



# NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

NOVEMBER, 2011

## Healthier US School Challenge

### *Is Your School Ready To Take The Challenge?*

HealthierUS School Challenge was established by USDA to recognize schools that are creating healthier school environments through their promotion of good nutrition, physical activity and nutrition education. The HealthierUS School Challenge application process is as simple as meeting the criteria for each of the three areas listed below:



**Take advantage of Opaa!'s value added service to guide you through the application process.**

1. **School Meals** — Serve Opaa! school lunch menus
2. **Nutrition Education** — Provide students with a variety of nutrition education opportunities
3. **Physical Activity** — Provide students with physical education and additional opportunities for students to be engaged in physical activity.

Opaa! is actively partnering with our school districts to apply for HealthierUS School Challenge certification. Opaa! school lunch menus meet the school meal components of the HealthierUS School Challenge requirements for certification compliance.

Our menus have been reviewed by the Missouri Department of Elementary and Secondary Education and the United States Department of Agriculture (USDA) Regional Office in Denver, Colorado. By meeting the guidelines of the school meals component, schools served by Opaa! may seek HealthierUS School Challenge certification in their districts.

Opaa! menus are designed to reflect good menu planning principles, such as serving a variety of healthier foods that look good, taste good, and appeal to the cultural sensitivities of our school and community populations. Opaa! menus have been created to provide students a wide variety of fruits, vegetables and whole grains. Opaa! continues to serve only fat-free or low-fat milk and milk products.

Schools receiving certification will receive a recognition plaque, monetary award and award banner from USDA to display in your school to showcase your schools achievement. Take advantage of Opaa!'s value added service to guide you through this application process by contacting your Director of Nutrition Services.

Get the application started today. It's as easy as 1, 2, 3!