

## WELLNESS COMMITTEE – GOALS AND OBJECTIVES 2021-2022

GOAL	OBJECTIVE	MEASUREMENT / EVIDENCE	OWNERSHIP
<b>Nutrition Promotion &amp; Education</b>	<p>1. Nutritional information for every food item can be found on the Food Service website. The website link shall be included on schools’ menus and school website. The website link is: <a href="http://preferredmealsmenu.com/">http://preferredmealsmenu.com/</a></p> <p>2. Promote healthy foods and non-food items that support a healthy lifestyle when planning school events, fundraisers, classroom snacks and treats.</p> <ul style="list-style-type: none"> <li>• Review and post the attached “Smart Snacks In School” poster from the Center for Disease Control’s (CDC).</li> <li>• Utilize resources from USDA Beyond the Cafeteria website or other healthy lifestyle programs for classroom celebrations, incentives and rewards. <a href="https://healthymeals.fns.usda.gov/local-wellness-policy-resources/all-foodsandbeverages-available-campus/beyond-cafeteria">https://healthymeals.fns.usda.gov/local-wellness-policy-resources/all-foodsandbeverages-available-campus/beyond-cafeteria</a>.</li> </ul> <p>3. Ensure parents &amp; staff are notified of the opportunity to be a member of the Wellness Committee.</p>	<p>1. Link to the website: <a href="http://preferredmealsmenu.com/">http://preferredmealsmenu.com/</a> with nutritional information.</p> <p>2. <b>By 1.31.22</b> Wellness Committee member submits an assurance statement to the Food Service Specialists assuring the following: “Smart Snacks In School” posters have been reviewed in all classrooms “Smart Snacks In School” posters have been posted in all classrooms Healthy foods and non-food items that support a healthy lifestyle have been discussed and utilized for school celebrations, incentives and rewards.</p> <p>3. Provide Food Service Specialist with a copy of the SIP invitation and/or notice provided to parents.</p>	<p>Food Service Specialist</p> <p>Food Service Specialist</p> <p>Food Service Specialist</p>
<b>Physical Activity</b>	<p>1. Each classroom teacher must promote one youth physical activity of their choosing or one from the CDC’s “Be Active and Play 60 Minutes Every Day!” Youth Physical Activity Toolkit which can be found at: <a href="http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/userguide_pa.pdf">http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/userguide_pa.pdf</a></p> <p>2. The Wellness Committee member shall write an article in the school newsletter on the Wellness Policy goals. The school will send the “Be Active Your Way” guide home to all parents. Guide is located at: <a href="http://www.health.gov/paguidelines/pdf/adultguide.pdf">http://www.health.gov/paguidelines/pdf/adultguide.pdf</a></p>	<p>1. <b>By 2.28.22</b> Wellness Committee member submits an assurance statement to the Food Service Specialists assuring each classroom teacher has promoted one youth physical activity.</p> <p>2. <b>By 2.28.22</b> Wellness Committee member submits the following to the Food Service Specialists: A copy of the school newsletter with the Wellness Committee article An assurance statement assuring the “Be Active Your</p>	<p>Food Service Specialists</p> <p>Food Service Specialists</p>

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		Way” guide has been sent to all parents	
<b>Activities Designed to Promote Student Wellness</b>	<ol style="list-style-type: none"> <li>1. Professional training of Food Service staff will be conducted annually.</li>   <li>2. Conduct a healthy food day by asking parents to provide a fruit, veggie, or healthy snack for their child.</li>   <li>3. Feedback on the Wellness Policy and goals will be solicited from parents and staff through a SIP survey.</li> </ol>	<ol style="list-style-type: none"> <li>1. Food service provider implements and documents training with sign in sheets and agendas and provides copies to the Food Service Specialists.</li>   <li>2. <b>By 3.30.22</b> Wellness Committee member submits to the Food Service Specialists a copy of the communication sent to parents regarding a healthy snack day.</li>   <li>3. <b>By 3.30.22</b> The school will submit copies of parent and staff SIP surveys to their Grants Consultant.</li> </ol>	<p>Food Service Specialist</p> <p>Food Service Specialist</p> <p>Food Service Specialist</p>