



Wellness Update

May 15, 2018



Requirements

- Healthy, Hunger-Free Kids Act of 2010
- Adoption of a local wellness policy
- Established goals for:
 - Nutrition Promotion & Education
 - Standards & Nutrition Guidelines for all Foods/Beverages
 - Policies for Food/Beverage Marketing
 - Description of Public Involvement, Public Updates, Policy Leadership, and Evaluation Plan
 - Wellness Leadership
 - Public Involvement



District Wellness Committee

- Current members participating
 - Lori Garvey, Assistant Superintendent for Administrative Services
 - Barb Marshall, Assistant Superintendent for Educational Services
 - Kristin Soulsby, RDN, Director of Food & Nutrition Services
 - Sharon Seivert, District Lead RN
 - Valerie Martinez, Food Service Manager, Madison parent
 - Andrea Zechmann, RDN, Community Dietitian, Maricopa County Department of Public Health
- Meetings are open to all staff, students, parents and community members
- Meeting notices are posted on the district website



District Wellness Committee

- Based on the results of the individual school Wellness Policy Annual Progress Report four goal focus areas were established
 - 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

- School meal and general nutrition information is being shared on monthly menus, newsletters, social media, school announcements, parent organization meetings, videos posted to the district website
- Farm to School events were held at Camelview, Simis, Rose Lane and Park which featured locally grown fruits and vegetables for the students to sample
- All schools have been provided resources and offered training in Movement Exercises in the Classroom
- The Smarter Lunchroom Assessment was completed at all schools

Farm to School

Features locally grown produce for students to sample

Nutrition education provided

Cart courtesy of Maricopa County Office of Public Health





Results

- Based on the results four goals were established for the school cafeterias
 - Large colorful display of the monthly menu close to the serving area
 - Offer student taste test at least one a year to promote school meals
 - Display of fresh produce to be offered at all cashier stations to encourage healthy consumption
 - Encourage consumption of white milk by stocking all coolers with at least 50% or greater of white vs. flavored milk
 - Ensure monthly menu is available at all school offices to help inform the public of healthy options served

Make It Fun

Garden Planting & Sampling
Arizona Coyotes Hockey Camp
Smoothie Blender Bike
Celebrity Servers
Student Cooking Classes
Food Art Classes
Student Chefs
Arizona Cardinals Camp





Outreach

- To increase efforts to involve students, parents and staff in the planning of school meals a student recipe and “Top Chef” event was established
- 149 recipes were received from students at all eight schools
- A winning recipe was selected from each school and invited to participate in the “Top Chef” event held at the Park Commons
- Prizes as well as chef/celebrity judges were solicited from local establishments or current Madison families
- All recipes from those who competed at the “Top Chef” event were featured on the breakfast/lunch menus in April/May



Next Steps

- Executive Chef/Wellness Coordinator position has been created to provide further resources to individual schools in establishing wellness goals
 - Recipe development & culinary training for students/staff
 - Nutrition education/training for students/staff
 - Community events focusing on nutrition/fitness/wellness
 - Pursue grant opportunities for future wellness initiatives
 - Regularly market school meals and wellness activities to the community through social media, newsletters, media



Next Steps

- Establish Communication Plan and Annual Goals
 - Build school wide awareness of the Wellness policy, committee and resources available
 - Solicit participation in the district committee and events through school and/or parent organizations
 - Communicate regularly with students, parents and staff on school meal and general wellness
 - Update the public on annual goals and progress made
- Slide Show
- QUESTIONS?