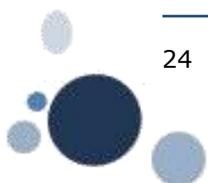




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School Wellness Committee Member

Contact Information

Name:

Mailing Address

Street:

City:

State:

Zip:

Daytime Phone Number:

Evening Phone Number:

Cell Phone Number:

Email Address:

Please indicate the preferred method for contacting you.

- Daytime Phone Number**
- Evening Phone Number**
- Cell Phone Number**
- Email Address**

Please indicate what information can be shared with other committee members.

- Daytime Phone Number**
- Evening Phone Number**
- Cell Phone Number**
- Email Address**



Nutrition Education Resources

Eating well can make a positive difference in a student’s ability to achieve in school. Therefore, teaching nutrition to children throughout their educational experience is key to developing healthy eating habits. School-based nutrition education is an important component of comprehensive school health.

The following is a list of nutrition education resources.

Wisconsin Nutrition Education Resources

- [A Guide to Planning Curriculum in Nutrition](#) – Provides age-appropriate details and real life examples that build upon the framework established in the Wisconsin Model Academic Standards for Nutrition.
- [Nutritious, Delicious, Wisconsin](#) – Provides fun and creative lessons that focus on local foods. The goal of this curriculum is to broaden the food experiences of Wisconsin students and provide another aspect to learning nutrition as part of the study of our great state.
- [Teaching Nutrition through Family and Consumer Science](#) – Provides 15 nutrition lessons that can be easily integrated into a Family and Consumer Science classroom.

Other Resources

- [Serving Up MyPlate: A Yummy Curriculum](#) – Provides classroom materials that help elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. The curriculum introduces the importance of eating from all five food groups using MyPlate and a variety of hands-on activities.
- [Nutrition Voyage: The Quest to Be Our Best](#) – Provides three lessons that take 7th and 8th grade students on an exploratory journey into school wellness.
- [Create a Classroom That Moves](#) – Provides nutrition lessons that align to select Common Core State Standards in English Language Arts and the National Health Education Standards. The lessons are geared towards elementary students.



Connecting the Classroom and Cafeteria

Nutrition education should be linked with the school food environment. The school cafeteria serves as an excellent location to reinforce nutrition education messages. The following are ideas to connect the classroom to the cafeteria.

Taste Tests

Teachers can coordinate with school nutrition staff to conduct taste tests of healthy foods. Teachers can discuss the benefits of the food, while school nutrition staff provides the taste test.

Cultural Theme Days

School nutrition staff and teachers can plan cultural theme days. Include foods on the menu that relate to the culture being studied.

School Gardens

School gardens serve as an excellent learning site to teach students about fruits and vegetables. Produce grown in the school garden can be incorporated into the school meal program. [Community Ground Works](#), a nonprofit organization that connects people to nature and local food, has information on how to start a school garden. Also, Wisconsin Team Nutrition's, [Home Grown](#), provides best practice guidelines for starting and maintaining a school garden.

Cafeteria Artwork

Students can create posters that highlight certain foods, nutrition information, etc. School nutrition staff can hang these posters in the cafeteria.

Harvest of the Month

School nutrition staff can highlight a different fruit and vegetable each month on the cafeteria menu. In the classroom, teachers can discuss facts about the food.

Farm to School

Farm to school programs bring local foods to the cafeteria and classroom. Teachers can have farmers come talk to their classroom and school nutrition staff can showcase that farmer's produce in the cafeteria. The [School Nutrition Team](#) webpage has resources on getting started with a farm to school program.

Curriculum Resources

School nutrition staff can partner with the teaching staff to provide nutrition education lessons to students across all grade levels. [Team Nutrition](#) offers a number of curriculum guides focused on gardening, healthy eating, and wellness at no cost to schools.



Smarter Lunchroom Areas of Intervention

Area of Intervention	Best Practice #1	Best Practice #2	Best Practice #3
Fruit	Use signs and verbal prompts to draw attention and encourage selection	Display the whole fruit	Display fruit by the register
Targeted Entrée	Display targeted names outside of cafeteria	Display targeted names on serving line	Make entrée first or most prominent in line
Vegetable	Display targeted names outside of cafeteria	Create a student action committee	
Reimbursable Meal	Create a healthy-items only convenience line	Move competitive foods behind the line	
Dairy	Place milk first in line	Make sure white milk accounts for at least 1/3 of all milk	Place white milk in front of flavored milk



Alternatives to Food as Rewards

Rewards can be an effective way to promote positive student behavior. Often times, schools will use food to reward students. However, using food as a reward undermines nutrition education being taught and promotes the consumption of unhealthy foods. Consider using a different reward system, such as stickers or additional time for recess, to award student achievement.

The following is a list of non-food rewards.

Elementary School

- Extra recess time
- Make deliveries to the office
- Listen to music
- Watch a fun movie
- Class outdoors
- Be a classroom helper
- Sit by friends
- Lunch outside
- Extra art, reading, or music time
- Trip to reward bin with non-food items (e.g., pencils, bookmarks, stickers, puzzles, etc.)

Middle and High School

- Listen to music while working
- No homework pass
- Free time at the end of class
- Extra credit
- Free passes to school events
- Computer time
- Field trip
- Assembly
- School themed merchandise
- Coupons for donated prizes (water bottles, movie passes, etc.)



Nutrition Standards for School Meals

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups)^{c,d}	5 (1)^e	5 (1)^e	5 (1)^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green^f	0	0	0	½	½	½
Red/Orange^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)^f	0	0	0	½	½	½
Starchy^f	0	0	0	½	½	½
Other^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total^h	0	0	0	1	1	1½
Grains (oz eq)ⁱ	≥7 (1)^j	≥8 (1)^j	≥9 (1)^j	≥8 (1)	≥8 (1)	≥10 (2)
Meats/Meat Alternates (oz eq)	0^k	0^k	0^k	≥8 (1)	≥9 (1)	≥10 (2)
Fluid milk (cups)^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

^a In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

^c One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^d For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^e The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^f Larger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱ At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^j In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^k There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^l Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^m The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^o In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^p Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.



All Foods Sold in Schools (Smart Snacks)

The U.S. Department of Agriculture (USDA) recently released standards for all foods sold in school. These standards are often referred to as Smart Snacks in School. The Smart Snacks in School standards ensure that kids are only offered tasty and nutritious foods during the school day. These standards will replace foods of minimal nutritional value and will go into effect July 1, 2014. The Alliance for a Healthier Generation has developed an online tool that schools may use to assess if a food product is in compliance with the federal requirements for Smart Snacks in Schools. The [Smart Snacks Product Calculator](#) has been determined by the USDA to be accurate in assessing product compliance for foods. There is currently no calculator for beverages approved for use by the USDA.

Nutrition Standards for Foods

Any food sold in school must:

- Be a whole grain-rich product; 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 ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the *2010 Dietary Guidelines for Americans* (calcium, potassium, vitamin D, or dietary fiber).
On July 1, 2016, foods will not qualify using the 10% of DV criteria.

In addition, food items must meet the following requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230mg (On July 1, 2016, snack items must contain ≤ 200mg)
 - Entrée items: ≤ 480mg
- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: <10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤35% of weight from total sugars in foods

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.



Nutrition Standards for Beverages

All schools may sell:

- plain water (with or without carbonation),
- unflavored low fat milk,
- unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP,
- 100% fruit or vegetable juice, and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

In addition, the following standards apply:

	Elementary	Middle	High
Water, plain	No portion limit	No portion limit	No portion limit
Milk and Juice	Maximum serving size of 8oz	Maximum serving size of 12oz	Maximum serving size of 12oz
Calorie free, flavored water or other flavored and/or carbonated beverages containing < 5 calories per 8oz or ≤ 10 calories per 20oz	Not allowable	Not allowable	Maximum serving size of 20oz
Beverages with ≤ 40 calories per 8oz , or ≤ 60 calories per 12oz	Not allowable	Not allowable	Maximum serving size of 12oz

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- These standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards. The Wisconsin Department of Public Instruction will be developing a policy to address fundraiser frequency exemptions. Until the release of this policy, no fundraisers are exempt from the All Foods Sold in School regulations. Once developed, the policy will be available at http://fns.dpi.wi.gov/fns_cnrsnp#cf.



Healthy Fundraising

Schools rely on fundraisers to raise money for school supplies and programs. Fundraising activities often include vending, product sales (e.g., candy, pizza, soda), bake sales, school stores, etc. However, fundraisers that sell unhealthy foods undermine nutrition education being taught in the classroom and cafeteria. Healthy fundraisers are not only profitable, but also support the well-being of students and staff.

Healthy Fundraisers

- Fun runs, walk-a-thons, golf tournaments, other sporting events
 - Physical activity fundraisers are fun for all ages and promote healthy behaviors.
- Garbage bags
 - This fundraiser can be done year long as people continually need garbage bags.
- Cookbook fundraiser
 - Schools collect recipes from students, staff, and prominent community members to create a cookbook, which is sold to members of the community.
- Bottled water
 - Create a custom labeled water bottle to sell at school functions. Schools recruit local sponsors to donate money in exchange for having the sponsor's name printed on water bottle labels.
- Auctions
 - Schools can seek donated items for auction. Desirable items include vacation packages, spa treatments, car washes, etc.
- “Bakeless” bake sales
 - Parents and others are invited to contribute a donation equivalent to the amount of money that they would have spent on ingredients and/or the purchase of the baked goods had there been a traditional bake sale.
- Gift paper
 - Gift wrap catalogs often include low-nutrition foods. Urge companies to provide the school with catalogs that do not include unhealthy foods.
- Scrip program
 - Scrip is a gift certificate or gift card that can be used to purchase goods or services at supermarkets, movie theaters, or other local retail stores. Schools purchase scrip at a discount from retailers and school supporters buy scrip from a school at the full-face value. The school earns the difference between the discount price at which it bought the scrip and the value at which it sells it to participants.
- Recycling fundraising
 - Recycling companies purchase used items, such as clothing, printer cartridges, and cell phones, from schools.



Strategies to Increase Physical Activity

There are several ways a school can increase physical activity outside of a structured physical education class. The following are strategies included in the Active Schools Toolkit. Additional strategies and information can be found at the DPI Student Services – Prevention and Wellness website for [Physical Education and Activity](#).

Physical Activity as Part of the School Day

- *Active Recess* provides children with a guarantee of non-structured physical activity. It involves setting up activity stations on the playground and grassy areas.
- *Active Classrooms* integrate short, movement breaks into the classroom.
 - For sample activity cards of movement breaks, visit Ohio Team Nutrition – [Classrooms That Move](#).
- *Open Gym* allows access to students before and after school, as well as during the lunch period.

Physical Activity Outside of the School Day

- *Intramural programs* ensure all students have the opportunity to participate in physical activity, regardless of athletic ability.
- *Before or After School Activities* may be offered to provide organized activities for students.
- *Physical Education Homework* encourages students to be physically active outside of class and earn credit. It involves assigning homework for physical activity outside of PE class.

School Transportation-Related Physical Activity

- *Safe Routes to School Program* creates safer walking and biking routes. Therefore parents will perceive few barriers to walking or biking to school, resulting in increased physical activity of students.
- *Active Transportation* is an organized effort to provide adult supervision as children walk or bike to school, such as a walking school bus.



Employee Wellness Interest Survey

This short survey is a sample on how a school can determine employees' interests while providing employees the opportunity to better understand the components of a comprehensive wellness program.

For each of the following, please indicate your level of interest in participating or the likelihood of participating:

General Interest Questions	Very Likely	Somewhat Likely	Not Likely		
I would participate in group activities encouraging healthy eating or physical activity if offered.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
I would participate in a health promotion program if offered.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
I would read health tips via email, newsletter, or other source.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
I am interested in improving my eating habits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
I am interested in improving my physical fitness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Group Activities	Great Interest	Some Interest	No Interest		
Aerobics/Pilates/Dance Classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Walking Program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Team Sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Bicycle Club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Yoga Classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Health Screenings (blood pressure, BMI, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Healthy Cooking/M meal Planning Classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Weight Management Program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Other (please list) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
I would be interested in participating in wellness programs offered (select all that apply):					
Before School	After School	Evening	Weekend	Staff In-Service	No Interest in Participating
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Employee Wellness Newsletter Sample



Live
Learn
Work

WELL

Walking Club



Join your fellow teachers after school on Tuesdays and Thursdays from 3pm-4pm. The Walking Club will meet rain or shine. The school track will be used weather permitting. All other days, the club will meet in the school library and walk around the school. Be sure to bring your walking shoes and a positive attitude.

Flu Shots



Keep yourself, your family, your students, and your fellow faculty healthy this flu season by receiving a flu shot. A flu shot clinic will be offered on October 1 from 2:00-5:00 pm. Staff enrolled in school-provided health care will receive the flu shot free of charge. Staff may bring family members to receive their flu shots at no additional cost. Staff, students, and community members not enrolled in school-provided health care may still receive a flu shot but may be charged their co-pay.

Creamy Berry Parfait

Yield: 8 Serving Size: 1 c

Nutrition Facts
Calories: 214
Total Fat: 4.6g

Ingredients

- 2 c non-fat vanilla yogurt
- 1 c strawberries, sliced
- 2 cups oat cluster cereal
- 2 – 3.5 oz packages of chocolate instant pudding mix
- 4 c skim milk

Instructions

1. Mix pudding with milk until thick
2. Wash and slice strawberries
3. Whip yogurt until smooth
4. In an 8oz serving glass layer $\frac{1}{8}$ c yogurt, 4-5 strawberries, 2 Tbsp cereal, and a dollop of pudding
5. Cool parfaits and enjoy!

Employee Wellness Newsletter Template

Title of Newsletter

Topic Title

Topic Text

Remove the dashed lines of the inner boxes by right clicking on a line and selecting "Format Text Box". Change the line color from grey/black to "no color."

Topic Title

Topic Text

Callout Box Title

This section can be used as a standard topic that will appear in every newsletter. Examples of this include a recipe corner, physical fitness tips, or calendar of wellness events.

If there is no plan for a recurring newsletter feature, consider using this box to place your most important topic issue.

Insert your school logo in this text box or place the logo next to the newsletter title. If your logo is being placed at the top of the document, consider adding an image/clip art piece related to your newsletter topic.



Sample Implementation-Monitoring Plan

<i>Policy Guideline</i>	<i>Action</i>	<i>Responsible Party</i>	<i>Timeline</i>
Students in grades 9-12 will receive nutrition education in two courses required for graduation	-Incorporate nutrition curriculum in required 10 th grade health class. - Incorporate nutrition topics into required 9 th grade science courses (biology, applied science)	Health Teacher Science Teacher	January 2013
	Monitoring Data	Responsible Party	Frequency
	-Graduating seniors credit history -Health curriculum lesson plans	Health and Science Teachers, Graduation Official	Yearly
<i>Policy Guideline</i>	<i>Action</i>	<i>Responsible Party</i>	<i>Timeline</i>
The school nutrition program will menu at least one local food per month.	-Create menus that incorporate locally grown fruits or vegetables into monthly NSLP/SPB menus. -Purchase locally grown fruit/vegetable from local farmer, market, or vendor	Foodservice Director	June 2014
	Monitoring Data	Responsible Party	Frequency
	-Monthly menus - Invoices	Foodservice Director	Monthly
<i>Policy Guideline</i>	<i>Action</i>	<i>Responsible Party</i>	<i>Timeline</i>
Ensure students spend at least 50% of the physical education class time participating in moderate to vigorous physical activity.	-Create lesson plans that include no more than 49% of time as instructional time and at least 51% of time in active learning.	Physical Education Teacher	January 2013
	Monitoring Data	Responsible Party	Frequency
	-Lesson plans	Physical Education Teacher	Weekly/ Monthly
<i>Policy Guideline</i>	<i>Action</i>	<i>Responsible Party</i>	<i>Timeline</i>
Report the results of the evaluation to the public at least two times per year using a variety of communication methods.	-Release results of policy evaluation via school website and newsletter every January and June.	District Administrator, Webmaster, Newsletter Writer	June 2014
	Monitoring Data	Responsible Party	Frequency
	-School website postings -School newsletter issues	District Administrator	Yearly



Implementation-Monitoring Plan Template

<i>Policy Guideline</i>	<i>Action</i>	<i>Responsible Party</i>	<i>Timeline</i>
	<i>Monitoring Data</i>	<i>Responsible Party</i>	<i>Frequency</i>
<i>Policy Guideline</i>	<i>Action</i>	<i>Responsible Party</i>	<i>Timeline</i>
	<i>Monitoring Data</i>	<i>Responsible Party</i>	<i>Frequency</i>
<i>Policy Guideline</i>	<i>Action</i>	<i>Responsible Party</i>	<i>Timeline</i>
	<i>Monitoring Data</i>	<i>Responsible Party</i>	<i>Frequency</i>
<i>Policy Guideline</i>	<i>Action</i>	<i>Responsible Party</i>	<i>Timeline</i>
	<i>Monitoring Data</i>	<i>Responsible Party</i>	<i>Frequency</i>



Celebrating Wellness Success

It is very important to celebrate your school wellness accomplishments with the broader school community. School wellness committees can organize activities to engage students, staff, administration, and the community. Publicize your wellness activities and successes through various virtual channels (e.g., school website, email, Facebook, Twitter) and more traditional media channels (e.g., mailings, newspaper, radio).

You also may choose to celebrate your wellness success through a state or national program. A variety of recognition programs are available to schools at no charge. Some of the programs can even provide your school with national recognition of your wellness efforts, resources to publicize your success, and financial awards.

- [HealthierUS School Challenge \(HUSCC\)](#) – The United States Department of Agriculture offers the HUSCC as a voluntary certification initiative that recognizes schools that have created healthier school environments through promotion of nutrition and physical activity. Schools may seek certification at one of four levels. Schools that achieve certification receive a HUSCC banner and plaque, national recognition, and a monetary award ranging from \$500-\$2,000.
- [Healthy Schools Program Award](#) – The Alliance for a Healthier Generation offers three levels of recognition to schools who meet their benchmarks for school wellness. Award winners get to enjoy a promotional package of materials that show off their school’s success as well as additional marketing efforts from their team to promote their school’s story through local and national media.
- [Wisconsin School Health Award](#) – The State Superintendent supports the Wisconsin School Health Award as a way to recognize and celebrate schools with policies, programs, and infrastructure to support and promote healthy eating; physical activity; parental and community involvement; and staff wellness. The goal of this award is to motivate and empower Wisconsin schools as they create and maintain healthy school environments.

