

OSPI Child Nutrition Services - Food, Body, and Mind Awards for Schools

Purpose: To recognize schools' exceptional achievements in promoting child nutrition in the learning environment. The award period is 3 years.

Criteria Summary:

- Criteria must have been implemented within the last calendar year or the previous school year to meet criteria.
- All applicant schools must currently be operating the National School Lunch and School Breakfast Programs.
- All applicant schools must be in good standing with OSPI Child Nutrition Services.

Award	Award Levels	Award Criteria Choices
Farm to School	Required item plus: Bronze = 3 items Silver = 6 items Gold = 9+ items	<p>Required Item: School/district representative is a member of the WA Farm to School Network.</p> <input type="checkbox"/> Procured products directly from a farm <input type="checkbox"/> Procured local school meal products from their distributor <input type="checkbox"/> Sourced school meal ingredients from the school garden/school farm <input type="checkbox"/> Sourced school meal ingredients from FFA program <input type="checkbox"/> Highlighted WA grown foods when served <input type="checkbox"/> Did Harvest of the Month <input type="checkbox"/> Participated in Taste Washington Day <input type="checkbox"/> Did taste-tests of local foods with students <input type="checkbox"/> Hosted farmer for presentation, lunch or event <input type="checkbox"/> Shared information about farm to school with school community <input type="checkbox"/> A unit of instruction or other formal educational opportunity was provided to students about agriculture <input type="checkbox"/> Foodservice staff responsible for preparing meals for this school attended a farm to school or scratch cooking training <input type="checkbox"/> School operated a summer meals program and served locally-procured products on their summer menu <input type="checkbox"/> Student groups/classrooms were engaged in school gardening activities (school or community garden activities, aquaponics gardening, hydroponic gardening, or other hands on growing activities related to the production of food)
Environmental Sustainability in Child Nutrition Programs	Bronze = 3 items Silver = 5 items Gold = 7+ items	<input type="checkbox"/> School or district has received a Washington Green Ribbon Award within the last 3 years <input type="checkbox"/> A share table was used to reduce school meal waste on most days <input type="checkbox"/> School implemented the offer vs. serve meal service style at breakfast and lunch <input type="checkbox"/> A tray waste sorting station was implemented in the lunchroom (recycling, compost, and trash) <input type="checkbox"/> Leftover school meal items that met food safety standards were donated most of the time to charitable organizations instead of being thrown away <input type="checkbox"/> The school composted its own waste on site <input type="checkbox"/> Smarter Lunchrooms strategies were implemented to encourage selection and consumption and reduce waste <input type="checkbox"/> School conducted a tray waste study <input type="checkbox"/> School has student team that helps support environmental sustainability efforts in the lunchroom <input type="checkbox"/> School eliminated disposable flatware, bowls, plates, and cups
USDA Foods Entitlement	Required item plus: (see award level requirements to the right)	<p>Required Items: Submit a sample one month breakfast and lunch menu that was provided in the school district within the last calendar year or during the previous school year. Highlight/circle menu items that include USDA or Washington processed (W Code) items. Submit a picture of your most creative dish showcasing USDA or W Code foods.</p> Bronze = Utilized 90% of entitlement. Silver = Utilized 94% of entitlement. Gold = Utilized 98% of entitlement

Nutrition Education	Required item <u>plus:</u> Bronze = 3 items Silver = 5 items Gold = 7+ items	<p>Required Item: A unit of instruction about nutrition was provided to:</p> <ul style="list-style-type: none"> ○ Elementary: All students in all grade levels ○ Middle: At least 1 grade level in a required course ○ High School: At least 2 grade levels in courses required for graduation <ul style="list-style-type: none"> <input type="checkbox"/> School participated in the FFVP <input type="checkbox"/> Nutrition promotional signage was displayed in the lunchroom <input type="checkbox"/> Nutrition promotional signage was displayed throughout the school building (i.e. hallways, classrooms, etc.) <input type="checkbox"/> Information about nutrition was sent home to parents/guardians at least once <input type="checkbox"/> Teachers were provided training on personal health and wellness <input type="checkbox"/> Teachers were provided training on healthy techniques for the classroom (i.e. brain breaks, healthy rewards) <input type="checkbox"/> School hosted cooking classes for students, parents, and/or staff <input type="checkbox"/> Nutrition education was taught to all student athletes (middle/high school) <input type="checkbox"/> Food was not offered to students as a reward (such as for behavior, attendance, or academic performance) in the classroom or during school celebrations/reward activities <input type="checkbox"/> Most celebrations and parties did not involve food or involved only healthier food choices, such as fruits, vegetables, and whole grains <input type="checkbox"/> School provides nutrition education during school meals/in lunchroom (i.e. Harvest of the Month or other activity)
Smarter Lunchrooms	Required items <u>plus:</u> Bronze Silver Gold	<p>Required Items:</p> <ul style="list-style-type: none"> ● Submit a 60-point Smarter Lunchrooms Scorecard completed at the applicant school within the last calendar year or during the last school year ● Submit a short summary of your school's Smarter Lunchroom efforts ● Submit 2 – 3 pictures depicting some of the Smarter Lunchrooms strategies the school is implementing
Innovative Menus	Required items <u>plus:</u> Bronze = 3 items Silver = 5 items Gold = 7+ items	<p>Required Items:</p> <ul style="list-style-type: none"> ● No major issues were identified in the district's last NSLP Administrative Review related to menus meeting meal pattern requirements ● Submit 3 – 5 pictures highlighting some of their innovative menu offerings ● Submit a short description of why the school's menus are innovative ● Submit a sample one month breakfast and lunch menu that was provided at the applicant school within the last calendar year or during the previous school year <ul style="list-style-type: none"> <input type="checkbox"/> School conducted taste tests and gathered student input <input type="checkbox"/> School participated in Meatless Mondays or a similar effort <input type="checkbox"/> Average daily participation at lunch was ≥60% during one or more months <input type="checkbox"/> Average daily participation at breakfast was ≥35% during one or more months <input type="checkbox"/> School utilized USDA Foods on their menu <input type="checkbox"/> School had a salad bar or fruit and veggie offer bar <input type="checkbox"/> School offered at least 2 entrée choices to students daily <input type="checkbox"/> School had a flavor station/spice station available to students most days during lunch <input type="checkbox"/> School incorporates student-developed recipes on school menu <input type="checkbox"/> School offered scratch-made entrée at breakfast and/or lunch at least 3 days per week <input type="checkbox"/> All school kitchen staff involved with food preparation were provided cooking skills/scratch cooking training <input type="checkbox"/> School offers a reimbursable meal option on the salad bar <input type="checkbox"/> School operates a Breakfast after the Bell program (i.e. breakfast in the classroom, second chance breakfast, etc.)

<p>School Wellness Best Practices</p>	<p>Required Item(s) <u>plus:</u> Bronze = 2 items Silver = 4 items Gold = 6+ items</p>	<p>Required Items:</p> <ul style="list-style-type: none"> • Provide school or district local wellness policy that meets all federal requirements • An applicant school or district level administrator that has the authority to enforce wellness policies was represented on a wellness committee • The wellness committee met at least once • All classroom and administrative staff were provided training on the school/district wellness policies <p>The wellness policy includes language for the following school wellness best practices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Not using food as a reward or withholding food as punishment <input type="checkbox"/> Not requiring or denying physical activity as a means of punishment <input type="checkbox"/> Holding recess before lunch <input type="checkbox"/> Nutrition education and promotion practices <input type="checkbox"/> Offering physical activity breaks/opportunities for physical activity throughout the school day <input type="checkbox"/> Requiring all foods either sold, marketed, or offered to students during the school day, at minimum, meet Smart Snacks standards (including classroom parties and celebrations) <input type="checkbox"/> Healthy alternatives to food-focused celebrations and parties or restrictions on frequency of celebrations and parties involving food <input type="checkbox"/> Access to physical activity facilities outside school hours <input type="checkbox"/> Staff health and wellness support <input type="checkbox"/> Education of school staff about school wellness best practices <input type="checkbox"/> Smarter Lunchrooms <input type="checkbox"/> Farm to school/local procurement practices
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