

Celebrate Connecticut!

Past, Present and Future
The HealthierUS School Challenge (HUSSC)



HUSSC Trailblazers for Connecticut

- * **West Hartford Public School District**
(7/11 – 7/15)
- * **Ridgefield Public Schools**
(10/11 – 10/15)
- * **New London School District**
(7/11 – 7/15)
- * **Norwalk Public Schools**
(7/11 – 7/15)
- * **Stamford Public School District**
(7/11 – 7/15)
- * **Stonington Public School District**
(7/11 – 7/15)
- * **Weston Public Schools**
(7/11 – 7/15)
- * **Wilton Public Schools**
(7/11 – 7/15)

41 CT HUSSC SCHOOLS

HUSSC SWEEPS CT

- * ACES Magnet Schools (4/13 – 4/17)
- * Bethany Public Schools (4/13 – 4/17)
- * Branford Public Schools (4/13 – 4/17)
- * Capitol Regional Education Council (4/13 – 4/17)
- * East Hartford Public Schools (4/13 – 4/17)
- * East Haven Public Schools (4/13 – 4/17)
- * Hamden Public Schools (4/13 – 4/17)
- * Meriden Public Schools (4/13 – 4/17)
- * New Britain Public Schools (4/13 – 4/17)
- * Newtown Public Schools (4/13 – 4/17)
- * Old Saybrook Public Schools (4/13 – 4/17)
- * Portland Public Schools (4/13 – 4/17)
- * Putnam Public Schools (4/13 – 4/17)
- * Rocky Hill School District (4/13 – 4/17)
- * Shelton Public Schools (4/13 – 4/17)
- * Southington Public Schools (4/13 – 4/17)
- * Cheshire Public Schools (3/13 – 3/17)
- * Ledyard Public Schools (3/13 – 3/17)
- * Stratford Public Schools (3/13 – 3/17)
- * Southington Public Schools (4/13 – 4/17)
- * Windham Public Schools (3/13 – 3/17)
- * Waterbury Public Schools (2/13 – 2/17)
- * Fairfield Public Schools (1/13 – 1/17)
- * Coventry Public Schools (12/12 – 12/16)
- * South Windsor Public Schools (12/12 – 12/16)
- * Windsor Public Schools (12/12 – 12/16)
- * Milford Public Schools (11/12 – 11/16)
- * North Haven Public Schools (11/12 – 11/16)
- * Wallingford Public Schools (11/12 – 11/16)
- * Norwalk Public Schools (10/12 – 10/16)
- * Wilton Public Schools (8/12 – 8/16)
- * Region 18 School District (6/12 – 6/16)
- * Norwalk Public Schools (3/1 – 3/16)

**New Total: 217 CT
HUSSC SCHOOLS**

Award winners 2012 criteria



New Milford – Bronze Awards

- Hill and Plain Elementary School
- John Pettibone Elementary School
- Northville Elementary School
- Sarah Noble Intermediate School



Hartford – Silver Award

- **Maria C. Colon Sanchez Elementary School**



Meriden – Gold of Distinction

■ Casimir Pulaski Elementary School



CASIMIR PULASKI Elementary School
It Takes an Entire Village to Raise a Child

TOTAL CONNECTICUT HUSSC SCHOOLS

223

<http://youtu.be/D2OrUOuUKVk?list=UUCeu8Ee-IUSOvnOmkHiGjOA>

Congratulations to All the Winners!



HealthierUS School Challenge Gets Smart!

Smarter Lunchrooms (SL) and the
NEW HUSSC: SL Application



Sarah Bourque, MS, RDN, CD-N
Consultant
State Education Resource Center

Outline

- * HealthierUS School Challenge:
Smarter Lunchrooms (HUSSC: SL) 101
- * Old vs. New Criteria
- * Why apply?
- * Smarter Lunchrooms: A Closer Look

HUSSC: SL 101

- * Voluntary award opportunity to recognize excellent schools that
 - improve the quality of the foods served
 - provide students with nutrition education
 - provide students with physical education and opportunities for physical activity
- * Sponsored by USDA Food and Nutrition Services (FNS)
- * Goal is to promote improved school health environments

HUSSC: SL 101

- * 4-year certification period
- * 4 award levels
 - Bronze
 - Silver
 - Gold
 - Gold Award of Distinction
- * Can apply as district in single application

HUSSC: SL 101

- * General Criteria for all award levels
 - Enrolled as Team Nutrition school
 - Participate in NSLP and SBP
 - Corrective action from most recent state review completed
 - Smarter Lunchrooms techniques implemented in 6 areas (Fruits, Veggies, Entrees, Milk, Sales of Reimbursable Meals and School Synergies)
 - 6 Cent Certification

Old vs. New Criteria

- * New HUSSC: SL criteria released by USDA on August 31, 2014
- * Major changes to criteria include
 - No more menu submission
 - Addition of Smarter Lunchrooms
 - Smart Snacks replaced Competitive Foods
 - Additional options for “Other Criteria for Excellence”
 - Nutrition education must include USDA resources

Why Apply?

- * Recognizes school's efforts
- * Monetary incentive
- * Boosts staff morale
- * Publicizes positive school wellness climate to parents and school community
- * New application!

Smarter Lunchrooms: A Closer Look

- * Smarter Lunchrooms Movement started in 2009
- * Cornell's Behavioral Economics in Child Nutrition (BEN) Center
- * Sustainable, evidence-based approach to creating school cafeterias that promote healthy eating

Smarter Lunchrooms: A Closer Look

Smarter Lunchrooms Movement Smarter Lunchrooms Self-Assessment 2014 Scorecard

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Since its founding in 2009 the Smarter Lunchrooms Movement has championed the use of evidence-based, simple low and no-cost changes to lunchrooms which can simultaneously improve participation and profits while decreasing waste. This tool can help you to evaluate your lunchroom, congratulate yourself for things you are doing well and send identify areas of opportunity for improvement.

Instructions

Read each of the statements below. Visualize your cafeteria, your service areas and your school building. Indicate whether the statement is true for your school by checking the box to the left. If you believe that your school does not reflect the statement 100% do not check the box on the left. After you have completed the checklist, tally all boxes with check marks and write this number in the designated area on the back of the form. This number represents your school's baseline score. The boxes which are not checked are areas of opportunity for you to consider implementing in the future. We recommend completing this checklist annually to measure your improvements!



Important Words

Service areas: Any location where students can purchase or are provided with food

Eating areas: Any location where students can consume the food purchased or provided

Grab and Go Meals: Any meal with components pre-packaged together for ease and convenience - such as a brown bag lunch or "Fun Lunch" etc.

Designated Lines: Any foodservice line which has been specified for particular food items or concepts - such as a pizza line, deli line, salad line etc.

Alternative entrée options: Any meal component which could also be considered an entrée for students - such as the salad bar, yogurt parfait, vegetarian/vegan or mealless options etc.

Reimbursable "Combo Meal" pairings: Any reimbursable components available independently on your foodservice lines which you have identified as a part of a promotional complete meal - For example you decided your beef taco, seasoned beans, frozen strawberries and 1% milk are part of a promotional meal called the "Mi Amigo Meal" etc.

Non-functional lunchroom equipment: Any items which are either broken, awaiting repair or are simply not used during meal service - such as empty or broken steam tables, coolers, registers etc.

Good Rapport: Communication is completed in a friendly and polite manner

All Points of Sale: Any location where a register/pin-pad is located for example: deli-line, snack windows, a la carte line, hot line, kiosks / carts etc.

Focusing on Fruit

- At least two types of fruit are available daily
- Sliced or cut fruit is available daily
- Fruit options are not browning, bruised or otherwise damaged



- Fruit is available at all points of sale (deli-line, snack windows, a la carte lines etc.)
- Daily fruit options are available in at least two different locations on each service line
- At least one daily fruit option is available near all registers (If there are concerns regarding edible peel, fruit can be bagged or wrapped)
- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing/hotel pans)
- A mixed variety of whole fruits are displayed together
- Daily fruit options are easily seen by students of average height for your school
- Daily fruit options are bundled into all grab and go meals available to students
- Daily fruit options are written legibly on menu boards in all service and dining areas

Promoting Vegetables & Salad

- At least two types of vegetable are available daily
- Vegetables are not wilted, browning, or otherwise damaged
- At least one vegetable option is available in all foodservice areas
- Individual salads or a salad bar is available to all students
- The salad bar is highly visible and located in a high traffic area
- Self-serve salad bar utensils are at the appropriate portion size or larger for all fruits and vegetable offered
- Self-serve salad bar utensils are smaller for condiments, dressing and other non-produce items
- Daily vegetable options are available in at least two different locations on each service line
- Daily vegetable options are easily seen by students of average height for your school
- A daily vegetable option is bundled into all grab and go meals available to students



- Available vegetable options have been given creative or descriptive names
- All vegetable names are printed/written on name-cards or product IDs and displayed next to each vegetable option daily
- All vegetable names are written and legible on menu boards
- All vegetable names are included on the published monthly school lunch menu

Moving More White Milk

- All beverage coolers have white milk available
- White milk is placed in front of other beverages in all coolers
- White milk cartons are placed so that they are the first beverage option seen in all designated milk coolers
- White milk is available at all points of sale (deli-line, snack windows, a la carte lines etc.)
- White milk represents at least 1/3 of all visible milk in the lunchroom
- White milk is easily seen by students of average height for your school
- White milk is bundled into all grab and go meals available to students at the default beverage
- White milk is promoted on menu boards legibly
- White milk is replenished so all displays appear "full" continually throughout meal service and after each lunch period



Entrée of the Day

- A daily entrée option has been identified to promote as a "targeted entrée" in each service area and for each designated line (deli-line, snack windows, a la carte lines etc.)
- Daily targeted entrée options are highlighted on posters or signs
- Daily targeted entrée is easily seen by students of average height for your school
- Daily targeted entrées have been provided creative or descriptive names



- * Part of HUSSC: SL application
- * Addresses cafeteria practices around fruits, vegetables, entrees, milk, reimbursable meal sales and school synergies
- * Tool to improve SL practices

Become A Smarter Lunchrooms Detective!



Get Ready!

- * Skim through the checklist
- * Orient yourself with the cafeteria locations and gather resources you may need, e.g. menus, meeting minutes, newsletters, people
- * Complete one section of the checklist at a time
- * If a statement is not 100% true for your school, do **not** check the box!

Focusing on Fruit



Focusing on Fruit



Focusing on Fruit



Focusing on Fruit



Promoting Vegetables and Salad



Promoting Vegetables and Salad



Promoting Vegetables and Salad



Promoting Vegetables and Salad



Promoting Vegetables and Salad



Promoting Vegetables and Salad



Moving More White Milk



Moving More White Milk



Entrée of the Day



Entrée of the Day



Entrée of the Day

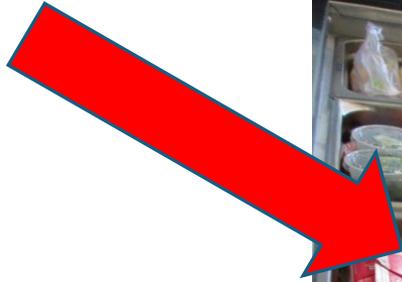


Increasing Sales: Reimbursable Meals



Increasing Sales: Reimbursable Meals

Juice,
no milk



Creating School Synergies: Signage



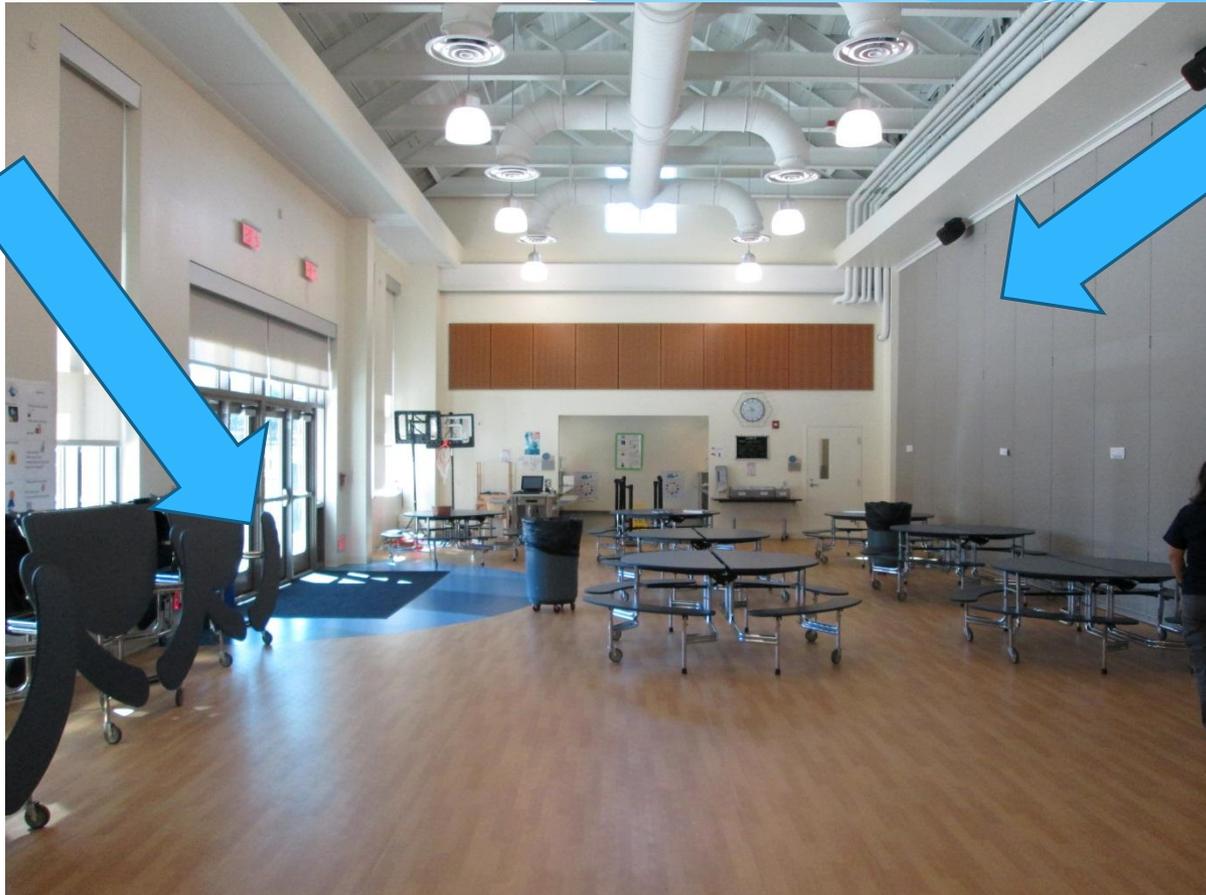
Signage, Priming & Communication



Signage, Priming & Communication



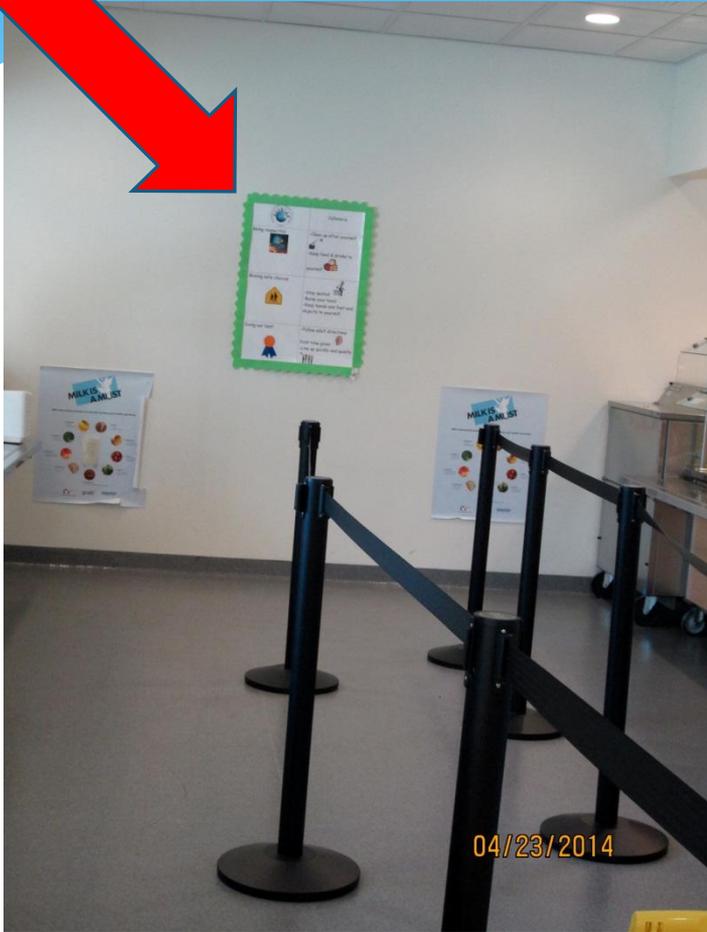
Lunchroom Atmosphere



Lunchroom Atmosphere



Creating School Synergies

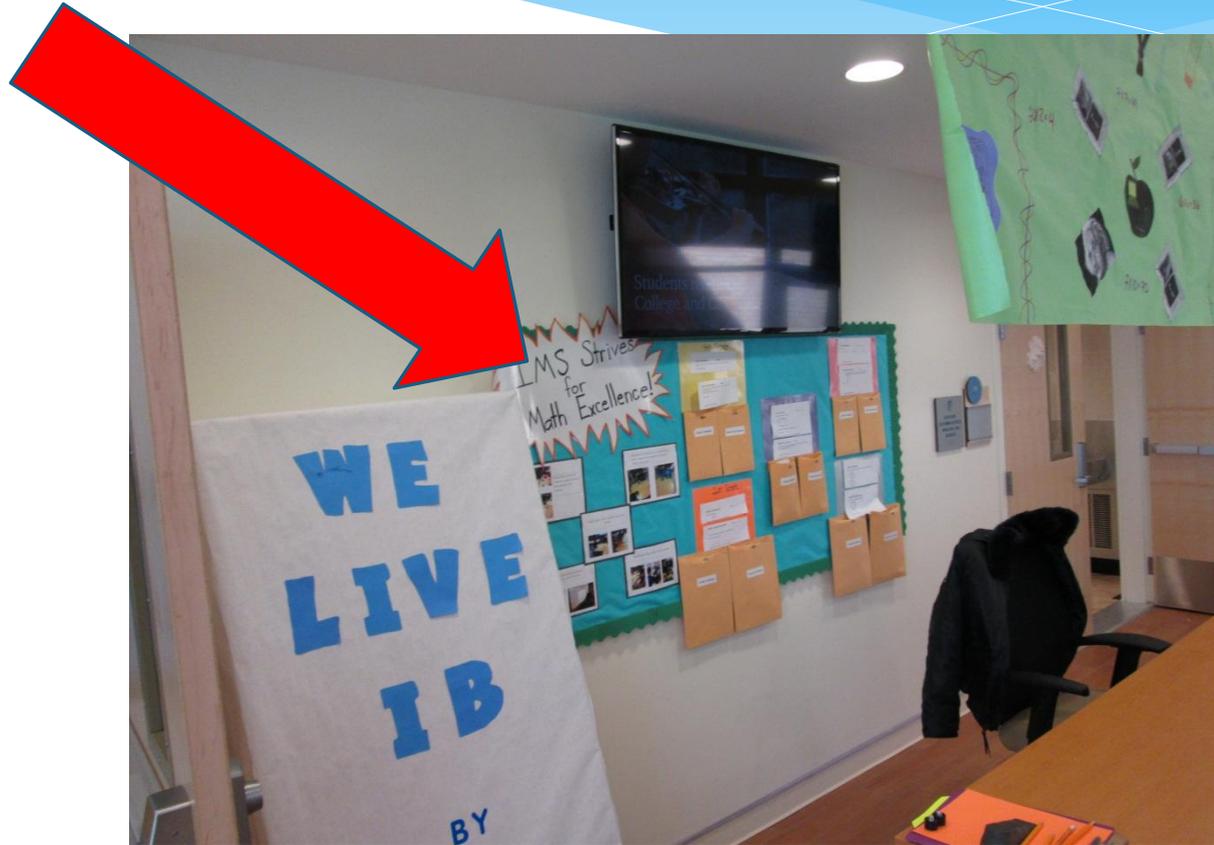


Lunchroom Atmosphere



Creating School Synergies

**Math
Bulletin
Board**



Creating School Synergies



Student Involvement



LOGIN ▶

Share

Google™ Custom Search

GO

Welcome

Six Steps

Playbook

Funding

Tools & Resources

Success Stories

Cafeteria Culture



[View Comments \(5\)](#)

[Home](#) > [The Playbook](#) > [Healthy Eating](#) > [Cafeteria Culture](#)

Print Play

Share Play



- With the help of students, teachers and the principal, form a cafeteria decoration committee. With your team, select a theme for each month's decorations.
- With your school nutrition professionals, identify areas of the cafeteria where decorations can highlight nutrient-rich choices—such as the salad bar, the milk cooler, etc.
- With your team, create signs that are fun and provide information about the importance of eating healthy foods. The school nurse, health educators and school nutrition professionals can help. Be sure to present information in a fun way, such as in a trivia question format.

- For more ideas, check out the resources and images in Tools and Resources for ideas and inspiration. Your newly decorated cafeteria can inspire everyone at your school to increase their healthy eating activities!

Everyone Can:

Form a committee

Select monthly themes

Choose locations for decorations

Create signs

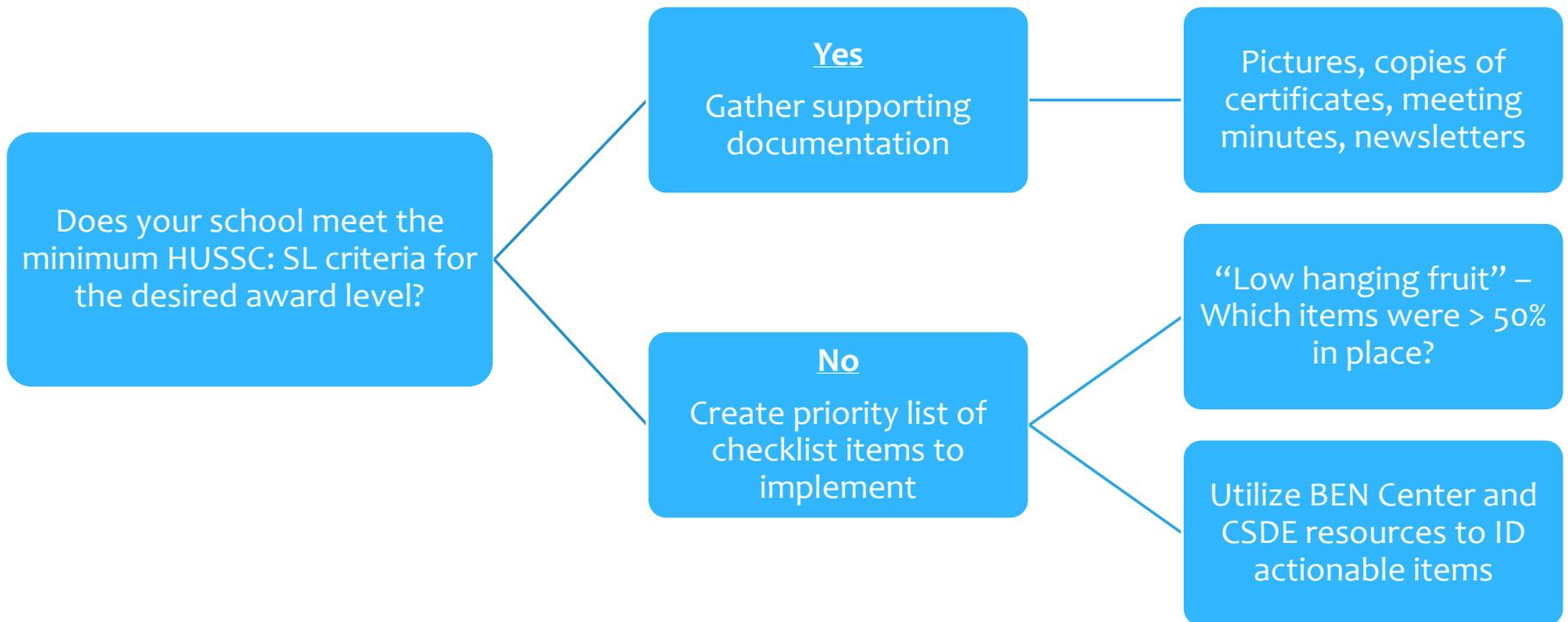
Recognition & Support of School Food



Chefs Move
TO SCHOOLS



Next Steps



Resources

- * CSDE HUSSC: SL Resource Page
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=335224>
- * USDA HUSSC: SL
<http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>

Contact Us!

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Thank you!