

## BUREAU OF JUVENILE JUSTICE SERVICES

### POLICY AND PROCEDURE

**Title:** Resident Wellness

**Manual Section:** Health Services

**Manual Number:** 4.40A

**Issue Date:** September 28, 2021

**Approved By:**



**Supersedes Policy Number:** 4.40

**Date:** January 8, 2021

**Page:** Page 1 of 7

**Attachments:** Appendix A – Smart Snacks in School Nutrition Standards  
Appendix B – Smarter Lunchroom Self-Assessment Scorecard  
Appendix C – Triennial Assessment Tool (WellSAT 3.0)

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#### Authority:

The authority of the Bureau of Juvenile Justice Services (BJJS) to issue this policy and procedure is given by Article VII of the Public Welfare Code, Act of 1967, P.L. 31, No. 21, the Juvenile Act, 42 Pa.C.S. Sections 6301 et seq.

#### Applicability:

The Youth Development Center/Youth Forestry Camp/Secure Treatment Unit (YDC/YFC/STU) system under the jurisdiction of the BJJS.

**Rationale:**

BJJS supports the health and well-being of the residents by promoting healthy nutrition and physical activity.

**Definitions:**

National School Lunch Program – A federal and state reimbursement program for each meal served to students that meets federal requirements.

Resident – A youth committed by court order and placed in an agency under the jurisdiction of the BJJS.

Residential Child Care Institution (RCCI) – BJJS facilities are defined as RCCIs for the purposes of the National School Lunch Program.

School day – The midnight before to 30 minutes after the end of the instructional day.

Student – A resident at a BJJS facility who is enrolled in a K-12 curriculum.

Wellness Committee – A multi-disciplinary committee gathered to provide ongoing review and evaluation of the Wellness Policy.

Wellness – Includes the maintenance of good nutrition, exercise, stress-control, and good personal and familial social relationships that results in optimal health.

**Policy:**

In accordance with federal law, it is the policy of BJJS to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by BJJS meet or exceed the federal nutritional guidelines issued by the United States Department of Agriculture (USDA) for the National School Lunch Program (NSLP).

## **Procedures:**

### **I. Nutrition Standard for Foods**

- A. BJJS is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of the students, model healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

### **II. School Meal Programs**

- A. BJJS participates in the NSLP and School Breakfast Program. Meals provided shall comply with the USDA standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8. (<https://fns-prod.azureedge.net/sites/default/files/resource-files/SP38-2019os.pdf>).
  - 1. All meals shall be accessible to all students free of charge.
  - 2. Withholding food as a punishment shall be strictly prohibited.
  - 3. All meals shall be appealing and attractive and served in clean and pleasant settings.
  - 4. Free, safe drinking water shall be available for students during meals.
  - 5. No caffeinated beverages are to be served to students.
  - 6. Students shall be provided at least 20 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.
  - 7. Menus shall be created and reviewed by a Registered Dietitian.
  - 8. Schools are encouraged to use fresh, local produce and food vendors whenever possible.
  - 9. All school nutrition program directors, managers and staff shall meet or exceed hiring and annual continuing education/training requirements per USDA professional standards for child nutrition professionals.

### **III. Foods and Beverages Sold Outside of School Meals**

- A. All food and beverages sold to students outside of school meals during the school day will meet the USDA Smart Snacks in School Nutrition Standards definition.
- B. BJJS participates in the NSLP Afterschool Snack Program. Snacks served as part of this program shall comply with established meal pattern requirements as stated in 7 CFR 210.10(o), with the recommendation of increasing serving sizes for older children (ages 13-18).

IV. Foods Offered/Provided but Not Sold

- A. Food is permitted to be served as a reward but is encouraged to be a healthy, Smart Snack option.
- B. Celebrations in the classrooms that involve food will be limited to no more than three each month.

V. Food Fundraisers

- A. As a Residential Child Care Institution (RCCI), BJJS shall not have its students participate in food fundraisers.

VI. Marketing

- A. As an RCCI, BJJS shall not market foods or beverages in the facilities during school hours that do not meet the Smart Snacks in School Nutrition Standards (Appendix A).

VII. Nutrition Education

- A. Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.
- B. Nutrition lessons are included in the health education program and focus on topics such as weight management, healthy choices, exercise, and proper portioning.
- C. Nutrition related topics will be integrated into school culinary programs and classes.
- D. School gardens, where applicable, will be used as a teaching tool for students.
- E. Cafeterias shall serve as an additional source of nutrition education, by using posters and signage free of brands and illustrations of unhealthful foods, to promote good nutrition and food choices.

## VIII. Nutrition Promotion

- A. BJJS is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, and cafeterias.
- B. Dietary nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard (Appendix B) to determine strategies to increase selection and consumption of healthy foods.
- C. BJJS and School staff members shall be encouraged to model healthy eating and physical activity behaviors.

## IX. Physical Activity

- A. If physical education is included in the curriculum, it will be taught by a certified Physical/Health Education teacher whenever possible, and will follow a curriculum to enable students to acquire the knowledge and skills necessary to maintain physical fitness.
- B. BJJS will ensure that its grounds and facilities are safe, and that equipment is available for students to be active. BJJS will conduct necessary inspections and repairs.
- C. BJJS shall provide students with age and grade appropriate opportunities to engage in physical activity. Students will be allotted at least 1 hour daily for physical activity.
- D. Physical activity is permitted to be used as a reward.
- E. Students may be offered physical activity as a choice for behavior management, but students will not be forced to participate in physical activity as a consequence of poor behavior as punishment.
- F. Physical activity may not be withheld from students as a consequence of poor behavior or punishment, excluding circumstances in which participation puts the student or others at risk of injury.

X. Other School-Based Wellness Activities

- A. Adequate space shall be provided for eating and serving school meals.
- B. A safe and clean meal environment shall be provided for students.
- C. Continuing education shall be provided to school nutrition staff as required by federal regulations.

XI. Monitoring and Evaluation

- A. The Dietary Management Services Specialist is responsible for ensuring that the wellness policy is implemented throughout BJJS facilities.
- B. BJJS shall establish a Wellness Committee that is minimally comprised of the following disciplines:
  - 1. Dietary Management Service Specialist (Designated Official)
  - 2. Performance based Standards Coordinator
  - 3. School Representative
  - 4. Food Service Supervisor
  - 5. Registered Nurse
  - 6. Direct Care Staff Member
- C. The Wellness Committee shall meet at least annually during the school year.
- D. The Wellness Committee shall attempt to include students and their families. Families will be invited to participate through literature included in the resident intake packets.
- E. The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three years. The policy will be evaluated using WellSAT 3.0 (Appendix C). The wellness policy shall be revised as necessary.
- F. BJJS shall make the wellness report and triennial assessment results readily accessible by posting it to the Department of Human Services website.
- G. Individual facilities are encouraged to form their own Wellness Committees that meet on a formal or informal basis.

**Related Policies:**

BJJS Policy 4.24 Residents with Specialized Health Needs

BJJS Policy 4.27 Resident Health Education

BJJS Policy 4.30 Resident Orientation to Health Services



United States Department of Agriculture

Appendix A

Food and Nutrition Service

Help make the healthy choice  
the easy choice for kids at school

# A Guide to Smart Snacks in School

For School Year 2019-2020





# Learn About Smart Snacks

Do you...

- ☐ Coordinate school fundraisers,
- ☐ Manage a school store or snack bar,
- ☐ Sell food during the school day on campus,
- ☐ Manage school vending machines, or
- ☐ Want healthier foods on your school's campus?

If you checked any of the boxes above, then the foods and beverages you're selling need to meet the Smart Snacks in School Standards. You play an important role in helping kids get the nutrition they need to grow and learn. Use this guide to learn how!

If you didn't check a box and still want to learn more about encouraging kids to choose Smart Snacks in school, see the resources on page 14.

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## Why are Smart Snacks important?

- 1 More than a quarter of kids' daily calories may come from snacks.
- 2 Kids who have healthy eating patterns are more likely to perform better academically.
- 3 Kids consume more healthy foods and beverages during the school day. When there are Smart Snacks available, the healthy choice is the easy choice.
- 4 Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.



# Which food and beverages sold at school need to meet the Smart Snacks Standards?

- 1 Any food and beverage sold to students at schools during the school day,\* other than those foods provided as part of the school meal programs.
- 2 Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.
- 3 Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by your State agency.

\* The school day is defined as the midnight before to 30 minutes after the end of the school day.



The Smart Snacks Standards apply only to locations on the school campus that are accessible to students. So, this does not include places like the teachers' lounge, although you may choose to vend healthy snacks there too.

# How can I tell if my snack meets the Smart Snacks Standards?

1

See if your snack is listed in the Products section of the Alliance for a Healthier Generation's Smart Foods Planner (<https://foodplanner.healthiergeneration.org/products>). These products were determined to meet the Smart Snacks Standards based on the product's ingredient statement and Nutrition Facts panel.

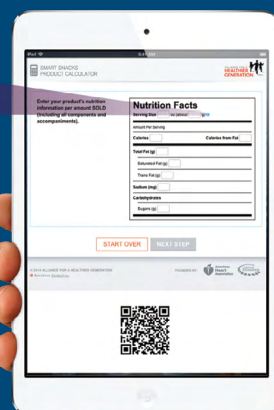
2

Enter information from the food or beverage's Nutrition Facts panel and ingredients list into the Alliance for a Healthier Generation's Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>). It is important to note that the standards are for the food items as packaged and sold. Therefore, if the item is labeled as having two servings per package, then the information in the Nutrition Facts panel must be multiplied by two. The Smart Snacks Product Calculator does this math for you.

3

If your snack doesn't have a nutrition label because it is made from scratch, then you may need to calculate the nutrition information. Your school nutrition program may have nutrient analysis software approved by the United States Department of Agriculture (USDA; <https://www.fns.usda.gov/tn/usda-approved-nutrient-analysis-software>) which can be used to evaluate recipes.

Look for the blue information icons in the Smart Snacks Product Calculator! These helpful bubbles include additional information and regulatory guidance so you can enter product information correctly and get an accurate result.

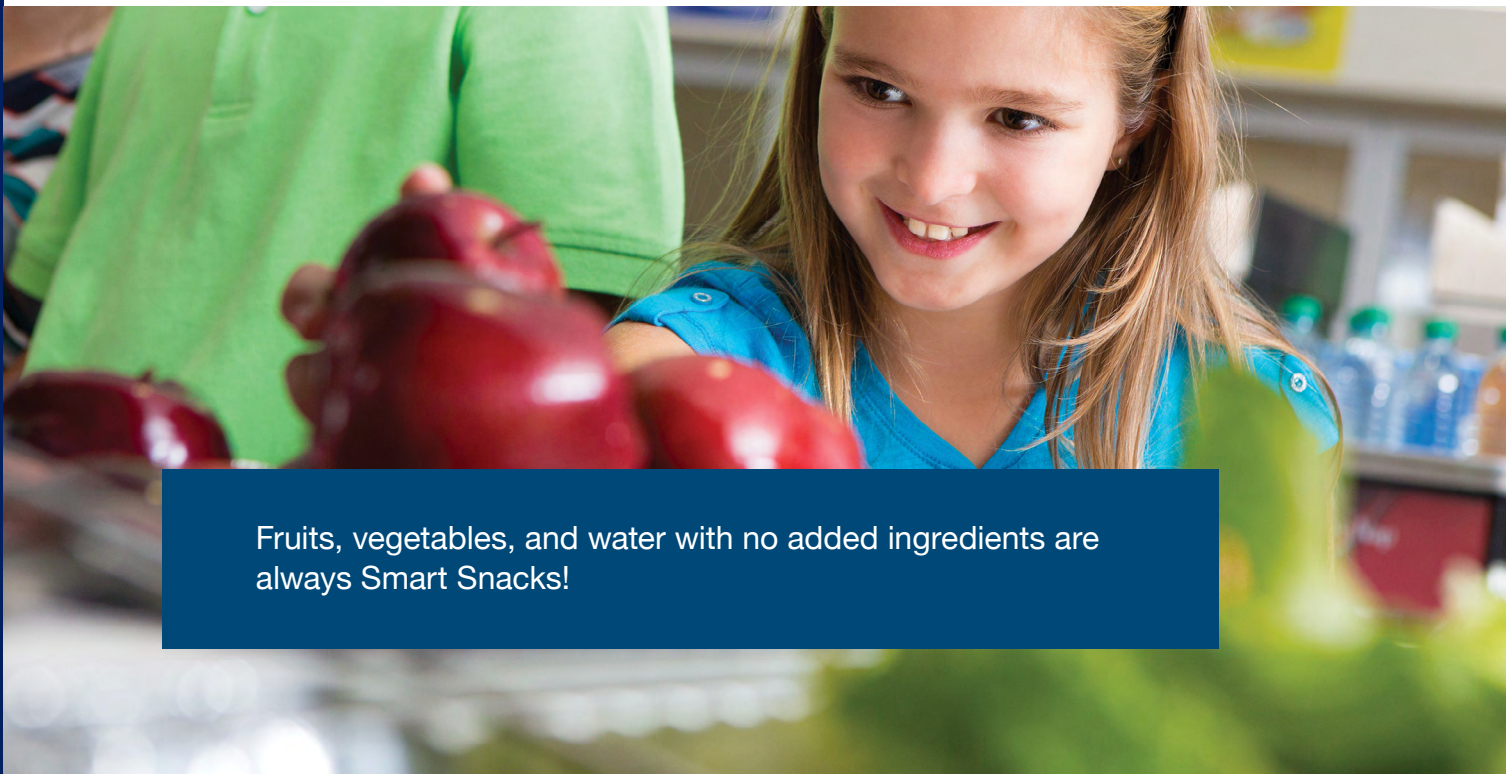




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## Does USDA have a list of approved foods and beverages?

- 1 USDA does not approve individual foods or beverages. Even if a food says “Smart Snacks approved,” you should still evaluate the Nutrition Facts panel and ingredients list.
- 2 You can find examples of foods and beverages that meet the standards by browsing the Products section of the Alliance for a Healthier Generation’s Smart Foods Planner (<https://foodplanner.healthiergeneration.org/products>).
- 3 If you still have questions about a food or beverage, contact your State agency that administers the National School Lunch Program (<https://www.fns.usda.gov/contacts>).



Fruits, vegetables, and water with no added ingredients are always Smart Snacks!





## How do I find out if my granola bar is a Smart Snack?

Granola bars and other snack bars that have as a first ingredient a whole grain (e.g., whole grain rolled oats), protein food (e.g., nuts), dairy, fruit, or vegetable will meet the general standards. Then, the product must be measured against the nutrient snack standards for calories, sodium, sugar, and fats. You can use the Smart Snacks Product Calculator to assist you with evaluating the product against the snack standards.



### Tip:

When checking to see if your snack meets the standards, be sure to consider both how it is packaged as well as how it is sold, including all accompaniments. For example, if butter is added to popcorn, or ranch dressing is sold along with veggies, be sure to count the nutrition information for these condiments when determining if your snack meets the standards.



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# What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less



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# What is an entrée?

For purposes of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:

- meat/meat alternate + whole grain-rich food;
- vegetable + meat/meat alternate;
- fruit + meat/meat alternate;
- meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, low-fat or reduced fat cheese, nuts, seeds, and nut or seed butters; and
- a grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.





# Finding Information on the Nutrition Facts Panel and Ingredients List

Enter this information into the Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>) to see if your snack meets the standards.

**Current Label**

Nutrition Facts	
Serving Size 2 cups (30g) Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 36
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 2g	8%
Sugars 8g	
<b>Protein</b> 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

**INGREDIENTS:** Popcorn, sugar, canola oil, salt

First Ingredient

Serving Size  
& Servings  
Per Container

Calories

Total Fat

Saturated Fat

Trans Fat

Sodium

Sugars

**New Label**

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>2 cups (30g)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 2g	7%
<b>Total Sugars</b> 8g	
Includes 8g Added Sugars	16%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

**INGREDIENTS:** Popcorn, sugar, canola oil, salt

First Ingredient















## Why Two Labels?

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. Full implementation is expected by January 1, 2021. For more information visit <https://www.fda.gov>.

# Are there healthy exemptions to certain nutrient requirements?

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table below for examples of these exemptions. For additional information, refer to the Smart Snacks Summary Chart at <https://www.fns.usda.gov/school-meals/nutrition-standards-all-foods-sold-school-summary-chart>.

Food	Smart Snacks Standards Exemptions
  	<p>Fresh and frozen fruits and vegetables, with no added ingredients</p> <p>Canned fruits packed in 100% juice or light syrup, with no added ingredients except water</p> <p>Canned vegetables (no salt added/low sodium), with no added fats</p> <p>Exempt from all nutrient standards</p>
    	<p>Reduced-fat cheese (including part-skim mozzarella)</p> <p>Nuts, seeds, or nut/seed butters</p> <p>Apples with reduced-fat cheese*</p> <p>Celery with peanut butter (and unsweetened raisins)*</p> <p>Whole eggs with no added fat</p> <p>Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards</p>
	<p>Seafood with no added fat (e.g., canned tuna packed in water)</p> <p>Exempt from the total fat standard, but must meet all other nutrient standards</p>
 	<p>Dried fruits with no added sugars</p> <p>Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats</p> <p>Exempt from the sugar standards, but must meet all other nutrient standards</p>
	<p>Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats</p> <p>Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards</p>

\*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

# What are the Smart Snacks Standards for Beverages?

## Water



Plain, with or without carbonation

No Limit

## Milk

Unflavored or flavored low-fat and fat-free milk; milk alternatives as permitted by the National School Lunch Program/School Breakfast Program



Elementary School



Middle School



High School

## Juice

100% fruit or vegetable juice, with or without carbonation



Elementary School



Middle School



High School

## Diluted Juice

100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners



Elementary School



Middle School



High School

## Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water



Low Calorie Maximums:\*

40 calories/8 fl oz

60 calories/12 fl oz

\*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:\*

10 calories/20 fl oz

\*Less than 5 calories per 8 fluid ounces.



**Do you have questions about Smart Snacks Standards?**

Contact your State agency that administers the National School Lunch Program (<https://www.fns.usda.gov/contacts>).

# How do the Smart Snacks Standards affect school fundraisers?

- 1 Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.
- 2 Fundraising activities that occur during nonschool hours, on weekends, or at off-campus events are not limited under the Federal policy.
- 3 Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.
- 4 Some State agencies allow a certain number of in-school fundraisers to be exempt from the Smart Snacks Standards. Contact your State agency for more information.





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## What if my school district wants to have stricter standards?

These Federal standards are the minimum requirements. State agencies and/or local school districts can establish stricter standards, if desired. Consult your school's Local School Wellness Policy for more information.

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## What are some other resources?

### Team Nutrition

<https://teamnutrition.usda.gov>

*Access free nutrition education resources like this Guide to Smart Snacks in School handout.*

### Local School Wellness Policy

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

*Your local school wellness policy is a written document that includes standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day. It also includes policies about food and beverage marketing at school. Look for the school wellness policy on your school or school district's website.*

**U.S. Department of Agriculture  
Food and Nutrition Service**

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FNS-623 | July 2016  
Slightly revised July 2019



# SMARTER LUNCHROOMS SCORECARD

Date \_\_\_\_\_ School Name \_\_\_\_\_ Completed by \_\_\_\_\_

The Smarter Lunchrooms Scorecard is a list of simple, no-cost or low-cost strategies that can increase participation, reduce food waste, and increase selection and consumption of healthy school food.

## INSTRUCTIONS

1. Review the scorecard before beginning.
2. Observe a lunch period. Check off statements that reflect the lunchroom.
3. Ask other school nutrition staff, teachers, or administration about items that have an asterisk.\*



4. Tally the score.
5. Discuss the results with stakeholders. Choose unchecked strategies to implement in the lunchroom.

[SmarterLunchrooms.org](http://SmarterLunchrooms.org)

## FOCUS ON FRUIT

- ☐ At *least* two kinds of fruit are offered.
- ☐ Sliced or cut fruit is offered.
- ☐ A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- ☐ Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale.

- ☐ At *least* one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- ☐ A fruit taste test is offered at least once a year.\*

Focus on Fruit Subtotal \_\_\_\_\_ of 6

## VARY THE VEGETABLES

- ☐ At *least* two kinds of vegetables are offered.
- ☐ Vegetables are offered on *all* service lines.
- ☐ Both hot *and* cold vegetables are offered.
- ☐ When cut, raw vegetables are offered, they are paired with a low-fat dip such as ranch, hummus, or salsa.\*
- ☐ A serving of vegetables is incorporated into an entrée item at *least* once a month (e.g., beef and broccoli bowl, spaghetti, black bean burrito).\*



- ☐ Self-serve spices and seasonings are available for students to add flavor to vegetables.
- ☐ At *least* one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- ☐ A vegetable taste test is offered at *least* once a year.\*

Vary the Vegetables Subtotal \_\_\_\_\_ of 8

## HIGHLIGHT THE SALAD

- ☐ Pre-packaged salads or a salad bar is available to all students.
- ☐ Pre-packaged salads or a salad bar is in a high traffic area.
- ☐ Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.

- ☐ Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice.

Highlight the Salad Subtotal \_\_\_\_\_ of 4

## MOVE MORE WHITE MILK

- ☐ Milk cases/coolers are kept full throughout meal service.
- ☐ White milk is offered in *all* beverage coolers.
- ☐ White milk is organized and represents at least 1/3 of all milk in *each* designated milk cooler.
- ☐ White milk is displayed in front of other beverages in *all* coolers.



- ☐ 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.

Move More White Milk Subtotal \_\_\_\_\_ of 5

## BOOST REIMBURSABLE MEALS

- ☐ Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
- ☐ One entrée is identified as the featured entrée-of-the-day, is labeled with a creative name next to the point of selection, *and* is the first entrée offered.
- ☐ Creative, descriptive names are used for featured items on the monthly menu.
- ☐ One reimbursable meal is identified as the featured combo meal *and* is labeled with a creative name.
- ☐ The combo meal of the day or featured entrée-of-the-day is displayed on a sample tray or photograph.

- ☐ A (reimbursable) combo meal is offered as a grab-and-go meal.
- ☐ Signs show students how to make a reimbursable meal on *any* service line (e.g., a sign that says "Add a milk, fruit and carrots to your pizza for the Power Pizza Meal Deal!")
- ☐ Students can pre-order lunch in the morning or day before.\*
- ☐ Students must use cash to purchase à la carte snack items if available.
- ☐ Students have to ask a food service worker to select à la carte snack items if available.\*
- ☐ Students are offered a taste test of a new entrée at least once a year.\*

Reimbursable Meals Subtotal \_\_\_\_\_ of 11



## LUNCHROOM ATMOSPHERE

- Cafeteria staff smile and greet students upon entering the service line and throughout meal service.
- Attractive, healthful food posters are displayed in dining and service areas.
- A menu board with today's featured meal options with creative names is readable from 5 feet away when approaching the service area.
- The lunchroom is branded and decorated in a way that reflects the student body.
- Cleaning supplies or broken/unused equipment are not visible during meal service.

- All lights in the dining and meal service areas work and are turned on.
- Compost/recycling and trash cans are at least 5 feet away from dining students.
- There is a clear traffic pattern. Signs, floor decals, or rope lines are used when appropriate.
- Trash cans are emptied when full.
- A menu board with *tomorrow's* featured meal with creative names is readable from 5 feet away in the service or dining area.

Lunchroom Atmosphere Subtotal \_\_\_\_\_ of 10

## STUDENT INVOLVEMENT

- Student artwork is displayed in the service area or dining space.
- Students, teachers, or administrators announce today's menu in daily announcements.\*
- Students are involved in the development of creative and descriptive names for menu items.\*
- Students have the opportunity to volunteer in the lunchroom.

- Students are involved in the creation of artwork or marketing materials to promote menu items.\*
- Students provide feedback (informal – “raise your hand if you like...” or formal – focus groups, surveys) to inform menu development.\*

Student Involvement Subtotal \_\_\_\_\_ of 6

## SCHOOL COMMUNITY INVOLVEMENT

- A monthly menu is posted in the main office.
- A menu board with creative, descriptive names for today's featured meal options is located in the main office.
- A monthly menu is provided to students, families, teachers, and administrators.\*
- Information about the benefits of school meals is provided to teachers and administration at least annually.\*
- Nutrition education is incorporated into the school day.\*
- Students are engaged in growing food (for example, gardening, seed planting, farm tours, etc.).\*

- Elementary schools provide recess before lunch.\*
- The school participates in other food promotion programs such as: Farm to School, Chefs Move to Schools, Fuel Up to Play 60, Share our Strength, etc.\*
- The school has applied for the HealthierUS School Challenge.\*
- Smarter Lunchrooms strategies are included in the Local School Wellness Policy.\*

School Involvement Subtotal \_\_\_\_\_ of 10

## SMARTER LUNCHROOMS SCORECARD TOTAL

Focus on Fruit \_\_\_\_\_ of 6

Vary the Vegetables \_\_\_\_\_ of 8

Highlight the Salad \_\_\_\_\_ of 4

Move More White Milk \_\_\_\_\_ of 5

Reimbursable Meals \_\_\_\_\_ of 11

Lunchroom Atmosphere \_\_\_\_\_ of 10

Student Involvement \_\_\_\_\_ of 6

School Involvement \_\_\_\_\_ of 10

Scorecard Total \_\_\_\_\_ of 60

## AWARD LEVEL



### Bronze 15-25

Great job! This lunchroom is off to a strong start.



### Silver 26-45

Excellent. Think of all the kids that are inspired to eat healthier!



### Gold 46-60

This lunchroom is making the most of the Smarter Lunchroom Movement. Keep reaching for the top!

For Scorecard FAQs visit:  
[SmarterLunchrooms.org](http://SmarterLunchrooms.org)

The asterisk \* indicates items that may need input from other school nutrition staff, teachers, or administration.

Smarter Lunchrooms Scorecard 2.0

© Smarter Lunchrooms Movement, Cornell University 2017  
Funded in part by USDA FNS/ERS



## DEFINITIONS

**Point of Sale (POS):** Anywhere students leave the line with food and are charged or counted, such as at a register, check-out, or PIN pad

**Point of Selection:** Anywhere students select food or drink

**Service Line:** A designated line for meal selection—deli bar, salad bar, hot lunch line, snack window, etc.

**Grab-and-Go:** A pre-packaged reimbursable meal

**Reimbursable Meal/Combo Meal:** Any meal that meets all the USDA meal requirements and is priced as a unit

**Featured Items:** A fruit, vegetable, milk, or entrée that has been identified for promotion

## School Wellness Policy Score Sheet (Triennial Assessment Tool, WellSAT 3.0)

The following tables include wellness policy statement numbers and item descriptions broken down by section. Please rate the level to which each policy item is addressed in the school wellness policy.

0 = Not mentioned

1 = Weak Statement

2,3,4 = Meets/Exceeds Expectations

<b>Section 1. Nutrition Education and Wellness Promotion</b>		
Rating	#	Item
	NEWP1	Provides nutrition curriculum for each grade level.
	NEWP2	Links nutrition education with the school food environment.
	NEWP3	Nutrition education teaches skills that are behavior focused.
	NEWP4	Encourages staff to be role models for healthy behaviors.
	NEWP5	Specifies district using the Centers for Disease Control and Prevention's (CDC) Coordinated School health program model or other coordinated/comprehensive method.
	NEWP6	Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e. g. through website, e-mail, parent conferences, or events).
	NEWP7	Specifies marketing to promote healthy choices.
	NEWPB	Specifies restricting marketing of unhealthful choices.
	NEWP9	Establishes an advisory committee to address health and wellness that is ongoing beyond policy development.
<b>Section 2. Standard for USDA Child Nutrition Programs and School Meals</b>		
Rating	#	Item
	US1	Addresses access to and/or promotion of the School Breakfast Program (USDA)
	US2	Addresses nutrition standards for school meals beyond (USDA). Breakfast Program) minimum standards. Note: USDA "school meals" include beverages served with the meal.
	US3	Specifies strategies to increase participation in school meal programs. ("School meal programs" can be assumed to refer to breakfast and/or lunch.)
	US4	Ensures adequate time to eat.
	US5	Ensures nutrition training for food service director and/or onsite manager (or another person responsible for menu planning).
	US6	Addresses school meal environment.
	US7	Nutrition information for school meals (i.e., Calories, saturated fat, sugar) is available.
<b>Section 3. Nutrition Standards for Competitive and Other Foods and Beverages</b>		
Rating	#	Item
	NS1	Regulates vending machines.
	NS2	Regulates school stores. Note: If policy only mentions concessions or snack bars, do not code for school stores, unless policy defines concessions and/or snack bars as including school stores.
	NS3	Regulates food service a la carte OR food sold as an alternative to the reimbursable school meal program (if not defined as to what this means).
	NS4	Regulates food served at class parties and other school celebrations.
	NS5	Addresses limiting sugar content of foods sold/served outside USDA meals.
	NS6	Addresses limiting fat content of foods sold/served outside USDA meals.
	NS7	Addresses limiting sodium content of foods sold/served outside USDA meals.

	NS8	Addresses limiting calorie content of foods sold/served outside USDA meals.
	NS9	Addresses increasing "whole foods" (whole grains, unprocessed foods, or fresh produce) sold/served outside of USDA meals.
	NS10	Addresses food not being used as a reward.
	NS11	Addresses limiting sugar content of beverages sold/served outside USDA meals. (If the policy specifies guidelines for limiting sugar in food, do not assume these guidelines apply to beverages).
	NS12	Addresses limiting regular (sugar-sweetened) soda sold/served of USDA meals. (If the policy specifies guidelines for limiting adding sugar in food, do not assume these guidelines apply to beverages).
	NS13	Addresses limiting fat content of milk sold/served of USDA meals. (If the policy specifies guidelines for limiting fat content in food, do not assume these guidelines apply to milk).
	NS14	Addresses serving size limits for beverages sold/served outside of school meals.
	NS15	Addresses access to free drinking water.
	NS16	Regulates food sold for fundraising at all times (not only during the school day).
<b>Section 4. Physical Education and Physical Activity</b>		
Rating	#	Item
	PEPA1	Addresses written Physical Education curriculum/program for each grade level.
	PEPA2	Addresses time per week of physical education for elementary school students.
	PEPA3	Addresses time per week of physical education for middle school students.
	PEPA4	Addresses time per week of physical education for high school students.
	PEPA5	Addresses teacher-student ratio for physical education.
	PEPA6	Addresses adequate equipment and facilities for physical education.
	PEPA7	Addresses qualifications for physical education instructors.
	PEPA8	District provides physical education training for physical education teachers.
	PEPA9	Addresses physical education waiver requirements (e.g., substituting physical education requirement with other activities).
	PEPA10	Regular physical activity breaks being provided for elementary school students during classroom time, not including PE and recess.
	PEPA11	Addresses structured physical activity before or after school through clubs, classes, intramurals or interscholastic activities.
	PEPA12	Addresses community use of school facilities for physical activity outside of the school day.
	PEPA13	Addresses not restricting physical activity as punishment.
	PEPA14	Addresses provision of daily recess in elementary school.
<b>Section 5. Evaluation</b>		
Rating	#	Item
	E1	Establishes a plan for policy implementation.
	E2	Addresses a plan for policy evaluation.
	E3	Addresses providing a progress report to a specific audience.
	E4	Identifies a plan for revising the policy.

**Review scoring information on page 4.**

Section 1: Comprehensiveness= (total # of items in Section 1 receiving a "1" or "2" /9) x 100= \_\_\_\_\_ Strength= (total number of items in Section 1 receiving a "2" /9) x 100= \_\_\_\_\_

Section 2: Comprehensiveness= (total # of items in Section 2 receiving a "1" or "2" /7) x 100= \_\_\_\_\_ Strength= (total number of items in Section 2 receiving a "2" /7) x 100= \_\_\_\_\_

Section 3: Comprehensiveness= (total # of items in Section 3 receiving a "1", "2", "3", or "4" /16) x 100= \_\_\_\_\_ Strength= (total number of items in the Section 3 receiving a "2" "3", or "4" /16) x 100= \_\_\_\_\_

Section 4: Comprehensiveness= (total # of items in Section 4 receiving a "1" or "2" /14) x 100= \_\_\_\_\_ Strength= (total number of items in Section 4 receiving a "2" /14) x 100= \_\_\_\_\_

Section 5: Comprehensiveness= (total # of items in Section 5 receiving a "1" or "2" /4) x 100= \_\_\_\_\_

Strength= (total number of items in Section 5 receiving a "2" /4) x 100