

## District Wellness Committee Annual Public Update

The District Wellness Committee met four times during the 2017-2018 school year. Based on the results of the individual school *Wellness Policy Annual Progress Report* results the committee agreed to four goal focus areas for the year. These included:

- Regularly Share School Meal Nutrition Information with Students/Families
- Increase the Number of Schools Participating in Farm to School Activities
- Increase the Number of Schools Participating in Movement Exercises in the Classroom
- Increase the Number of Schools Participating in Smarter Lunchroom Techniques

Results for each goal area have been collected and reported as follows:

- School Meal Nutrition Information is being shared with Students/Families in a variety of methods including monthly menus, district newsletter, school newsletters, school student announcements, school parent organization meetings, social media posts, and videos posted to district website.
- Four schools reported hosting a Farm to School event. These schools included Camelview, Simis, Rose Lane, and Park. Locally grown fruits and vegetables were provided for students to sample as well as nutrition information provided. Farm to School events were shared with district families via newsletter.
- All schools in the district have been provided resources and training in Movement Exercises in the Classroom. All schools report utilizing on their campus.
- The *Smarter Lunchroom Assessment* was completed on each campus. Based on the results, the Food & Nutrition Services agreed on the following goals to encourage students to make healthy choices at breakfast and lunch:
  - Large monthly menu will be posted inside the cafeteria to inform students and staff of the menu options
  - Student taste testing will be offered at least once per year to help promote the school breakfast and lunch program
  - Displays of fresh produce will be offered at all cashier stations to encourage healthy consumption
  - White milk consumption will be encouraged by stocking all coolers with 50% or greater white vs. flavored milk
  - Monthly menus will be available at all school offices to help inform the public of healthy options being served

In an effort to increase student, staff, and community input into the breakfast and lunch program a student recipe contest and “Top Chef” event was offered. The district received 149 entries with all schools participating. A winning recipe from each campus was selected to compete in the “Top Chef” event. At the community event students prepared their winning recipes with the help of staff from Food & Nutrition Services. Guest chefs from local restaurants were on hand to taste the winning recipes and mentor the students. Each of the winning recipes were featured on the April/May menus.