Maryland School Wellness Scorecard

Name of School: ____________________________  Completed By: ____________________________

School Year: ____________________________

INSTRUCTIONS

This scorecard is a school-level assessment tool designed to assess and prioritize practices that promote nutrition and physical activity in schools. Federal and/or State requirements are highlighted in green. Items highlighted in green are required to be in place in all Maryland schools.

Step 1: Assess and Prioritize

Use pages 2 and 3 to assess and prioritize your school’s wellness practices.

Assess

Use the following scale to assess current nutrition and physical activity practices in your school:
- Fully in Place = 3, Partially in Place = 2, Under Development = 1, Not in Place = 0, Not Applicable = N/A

Prioritize

Use the following scale to rate the level of priority for each item in your school:
- High = H, Medium = M, Low = L

Step 2: Implement

Use page 4 to develop a plan to implement three or more of the wellness practices.

Implement

Select at least three high priority practices to implement in your school. Plan your school’s implementation strategy with a team of school-level leaders.

Maryland Nutrition Standards for All Foods and Beverages Sold in Schools

The Maryland Nutrition Standards for All Foods Sold in Schools are referenced in the nutrition sections on page 3. These standards incorporate Federal Smart Snacks Standards and should be in place from 12:01 am through 30 minutes after the end of the instructional day. This is referred to as the “regular school day” throughout this tool. Time outside of these hours is referred to as the “extended school day.”

Food must be in one of these categories and meet nutrient criteria:
- Be whole grain-rich (at least 50% whole grain by weight, or listed as first ingredient)
- First ingredient must be: fruit, vegetable, dairy product, or protein food
- Be a combination of food that consists of at least 1/4 cup of fruit and/or vegetable

Beverages must be in one of these categories and meet serving size criteria:
- Plain water or plain carbonated water
- Low-fat milk: unflavored, non-fat milk: flavored or unflavored
- No/low calorie beverages that meet calorie and serving size criteria (high school only)
- 100% fruit/vegetable juice:
  - Diluted with water, with or without carbonation
  - No added sweeteners

* View nutrient, calorie, and serving size criteria using the Maryland Nutrition Standards link on page 4.

Comprehensive Assessments and Awards:

To complete a comprehensive assessment on the nutrition and physical activity environment in your school, visit the Action for Healthy Kids or the Alliance for a Healthier Generation websites. Your school could qualify to win an award!

To complete a comprehensive assessment on all school health components including nutrition and physical activity, visit the CDC’s School Health Index.

See website links on page 4.
Nutrition Guidelines
Assess and prioritize these wellness practices in your school.

15 School stores: foods and beverages sold to students during the regular school day throughout school stores meet the Maryland Nutrition Standards.

16 Vending machines: foods and beverages sold to students during the regular school day in vending machines meet the Maryland Nutrition Standards.

17 Fundraisers: foods and beverages sold to students during the regular school day as fundraisers meet the Maryland Nutrition Standards.

18 A la carte in the cafeteria: foods and beverages sold to students during the regular school day as a la carte options in the cafeteria meet the Maryland Nutrition Standards.

19 Classroom parties, celebrations, and rewards: foods and beverages provided to students during the regular school day during parties, celebrations, or as rewards meet the Maryland Nutrition Standards.

20 Sporting events, concerts, and other after school activities: foods and beverages sold to students at venues such as sporting events, concerts, etc., during the extended school day meet the Maryland Nutrition Standards.

21 Community and family events: foods and beverages provided to students at community and family events during the extended school day meet the Maryland Nutrition Standards.

Notes:

Nutrition Environment: Nutrition Education and Nutrition Promotion
Assess and prioritize these wellness practices in your school.

22 Nutrition education: taught in all grades and includes a curriculum consistent with health education standards.

23 Food and beverage marketing: restricted to foods that meet Maryland Nutrition Standards. This includes flyers, printed materials advertising products, prices, and fundraisers.

24 Food and beverages as reward or punishment: prohibited.

25 Time for meals: adequate time (at least 10 minutes for breakfast and 20 minutes for lunch) is provided from the time students are seated.

26 Clean, safe, and pleasant cafeteria: (1) physical structure is in good condition; (2) tables and chairs are in good condition and the appropriate size for all students; (3) seating is not overcrowded; (4) rules for safe behavior (e.g. no running, no throwing food or utensils) are enforced; (5) tables and floors are cleaned between lunch periods or shifts; (6) age-appropriate decorations are used; (7) appropriate practices are used to prevent excessive noise levels (e.g. no whistling); (8) smells are pleasant and not offensive; (9) appropriate eating devices are available to all students including those with special health care needs. (3 = Fully in Place: 8 or more; 2 = Partially in Place: 5 or more; 1 = Under Development: 3 or more)

27 Collaboration: nutrition staff and teachers collaborate to reinforce nutrition education lessons taught in classrooms.

28 Fruits and vegetables: venues outside the cafeteria such as vending machines, school stores, and snack carts offer fruits and non-fried vegetables.

29 Healthy foods promotion: Smarter Lunchroom techniques are practiced: (1) student health/nutrition artwork is displayed; (2) daily announcements promote menu; (3) students, teachers, or administrators announce daily menu options; (4) Lunchroom decorated and named to reflect student body; (5) new entrees taste-tested at least once per year; (6) monthly menu posted in office; (7) pre-packaged salads or salad bars are in high traffic area; (8) salad choices labeled creatively; (9) adults can be seen eating with students in the cafeteria or location where meals are served; (10) taste tests of nutritious foods take place in the cafeteria and/or the classroom. (3 = Fully in Place: 8 or more; 2 = Partially in Place: 5 or more; 1 = Under Development: 2 or more)

30 Farm-to-school: farm-to-school activities are implemented in the following ways: (1) incorporating local food into school meals; (2) school gardens; (3) farm field trips; (4) promotions or special events featuring local foods; (5) reinforcement of agriculture and nutrition throughout the learning environment.

Notes: