HEALTHIERUS CHALLENGE

GIVE YOURSELF A GOLD STAR WHEN YOU COMPLETE EACH GOAL.

GOAL MET	GOAL DATE	GOAL
		Form HealthierUS Challenge Panel.
		Enroll school as a Team Nutrition School.
		Provide Nutrition Education to students in multiple grades.
		Provide opportunity for physical activity to students in every grade.
		Maintain an Average Daily Participation (ADP) of 70% of school enrollment or higher.
		*Gold Award: Meet the HealthierUS Challenge competitive food criteria.
		Serve 3 different fruits each week.
		Serve 5 different vegetables each week.
		Serve dark green or orange vegetables or fruit 3 or more times per week.
		*Gold Award: Serve fresh fruits or raw vegetables every day of the week.
		Provide a good source of Vitamin C every day.
		Serve four different entrées or meat/meat alternates throughout the week.
		Serve a low-fat entrée (less than 40% calories from fat) 4 days a week.
		Serve cooked legumes (dried beans or peas) at least once a week.
		*Gold Award: Serve whole-grain foods every day.
		Provide 2 or more sources of iron every day.
		Serve low fat (1%) and/or skim (nonfat) milk daily.

*REFER TO THE HEALTHIERUS CHALLENGE MANUAL ON THE IDAHO CNP TEAM NUTRITION WEBSITE FOR MORE DETAILS ON EACH CHALLENGE REQUIREMENT AND REQUIREMENTS FOR THE SILVER AWARD.

THE IDAHO STATE DEPARTMENT OF EDUCATION ENCOURAGES ALL SCHOOLS TO WORK TOWARD THESE GOALS FOR THE BETTER HEALTH OF THEIR STUDENTS.

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