

# School District of Lodi

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Adria Schroeder, 608-592-3851, schroad@lodischoolswi.org

### Section 1: Policy Assessment

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*Overall Rating:*

2

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Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.

- 0 = objective not met/no activities completed
- 1 = objective partially met/some activities completed
- 2 = objective mostly met/multiple activities completed
- 3 = objective met/all activities completed

Nutrition Standards for All Foods in School	Rating
Menus shall be planned that meet or exceed the minimum standards set by the USDA National School Lunch/Breakfast Program mandates and ensure that all students have access to adequate and healthy food choices at reasonable prices. Students who bring sack lunches from home will be encouraged to bring 100% juice or water with them instead of consuming heavily sweetened juice drinks or sport drinks.	3
They shall place the highest priority on foods rich in whole grains, low in fat and sodium, trans fat free and utilize a variety of fresh fruits and vegetables.	3
Milk shall be offered in fat-free (flavored) or skim (unflavored) varieties at every meal/nutrition break.	3
Food service shall be sensitive to the presence of dyes, sulfites, MSG, caffeine, high fructose corn syrup and other additives by limiting their use and finding alternative products that have fewer additives when possible.	3
The use of locally produced products shall be utilized when possible.	2

Nutrition Promotion	Rating
To create and foster a healthy school environment it is important to consider all venues where food and beverages may be consumed or sold on school premises.	2
The foods and beverages offered should reflect, promote, and encourage positive nutritional messages and healthy food choices.	3
A healthy school environment should not be dependent on revenue from high fat, low nutrient foods to support school programs.	3
When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutritional choices whenever appropriate	3
Food sales, parties, or special events that will interfere or conflict with the student's participation in the school lunch or breakfast programs shall be discouraged.	3

<b>Nutrition Education</b>	<b>Rating</b>
A K-12 health curriculum shall be offered that meets the standards as established by the Wisconsin Department of Public Instruction. The district's food service program will also play an active role in reinforcing the following nutrition/wellness related topics: USDA's Myplate Food Guide, food varieties, healthy diet, diet and disease, culture food choices, identify and encourage consumption of whole grains, food label basics, healthy snack choices, understanding calories and nutrient dense foods, appropriate serving sizes, proper food safety and sanitation, food allergies, healthy food demonstrations and tasting, theme days/months featuring cultural food choices	2
The District has a Food Safety plan and all questions can be sent to the Director of Food Service who shall be available to assist as needed	3

<b>Physical Activity and Education</b>	<b>Rating</b>
The minimum recommendations are: K-6 receives 150 minutes per week (including Physical Education class and recess), grades 7-8 regular weekly instruction (including Physical Education class and recess), and grades 9-12 at least 1.5 credits earned over three separate years.	3
Students shall be offered co-curricular activities and recess to ensure their success in reaching the recommended allowance of engaging in 60 minutes of physical activity on most, and preferably all days of the week.	3
The District will further encourage staff, students, and community physical fitness by providing access to the District facilities and promoting a District Staff Wellness Committee.	3
Any food items brought in from outside the district, on an occasional basis that is offered to students, shall be limited to healthier, ready to eat, prepackaged and shelf stable - requiring no refrigeration or temperature control - items.	3
The physical education curriculum shall teach students the value of physical activity and how overall health and fitness contributes to longevity. Students will participate in a wide range of physical activity to develop the knowledge and skills to become physically active for life.	3
The curriculum shall encourage that the recommended minimum times be met, as defined by the Wisconsin Department of Public Instruction, for physical education taught by a licensed physical education teacher.	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
The cafeteria climate shall provide students with a relaxed and enjoyable environment for their meal. The School Nutrition Association recommends a minimum time frame of 20 minutes (lunch) and 10 minutes (breakfast), from when the last student is served, for the students to enjoy their meal and provide needed socialization with other students.	2
Adults serve an important role in modeling ideal behavior for our students. Adult wellness resources may be provided via newsletters, handouts, and/or presentations that focus on healthy lifestyles.	3
To create and foster a healthy school environment, it is important to consider all venues where food and beverages may be consumed or sold on school premises. A healthy school environment should not be dependent on revenue from high fat, low nutrient foods to support school programs. All foods sold meet Smart Snack standards.	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
Adult wellness resources may be provided via newsletters, handouts, and/or presentations that focus on healthy lifestyles.	3

Policy Monitoring and Implementation	Rating
The foods and beverages offered should reflect, promote, and encourage positive nutritional messages and healthy food choices.	3
When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutritional choices whenever appropriate.	3
Food sales, parties, or special events that will interfere or conflict with the student's participation in the school lunch or breakfast programs shall be discouraged.	3
District and building level Strategic Planning Scorecards reflect strategies to improve healthy living. Scorecards are monitored 3X/year for implementation.	3

## Section 2: Progress Update

The School District of Lodi continues to prepare nutritious meals for our students based on the USDA guidelines. All foods sold to students meet Smart Snack nutritional standards and Smart Snack nutritional information is accessible at all school buildings. The farm to school program is increasing in the school district. Produce is purchased from local farmers including apples, potatoes, and sweet corn. Student FFA members help with harvesting local crops. Microgreens are grown at the Middle School and High School and used during school lunches. Students have access to Limited Time menu offerings, which are new menu options with samples provided for students to taste test. All menus include a fruit and vegetable bar for lunch. Guest chefs visit the district one time per year to showcase different food options from various cultures. The food service department provides the school board with a "BluePrint" of their work each year. This is a photo book of all of the updates from the Food Service Department.

## Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the Local Wellness Policy to a Model Wellness Policy. The WellSAT includes best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identified policy strengths and areas for improvement.

### Local Wellness Policy Strengths

The School District of Lodi's School Wellness Policy is detailed and inclusive that incorporates several aspects of healthy eating and living. Strengths include:

- 1.) Nutritional guidelines and opportunities for staff and student nutritional education
- 2.) Vending machines, concessions, and other non-food service areas are addressed.
- 3.) Clear examples of snack items brought from outside the district are identified.
- 4.) Includes what a healthy and safe environment should look like.
- 5.) Provides opportunities for physical activity.
- 6.) Acknowledges that partnerships with parents and the community are needed to promote, support, and model healthy behaviors and habits.
- 7.) Supporting policies of the Wellness Policy (i.e. food allergies, free and reduced lunch, ect)

### Areas for Local Wellness Policy Improvement

Areas for improvement include;

- 1.) Consistent and more frequent "Kids in the Kitchen" activities.
- 2.) Create more partnerships with local farmers to offer more farm to table opportunities.
- 3.) Food in the classroom for celebrations (i.e. classroom parties, birthdays, ect)