

HealthierUS School Challenge: Smarter Lunchroom Initiative Tip Sheet

Nutrition Education

Use this tip sheet to complete the Nutrition Education section of the HUSSC: SL application. Below you'll find an explanation of the criteria requirements as well as some ideas for what you can include on your application. Good luck!

Nutrition Education Criteria

Elementary Schools (All Award Levels)

- My school provides nutrition education to all full-day students
- Nutrition education is part of structured/systematic unit of instruction
- My school incorporate [Team Nutrition curricula/materials](#)
- My school utilizes multiple channels of communication (classroom, cafeteria, at home/parents)

Middle Schools

- **Bronze/Silver:** Nutrition education is offered in at least one grade at my school
- **Gold/Gold Award of Distinction:** Nutrition education is offered in at least two grades at my school
- All Award Levels must incorporate:
 - The latest [Dietary Guidelines for Americans](#) and [MyPlate](#)
 - [Team Nutrition](#) curricula/materials
 - Multiple channels of communication (classroom, cafeteria, at home/parents)

High Schools (All Award Levels)

- My school offers nutrition education in two courses required for graduation
- Nutrition education is part of a structured/systematic unit of instruction within the two courses
- My school's nutrition education is consistent with [Dietary Guidelines for Americans](#) and [MyPlate](#)
- My school utilizes multiple channels of communication (classroom, cafeteria, at home/parents)



Want to learn more about HUSSC: SL?

Check out the HUSSC: SL mini-webinar series that can be found at our YouTube Channel: [Action4HealthyKids](#)

Nutrition Education Mini-webinar: <http://bit.ly/1PVJHP0>



Application Examples: Multiple Channels of Communication

My school communicates nutrition education messages to students through the following three channels (all channels are required):

- **At Home/Parents:** Parents receive a newsletter focusing on the monthly nutrition education initiative. For May, our school is focusing on preparing, weeding and planting our garden.
- **Cafeteria:** Our cafeteria allows students to taste test a new vegetable or fruit every week to allow students to learn about new food.
- **Classroom:** Our sixth graders are learning how to read food labels in science class.



Nutrition Education Examples

Classroom:

- 8-week garden curriculum for grades 4-5
- Science and Math curriculum incorporates a nutrition unit

Cafeteria:

- Monthly table tents that include nutrition trivia
- Tuesday Taste Tests

At Home/Parents:

- Health/wellness section of monthly school newsletter
- Annual healthy eating presentation at PTO meeting

Additional Resources

- **Action for Healthy Kids' Game On Program:**
<http://www.actionforhealthykids.org/tools-for-schools/>
 - Game On Activities: Nutrition Education, Coloring Sheets and Activities, Morning Eat Better Announcements, Host a Taste Test
- **Team Nutrition Resource Library-**
<http://www.fns.usda.gov/tn/resource-library>
- **Dietary Guidelines for Americans:**
<http://www.health.gov/dietaryguidelines/2015.asp>
- **MyPlate-**
<http://www.choosemyplate.gov/>