

VAN BUREN PUBLIC SCHOOLS

WELLNESS POLICY

The Van Buren Public Schools District is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

The Wellness Policy contains guidelines for nutrition education, nutrition standards and nutrition promotion. It also contains guidelines for physical activity and other school based activities and education that promote student wellness.

In order to enact and enforce Van Buren Public Schools District's Local Wellness Policy, the Superintendent has appointed the Curriculum Director to organize a coordinated School Health Team. Members include representatives from the following areas:

- Administration
- Counseling
- Physical Education
- Food Services
- Health and Life Skills Education
- Health Services
- Parents/Guardians
- Students
- Community

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Van Buren Public School's Local Wellness Policy. Students, staff and community will be informed about the policy annually on the district's website and through other print and electronic communications. Any District Stakeholder wishing to express a viewpoint, opinion or complaint regarding the policy should contact:

Superintendent of Schools
Van Buren Public Schools
555 W. Columbia Ave.
Belleville, Mi. 48111
Phone: 734-697-9123

NUTRITION EDUCATION

Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum especially in the areas of science, health, physical education and life skills. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. The *Michigan Model for Comprehensive School Health* is the approved venue for lessons. (Appendix G). Staff members who provide nutrition education shall have the appropriate training.

The District shall implement a quality nutrition education program that addresses the following:

Curriculum

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*¹
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior

Instruction and Assessment

- Aligns curriculum, instruction and assessment
- Engages students in learning that prepares them to choose a healthy diet
- Is taught by “highly qualified teachers of health education”²

Opportunity to Learn

- Includes students of all abilities
- Provides adequate instructional time to build students’ confidence and competence in health enhancing skills
- Students shall receive consistent messages and support for: self-respect, respect for others, healthy eating, physical activity³

¹ Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998.
<https://www.michigan.gov> Standards 150527

² The Role of Michigan Schools in Promoting Healthy Weight. September 2001
https://www.michigan.gov/documents/healthyweight_13649_7.pdf

³ Michigan State Board of Education Policy on Comprehensive Schools Health Education, June 2004.
https://www.michigan.gov/documents/Health_Education_Policy_final_94135_7.pdf

Nutrition Education will also be made available to parents/guardians and the community. This Nutrition Education may be provided in the form of handouts, menus, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

NUTRITION STANDARDS

The District shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.⁴

The USDA meal pattern requires five components be offered to qualify for a reimbursable meal. A meat/protein, whole grain rich bread, fruit, vegetable and a variety of low fat milk choices must be offered in specific quantities. Students must choose at least three out of the five food groups.

With regard to nutrition promotion, the District shall offer meals that are designed to provide:

- Meat/protein - at least two choices of an entrée are offered daily.
- Whole grain rich products - 51% whole grain.
- A variety of fresh, frozen and canned fruits. Fruits do not contain added sugars.
- A variety of fresh or frozen vegetables. There is a salad bar at each school. Vegetables include dark green, red/orange, legumes and starchy.
- Students must take at least one half cup of fruits/vegetables daily.
- Fluid milk that is low fat or fat free, unflavored or flavored.
- Eliminate trans-fats from meals and snacks.
- Salad dressings and condiments are in portion controlled packets.
- No butter or salt is added to entrees or vegetables.
- Students must have access to water or drinking fountains during mealtimes.

⁴ Title 7-United States Department of Agriculture, Chapter ii-Food and Nutrition Service, Department of Agriculture, part 210-National School Lunch Program.

The sale of snack items to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in Schools is prohibited. The District shall consider nutrient density⁵ and portion size before permitting food and beverages to be sold or served to students. Snack items must be less than 200 calories, trans-fat free and whole grain enriched. (Appendix A) Beverages may be offered according to grade level. Water and 100% juices are available grades K-12. Beverages that are flavored and less than 100 calories may be available grades 9-12. (Appendix E)

These regulations apply to all food sold during the school day. They apply to lunchroom, vending and school store sales.

Classroom parties are encouraged to follow healthy snacks. (Appendix C)

⁵ Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes none at all) <https://health.gov/dietaryguidelines/>

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

The district shall offer physical education (PE) opportunities that include the components of a quality physical education program.⁶ Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction is aligned with the Michigan Physical Education Content Standards and Benchmarks.⁷

All students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

At elementary school levels, all students are scheduled into PE for 1-2 days per week for at least 36 weeks. At intermediate level all students are scheduled into PE for 2-3 days per week for at least 20 weeks. At middle school levels, all students are scheduled into PE for 5 days a week for at least 10 weeks. High school students who have not met the requirements for PE for graduation or who choose an elective class may take PE courses offered at the high school.

A full catalog of individual and group sports is offered through the Van Buren Township Parks and Recreation for all students and competitive leagues at secondary levels.

Other School-Based Activities Designed to Promote Student Wellness - The district may implement other appropriate programs i.e. running clubs, intramurals, field days, participation in events like “Relay for Life”, School Color Run, etc. These events help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

⁶ Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.

⁷ Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.
https://www.michigan.gov/mde/0,4615,7-140-74638_74639_29234---,00.html

Developmentally appropriate physical education shall be offered every year to all students of the District. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:

Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the Michigan Physical Education Content Standards and Benchmarks.⁸
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.
- Uses available curriculum and materials from Michigan State Board of Education such as Coordinated School Health and Safety Programs, Getting Michigan Moving and Michigan Model Curriculum.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Offers instructional periods totaling 50-100 minutes per week (elementary) and 225 minutes per week (middle and high school).⁹ (The ideal proposal is to increase staff to allow for 150 minutes per week for elementary students.)
- Provides facilities to implement the curriculum for the number of students served.

⁸ <https://sparkpe.org/physical-education-resources/standards-alignment/michigan/>

⁹ Michigan State Board of Education Policy on Quality Physical Education, September 2003. www.michigan.gov/HealthPolicy/773807

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K - 6. Recess is in addition to physical education class time. Each school playground provides proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools provide opportunities for various types of physical activity for students in grades 7-12 apart from physical education class and organized sports. Physical activity opportunities include: Boys and Girls club of Michigan, after-school extracurricular physical activity programs, and use of school facilities outside of school hours.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

The District shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment

The school district shall provide:

- A clean, safe, enjoyable meal environment for students.
- Enough space with renovated serving areas to ensure all students have access to school meals with minimum wait time.
- Drinking fountains in all schools, so that students can get water at meals and throughout the day.
- Encouragement to maximize student participation in school meal programs.

Time to Eat

The school district shall ensure:

- Adequate time (a minimum of 20 minutes after seating) for students to enjoy eating healthy foods with friends in schools that lunch time is scheduled as near to the middle of the school day as possible.
- That recess for elementary schools is scheduled immediately before or after lunch. (Appendix F)

Food or Physical Activity as a Reward or Punishment

The school district shall:

- Discourage the use of food as a reward or punishment in schools. (Appendix B)
- Limit denying student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
- Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess. (Appendix F).

Consistent School Activities and Environment

The school district shall:

- Promote school fundraising efforts that support healthy eating and physical activity. (Appendix D)
- Provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- Make efforts to keep school or district-owned facilities open for use by students outside school hours.
- Encourage parents/guardians, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women Infants and Children (WIC) to students and parents/guardians.
- Encourage all students to participate in school meal programs. (i.e. the National School Lunch and School Breakfast programs)
- Implement physical activity across the curriculum throughout the school day or in all subject areas, for example, by planning “Brain Breaks.”¹⁰ (Appendix F)

¹⁰ Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.
https://www.michigan.gov/documents/Tool_kit_Nutrition_104147_7.pdf

Healthy Choices In All Venues

Your Resource to Healthy Packaged Food and Beverage Products

The two lists below will help schools identify healthy food and beverages that are available from food-service distributors and snack vendors for vending machines, à la carte, and other venues.

Single-serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

- 1) Contain 300 or fewer calories,
- 2) One or more grams of fiber, or
- 3) At least 10% of Calcium, Iron, Vitamin A or Vitamin C

List 1: Healthy Snack Options Available Through Foodservice Distributors:

Contact the Nutrition Resource Center at Gordon Food Service to request the most recent list of healthy packaged food and beverage product options: 1-800-968-4426.

The following professionals may be interested in using this information:

Food Service Operator – One who manages a foodservice program, i.e. a school foodservice director.

Food Service Distributor – A business that purchases, warehouses and delivers products from many manufacturers. These products are in turn sold and delivered to restaurants, institutions, and schools.

Food Service Broker – A company which represents products from many manufacturers.

Manufacturer Representative – A person who represents products from just one manufacturer.

List 2: Healthy Snack Options Available Through Snack Vendors:

Visit www.accesskent.com/snacks for the most recent list of healthy packaged food and beverage product options. Contact Kent County Health Department at 616-336-3034 for more information.

The following professionals may be interested in using this information:

School Leader – A person who is working with a vending company and making decisions regarding the snack vending selections.

Vending Operator – A company that services (fills, repairs) vending machines in schools.

Because the food industry is constantly proving new products, please determine if a food or beverage meets the criteria by using the Nutrition Facts label on the package.



Alternatives To Using Food As A Reward

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- ◆ It undermines nutrition education being taught in the school environment.
- ◆ It encourages over-consumption of foods high in added sugar and fat.
- ◆ It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.¹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.²

1. Birch LL. Development of Food Preferences. *Annu. Rev. Nutr.* 1999; 19:31-52.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. *JAMA*, October 9, 2002 Vol 288, No. 14.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- ◆ Sit by friends ◆ Watch a video
- ◆ Read outdoors ◆ Teach the class
- ◆ Have extra art time ◆ Enjoy class outdoors
- ◆ Have an extra recess ◆ Play a computer game
- ◆ Read to a younger class ◆ Get a no homework pass
- ◆ Make deliveries to the office
- ◆ Listen to music while working
- ◆ Play a favorite game or puzzle
- ◆ Earn play money for privileges
- ◆ Walk with a teacher during lunch
- ◆ Eat lunch outdoors with the class
- ◆ Be a helper in another classroom
- ◆ Eat lunch with a teacher or principal
- ◆ Dance to favorite music in the classroom
- ◆ Get "free choice" time at the end of the day
- ◆ Listen with a headset to a book on audiotape
- ◆ Have a teacher perform special skills (i.e. sing)
- ◆ Have a teacher read a special book to the class
- ◆ Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

- ◆ Select a paperback book
- ◆ Enter a drawing for donated prizes
- ◆ Take a trip to the treasure box (non-food items)
- ◆ Get stickers, pencils, and other school supplies
- ◆ Receive a video store or movie theatre coupon
- ◆ Get a set of flash cards printed from a computer
- ◆ Receive a "mystery pack" (notepad, folder, sports cards, etc.)

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: "I have my students earn letters to spell game day. After the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!"

FRIDAY FREE TIME: "I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition school. For more information about Team Nutrition contact Chris Flood at 269-639-0062 or go to www.tn.fcs.msue.msu.edu.

Michigan State University and the Michigan Department of Education are affirmative-action, equal-opportunity institutions. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status or family status.

MICHIGAN STATE
UNIVERSITY
EXTENSION



MICHIGAN
Department of
Education



Used with permission from Michigan Team Nutrition, a partnership between the Michigan Department of Education and Michigan State University Extension.

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,
<http://www.tn.fcs.msue.msu.edu/teolkit.pdf>

Healthy School Parties

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools--which have a great impact on children--to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- ◆ Fresh fruit and vegetables -
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables
with lowfat dip
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Bal
- ◆ Baked chips
- ◆ Lowfat popcorn
- ◆ Granola bars*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)

*May be allergens and/or a choking risk for some people, please check with a health care provider.

Note: See "Recipes" in the Resources by Topic section.



Smart Fundraisers for Today's Healthy Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in "school fundraisers" to access 112,000+ sites.

A few of these sites follow:

- www.afrds.org/homeframe.html
Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with "Fundraising Fundamentals," a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.
- www.PTOtoday.com
Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what works, what doesn't and why."
- www.fundraising-ideas.com
Offers a free newsletter with programs, services, and press releases. Links to www.amazon.com with books on fundraising.



Healthy Choices In All Venues

Recommendations for Serving Healthy Beverages

The following beverages are recommended:

- ◆ Plenty of water
- ◆ 100% juice in 12-ounce servings* or less
- ◆ Fat free, lowfat, plain and/or flavored milk in 16-ounce servings* or less
- ◆ Fruit/fruit juice smoothies in 16-ounce servings* or less

Choosing Your Drinks Can Be Difficult! Watch Out For:

- ◆ Fruit punches
- ◆ Fruit drinks
- ◆ Juice drinks

These are NOT 100% juice!

*Suggested serving-sizes are based on what is commonly available for use in vending machines. It should be noted that excessive juice consumption may result in an increase in calorie intake and may contribute to the development of unhealthy weight. It should also be noted that 70% of teen boys and 90% of teen girls do not meet daily calcium requirements. Offering fat free or lowfat single-serve milk is another opportunity to help teens meet their nutrition needs. (Refer to Healthy Food and Beverages Policy for additional rationale).

Read the label!
To determine if a food or beverage
meets the criteria, use the Nutrition
Facts label on the package.



Michigan Physical Education and Activity Resources

Cross-Curricular Instruction: Integrating Physical Activity into Classroom subjects:

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science and social studies.
 - Brain Breaks: www.emc.cmich.edu/BrainBreaks
 - Energizers: www.ncpe4me.com/energizers.html
 - Take Ten: www.take10.net
- Michigan Team Nutrition booklist: The list contains short, one-paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade. www.tn.fcs.msue.msu.edu/booklist.html
 - *Examples:*
 - *Get Moving: Tips on Exercise*, Feeney, Kathy, Bridgestone Books, 2002.
 - *Let the Games Begin*, Ajmera, Maya and Michael J. Regan Charlesbridge, 2000.
- Display poster or banners with physical activity themes: www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf

Using Physical Activity to Reward Students

- Have an extra recess; Walk with a teacher during lunch; Dance to favorite music in the classroom; Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and Challenge another homeroom to a sport or activity.

Ideas for School Parties


- Make your party a dance; Modify traditional games for classroom use; Hold contests or relays.

Resources:

- *All Children Exercising Simultaneously (ACES) day*: A one day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity. www.michiganfitness.org
- *Hoops for Heart*: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. www.americanheart.org
- *Jump Rope for Heart*: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. www.americanheart.org/jump
- *National Physical Education & Sport Week*: Designated week for encouraging and promoting physical activity. www.aahperd.org/naspe/may
- *Walk to School Day/Safe Routes to School*: Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity! www.michiganfitness.org/

Recess Before Lunch

Recess Before Lunch gives students the opportunity to excel in both health and academics. Find everything you need to establish a recess before lunch program including, how to implement, resources and supporting information, and educational and marketing materials. www.opi.state.mt.us/schoolfood/index.html



HSAT Module Topics

The HSAT (assessment and action plan) helps schools to assess and take positive action in these eight areas of their school health environment:

1. School Health Policies & Environment
2. Health Education
3. Physical Education & Other Physical Activity Programs
4. Nutrition (Food) Services
5. School Health Services
6. School Counseling, Psychological & Social Services
7. Health Promotion for Staff
8. Family & Community Involvement

The *Healthy Schools-Healthy Students* website also offers:

- General information and resources about ways to create a healthy school environment
- Links to policy documents and fact sheets to support efforts to create healthy school environments
- Resources to assist schools in completing the HSAT and in making positive changes to their school health environment.



"Schools can do more than perhaps any other single institution in society to help young people, and the adults they will become, live healthier, longer, more satisfying and more productive lives."
—Carnegie Council on Adolescent Development



The Healthy School Action Tool (HSAT)



<http://www.mihealthtools.org/schools>

The Healthy School Action Tool (HSAT) was adapted from the School Health Index for Physical Activity, Healthy Eating, and a Tobacco-Free Lifestyle: A Self-Assessment and Planning Guide from Centers for Disease Control and Prevention (2002) and the Changing the Scene Healthy School Nutrition Environment Improvement Checklist from USDA Food and Nutrition Service, Team Nutrition (2000). The development of the HSAT was a collaborative effort of the Michigan Department of Community Health, the Michigan Department of Education, Michigan State University Extension, Michigan Team Nutrition, and United Dairy Industry of Michigan.

For more information, contact Shannon Carney Olejczyk via email at carney@mihealthtools.org or via phone at 517-335-9373