure.pdf)

*For More Information: Appendix: Low Down on Fats*

### HealthierUS School Challenge

Students participating in School Breakfast and School Lunch Programs obtain about half of their food energy intake for the day from school cafeteria foods. Schools are a place where students can learn about good nutrition and have the opportunity to practice making good choices.



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The HealthierUS School Challenge (HUSSC) was established to recognize schools that are creating healthier school environments through the promotion of good nutrition and physical activity. The HUSSC puts in place the concepts from the *Dietary Guidelines for Americans* by encouraging schools to plan and serve meals that increase nutrient dense foods and beverages and limit intake of added fats, added sugar, and sodium that are offered to students.

#### Goal of HUSSC

The goal of the HealthierUS School Challenge is to improve the health of children by promoting healthier school environments.

As a voluntary program for elementary and secondary schools, HUSSC schools meet goals to:

- Improve the quality of the food served to children by planning and serving reimbursable meals that offer
  - A variety of fruits and vegetables, including dark green and orange vegetables, dry beans and peas and fresh fruits
  - More whole grains foods
  - Low-fat or fat-free flavored and unflavored milk
- Provide students with nutrition education
- Provide students with physical education and opportunities for physical activity.

#### What is Required of Schools?

1. School is enrolled as a Team Nutrition School.
2. Schools must have a School Wellness Policy.
3. Schools meet the School Meals Initiative (SMI) requirements on an on-going basis.
4. Serve reimbursable meals that reflect good menu planning principles, such as serving a variety of healthier foods that look good, taste good, and appeal to the cultural sensitivities of the school and the community.
5. Plan meals that emphasize fruit, vegetables, whole grains, and fat-free or low-fat milk and milk products; that include lean meat, poultry, fish, beans, eggs, and nuts; and that are low in saturated fat, *trans* fat, cholesterol, sodium and added sugars.
6. Menu items planned for the challenge criteria should be routinely selected by the students.
7. Other foods sold to students (competitive foods) meet HUSSC criteria for total fat, *trans* fat, saturated fat, sugar, sodium and portion sizes.



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8. Provide students with nutrition education.
9. Provide students with physical education and opportunities for physical activity.

### Recognition and Awards

Schools meeting the HUSSC criteria can receive one of four levels of superior performance: **Bronze, Silver, Gold and Gold of Distinction**

1. HUSSC schools receive a recognition plaque, award banner from USDA, and receive national recognition by being listed on the USDA Team Nutrition website.
2. Currently, USDA provides a monetary award to help participating schools improve their nutrition and physical activity environments.

\$2,000	Gold of Distinction
\$1,500	Gold
\$1,000	Silver
\$500	Bronze

### Quotes from a Few of Ohio HUSSC Award Winners!

*"Hudson is honored to be a recipient of the HUSSC because we believe that health and wellness is imperative for preparing our students to achieve uncharted levels of success. Our district's mission is empowering our students for a lifetime of success, and I believe the foundation of health and prevention of childhood obesity is the focus we have aligned with as a part of the HUSSC movement. We are proud of the quality nutrition services we provide to 1000's of students each day, and eagerly assume our role in shaping the future of our students in a positive way!"*

*Maureen Pisanick, RD, LD, Nutrition Supervisor, Hudson City Schools*

"There are several ways to achieve positive awareness for school lunch, but the HUSSC award is the way to go. The award is nationally recognized and adds nutritional integrity to our program, which our community, students and parents appreciate. Yes, it requires some time and motivation to apply, but it is well worth the positive publicity it gives us. Many schools are already doing what is necessary for this award and I encourage schools to apply for this prestigious award."

*Louise Easterly, L.D., SNS, Supervisor of Food and Nutrition, Kettering City Schools*

### Handouts for this Session

Criteria for HealthierUS School Challenge  
Checklist for HealthierUS School Challenge



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