

HealthierUS School Challenge/New Meal Pattern - Summary Comparison Chart - Elementary Level

Topic	Old HUSSC -General All Levels	New USDA Regulations	New Bronze	New Silver	New Gold	New Gold of Distinction
Team Nutrition	Enrollment Required All levels	N/A	Enrollment required	Same as Bronze	Same as Bronze	Same as Bronze
School Meals Programs	Lunch met USDA nutrition standards	All meals meet USDA nutrition standards	All meals meet USDA nutrition standards	Same as Bronze	Same as Bronze	Same as Bronze
			Must participate in breakfast program	Same as Bronze	Same as Bronze	Same as Bronze
ADP - Breakfast	Not required		Not required	20% of attendance	35% of attendance	35% of attendance
ADP - Lunch	60% - 70% of enrollment		Not required	60% of attendance	75% of attendance	75% of attendance
Breakfast - Fruit & Vegetables	N/A	1 cup per day	3 different F/V each week; at least 1 fresh per week	Same as Bronze	A different F/V each day; at least 2 fresh per week	Same as Gold
Breakfast - Whole Grains	N/A	7/1/13 - Half grains must be whole grain-rich 7/1/14 - All grains must be whole grain-rich	50% whole grain-rich	Same as Bronze	70% whole grain-rich	100% whole grain-rich
Lunch - Veg.	Different veg. each day of week	3/4 cup per day	Follow new meal pattern	Same as Bronze	Same as Bronze	Same as Bronze
	Dark green/orange 3+ days per week Dried beans/peas each week	Weekly required: 1- Dark green 2- Red/orange 3- Beans/peas 4- Starchy 5- Other vegetable	Plus 1 more serving per week from vegetable groups 1, 2, or 3	Same as Bronze	Plus 2 more servings per week from vegetable groups 1, 2, or 3	Same as Gold
Lunch - Fruit	Different fruit or juice each day of week	1/2 cup per day	At least 5 different fruits or juice each week	Same as Bronze	Same as Bronze	Same as Bronze
	Fresh fruit 1-2 days per week		1 fresh fruit per week	2 fresh fruits per week	3 fresh fruits per week	4 fresh fruits per week

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Lunch - Fruit	100% juice only 1 time per week	Up to half of weekly total can be juice	100% juice only 1 time per week	Same as Bronze	Same as Bronze	Same as Bronze
Lunch - Whole Grains	At least 1 serving of whole-grain food 3-5 days per week	7/1/12 - Half grains must be whole grain-rich 7/1/14 - All grains must be whole grain- rich	Two-thirds of grains must be whole grain-rich	Same as Bronze	All grains must be whole grain-rich	Same as Gold
			At least 3 different types of whole grain-rich foods during week	Same as Bronze	Same as Bronze	Same as Gold plus only 1 may be a grain-based dessert
Milk	Fat free or 1% (flavored or unflavored)	Fat free (flavored or unflavored) or 1% (unflavored)	Follow new meal pattern	Same as Bronze	Same as Bronze	Same as Bronze
Competitive Foods and Beverages	Same as new criteria	<u>New requirements to come in future under Section 208 of Healthy, Hunger-Free Kids Act</u>	Criteria apply during meal periods in foodservice area	Criteria apply during meal periods in foodservice area	Criteria apply any time during school day, anywhere in school	Criteria apply any time during school day, anywhere in school
Competitive Foods - Total Fat	Same as new criteria		35% or less of calories from fat ; nuts, seeds, nut butters & reduced-fat cheese are exempt	Same as Bronze	Same as Bronze	Same as Bronze
Competitive Foods - Trans Fat	Same as new criteria		Less than .5 gm trans fat per serving	Same as Bronze	Same as Bronze	Same as Bronze
Competitive Foods - Saturated Fat	Same as new criteria		10% or less of calories from saturated fat; reduced fat cheese is exempt	Same as Bronze	Same as Bronze	Same as Bronze
Competitive Foods - Sugar	Same as new criteria		<u>Total</u> sugar at or below 35% by weight ;fruits & vegetables exempt	Same as Bronze	Same as Bronze	Same as Bronze

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Competitive Foods - Sodium	Same as new criteria	New requirements to come in future under Section 208 of Healthy, Hunger-Free Kids Act	Sodium is less than or equal to 480 mg per non-entrée and 600 mg per entrée	Same as Bronze	Sodium is less than or equal to 200 mg per non-entrée and 480 mg per entrée	Same as Gold
Competitive Foods - Portion Sizes	Same as new criteria		Not to exceed serving size of food in NSLP/SBP or package no more than 200 calories	Same as Bronze	Same as Bronze	Same as Bronze
Competitive Foods - Milk	Same as new criteria		Fat free or 1% milk and/or USDA approved alternative dairy beverages	Same as Bronze	Same as Bronze	Same as Bronze
Nutrition Education	For at least half of grade levels	N/A	For all grade levels	Same as Bronze	Same as Bronze	Same as Bronze
	Structured & systematic unit of instruction		No other <u>required</u> criteria for nutrition education;	Same as Bronze	Same as Bronze	Same as Bronze
	Multiple channels of communication					
	Prohibits food as a reward					
Physical Education/ Activity	Structured PE 45 - 150 minutes per week	N/A	Structured PE 45 min. per week; Up to 20 min. can be classroom physical activity breaks planned by PE teacher	Same as Bronze	Structured PE 90 min. per week; Up to 45 min. can be classroom physical activity breaks planned by PE teacher	Structured PE 150 min. per week; Up to 45 min. can be classroom physical activity breaks planned by PE teacher

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Physical Education/ Activity	Provide recess or other unstructured physical activity	N/A	Provide recess or other unstructured physical activity	Same as Bronze	Same as Bronze	Same as Bronze
	Physical activity not denied or required as punishment		Physical activity not denied or required as punishment	Same as Bronze	Same as Bronze	Same as Bronze
Wellness Policy	Submit copy of school's Wellness Policy	<u>New requirements to come in future under Section 204 of Healthy, Hunger-Free Kids Act</u>	Submit copy of school's Wellness Policy (WP)	Same as Bronze	Same as Bronze	Same as Bronze
			Report school's compliance with WP	Same as Bronze	Same as Bronze	Same as Bronze
			List WP goals that are reflected in school improvement plan	Same as Bronze	Same as Bronze	Same as Bronze
			State how school & community partners participate in WP	Same as Bronze	Same as Bronze	Same as Bronze
			State how school shares WP with the public	Same as Bronze	Same as Bronze	Same as Bronze
Fundraising	Primarily non-food items sold in fundraisers	New requirements may come in future under Section 208 of Healthy, Hunger-Free Kids Act	Primarily non-food items sold in fundraisers	Same as Bronze	Same as Bronze	Same as Bronze
	If foods sold during school day, must meet guidelines for competitive foods		If foods sold during school day, must meet guidelines for competitive foods	Same as Bronze	Same as Bronze	Same as Bronze
Other Criteria for Excellence	Did not exist	N/A	Must select at least 2 of 20 options	Must select at least 4 of 20 options	Must select at least 6 of 20 options	Must select at least 8 of 20 options

Note - This chart is a summary. See HealthierUS School Challenge New Criteria for full details and list of "Other Criteria for Excellence" options