

Region 14 Schools Triennial Wellness Report

The Triennial Assessment for Region 14 Schools Wellness Policy was recently completed. Results indicate that the district has specific goals for nutrition education that are designed to promote student wellness.

Region 14 Schools are in compliance with all USDA nutrition standards for reimbursable school meals. All school meals are prepared by nutrition services staff that receive annual training in accordance with USDA Professional Standards. We participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) making all meals accessible to all students. All foods and beverages offered to students meet or exceed the USDA Smart Snacks in School nutrition standards.

The Wellness Policy assessment found several areas where the district is following good practices, but the Wellness Policy does not reflect that practice. The Wellness Policy will be revised in the 2022 - 2023 School year to reflect items such as identifying how families are provided information related to Free and Reduced meals.

Through our Wellness Policy evaluation process, we identified a few areas of practice needing focus. The Region 14 Administration will want to consider assessing the following:

The establishment of district and building level wellness committees.

Address who is responsible for overseeing those committees.

Addresses how all relevant stakeholders will participate in the development, implementation, and periodic review and update of the local wellness policy.

In general Region 14 Schools Wellness Practices and Policy are strong. The district has a wellness committee that plans to meet later this year and the Policy Committee is working with CAFE to revise policies.

The Policy Committee will update the Wellness Policy as needed during the 2022 – 2023 School Year to mirror the practices and to include all other required language.