

LEA Submission of Findings and Recommendations

Area of Assessment: NUTRITION

Findings:

1. Increase breakfast participation at all schools, specifically at the high school level.
2. Continue to decrease food used as reward for students and staff.
3. Continue to teach and encourage the importance of breakfast and lunch in the school day.

Recommendations:

1. Continue to implement Smarter Lunchroom Strategies to increase participation of students taking more fruits, vegetables and whole grain options.
2. Increase student breakfast participation - have alternative sites for breakfast service to make breakfast more convenient for all.

Area of Assessment: Physical Activity/Physical Education

Findings:

1. Refer to the Healthier Alliance Assessment

Recommendations:

1. Provide students with activities and games they can do at school and at home to keep them active.
2. Use informational materials/events and outside community partners to emphasize benefit of healthy living for families.
3. Partner with volunteers and/or community agencies to form fitness and wellness clubs.