

801 Program Guidance

Part II: Coordinated School Health Programs and Promotion of Physical Activity, Nutrition, and Tobacco-Use Prevention SLIMs ~ Nutrition SLIMs ~

NU 1.

The percentage of schools that do not sell the following foods and beverages anywhere at school outside the school food service program:

- Baked goods that are not low in fat (e.g., cookies, crackers, cakes, pastries)
- Salty snacks that are not low in fat (e.g., regular potato chips)
- Candy (i.e., chocolate or non-chocolate candy)
- Soda pop or fruit drinks that are not 100% juice

NU 2.

The percentage of schools that always offer fruits or non-fried vegetables in vending machines, school stores, and during celebrations when foods and beverages are offered.

NU 3.

The percentage of schools that use at least three of the following strategies anywhere in the school to promote healthy eating:

- Price nutritious food and beverage choices at a lower cost while increasing the price of less nutritious foods and beverages.
- Collect suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating.
- Provide information on the nutrition and caloric content of foods available.
- Conduct taste tests to determine food preferences for nutritious items.
- Provide opportunities for students to visit the cafeteria to learn about food safety, food preparation, or other nutrition-related topics.

NU 4.

The percentage of schools in which the lead health education teacher received professional development on nutrition education and dietary behavior during the past two years.

NU 5.

The percentage of schools that teach about all of the following in a required course:

- Benefits of healthy eating.
- Food guidance using MyPyramid.
- Using food labels.
- Balancing food intake and physical activity.
- Eating more fruits, vegetables, and whole grain products.
- Choosing foods that are low in fat, saturated fat, and cholesterol.
- Using sugars in moderation.
- Using salt and sodium in moderation.
- Eating more calcium-rich foods.
- Food safety.
- Preparing healthy meals and snacks.
- Risks of unhealthy weight control practices.
- Accepting body size differences.
- Signs, symptoms, and treatment for eating disorders.

NU 6.

The percentage of schools that prohibit all forms of advertising and promotion (e.g., contests and coupons) of less nutritious foods and beverages on school property.