

**Menifee Schools
Physical Activity and Nutrition Report
Findings and Recommendations**

Findings

Nutrition Environment:

- Advocate for healthy food choices and set clear expectations that promote healthy eating.
- Encourage healthy eating habits that lead to better academic performance

- Create an environment that promotes student health, well-being, and ability to learn

Physical Activity Environment:

- Implement a physical activity program with a quality physical education program
- Incorporate a curriculum and instructional day that promotes physical activity
- Develop physical activity policies and procedures throughout the school environment

Recommendations

- We will review menus for next year utilizing Farm to Table Program and increase availability of fresh fruit and vegetables.
- We will review menus for healthy food choices focusing on increasing breakfast participation and adding salads options.
- We will work with the Principals and Instructional Supervisor to ensure physical activity is incorporated in the actual school day by providing resources to staff.

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