

Early in 2010 the Mabel K. Holland Elementary School Community of Fort Wayne Community Schools (FWCS) embarked on an adventure that would ensure their school would be healthier. That adventure was called the Healthier US School Challenge (HUSSC).

Several activities were held during the kick off for the campaign including a Dairy Carnival, and a guest "chef" with a grains tasting and presentation involving the entire student body. Plans were laid to sustain all aspects of the HUSSC criteria, which included several new ways to get the students moving – physical activity, organized playground activity, and physical "brain breaks" in the classroom met the minimum of 150 min/week requisite of physical activity. Menus were changed to include two additional servings weekly from three vegetable sub-groups – dark green, red and orange, dry beans and peas – 4 fresh fruits per week, and three different types of whole grain rich foods weekly with only one being a grain based dessert. Nutrition education was provided for all grades meeting the nutrition education criteria. The community was involved as students took home physical activities for the entire family to enjoy as well as new healthy recipes.

Mabel K. Holland and Nutrition Services succeeded in accomplishing their goal and were awarded "Gold with Distinction" by the HUSSC along with a \$2000 monetary award for their year long efforts. To date, Mabel K. Holland Elementary School continues the healthy changes laid out for their school.

## SCHOOL NUTRITION IN FORT WAYNE



In Indiana, 10 Schools have been awarded "Gold", 49 "Silver" and 11 "Bronze" distinction by the Healthier US School Challenge.

[www.usda.gov](http://www.usda.gov)