



Grove City Area School District Wellness Committee Meeting

April 19, 2023

Jennifer Reiser, RD, LDN
Director of Food Service



WELLNESS AGENDA

- 🍏 Welcome, Introductions & Sign in
- 🍏 Areas for Improvement based on Triennial District Wellness Assessment
- 🍏 Becky Rinker, Juice Plus+ Sr. Sales Coordinator | Tower Garden Specialist
- 🍏 Upcoming Grants
- 🍏 GCASD School Food & Nutrition Services Update
- 🍏 What is your school doing to promote wellness?

Next Meeting Date: TBD by Wellness Committee Members

Our District Wellness Committee

District Administrator

Jen Connelly, Director of Pupil Services
Josh Weaver, Assistant Superintendent

School Board Member

Patty Wilson

Principal

Larry Connelly, Middle School Brendan Smith, High School
Jen Nemet, High School

School Nurse

Ann Lanshcak, RN

Physical Education Teacher

William Herman, Michael DeCola
Kim Hohman, Tom Wise

Food Service Director

Jennifer Reiser, RD, LDN

Community Member

Amy Foley, United Way
Brenda Sandberg, Director of Community Affairs
Highmark Blue Shield

Student

Parent

Michelle Dosch

Other

Amber Fitch, School Social Worker
Brian Buchan, School Psychologist



2018-19 Grove City Area School District BMI Report K-12

Grade	BMI % Equal or Greater than the 95 percentile	BMI % Equal or Greater than the 85 percentile	BMI % at the 5 th or Less than the 85 percentile	BMI % less than the 5 th percentile
Kindergarten	10%	19%	68%	3%
1 st Grade	16%	14%	62%	7%
2 nd Grade	16%	16%	65%	3%
3 rd Grade	15%	21%	60%	5%
4 th Grade	21%	17%	54%	8%
5 th Grade	19%	18%	60%	4%
6 th Grade	27%	15%	48%	11%
7 th Grade	17%	20%	51%	12%
8 th Grade	16%	17%	62%	4%
9 th Grade	18%	15%	63%	3%
10 th Grade	13%	18%	58%	11%
11 th Grade	19%	6%	63%	10%
12 th Grade	13%	8%	67%	12%
TOTAL	17%	16%	60%	7%

33%
Grove City Area
School District
Students grades K-12
have a BMI %
Equal to or greater
than the 85%
indicating they are
considered
overweight or obese,
which increases their
risk of chronic diseases
such as heart disease
and diabetes.

21-22 Grove City Area School District BMI Report K-12

Grade	BMI % Equal or Greater than the 95 percentile	BMI % Equal or Greater than the 85 percentile	BMI % at the 5 th or Less than the 85 percentile	BMI % less than the 5 th percentile
Kindergarten	14.4%	14.9%	62.4%	7.8%
1 st Grade	20%	17%	56.8%	5%
2 nd Grade	21%	16.8%	58%	4%
3 rd Grade	25.6%	18%	58%	10.5%
4 th Grade	25.7%	18.8%	46%	4%
5 th Grade	20.5%	16.9%	51%	7%
6 th Grade	31.3%	14.9%	46.9%	6.8%
7 th Grade	22.6%	14.6%	52.5%	10%
8 th Grade	28.5%	16%	54%	1.5%
9 th Grade	21%	17%	59%	3.5%
10 th Grade	20.5%	13.5%	68%	1.5%
11 th Grade	18%	12.6%	66%	2%
12 th Grade	18%	12.4%	67%	2%
TOTAL	22%	16%	57%	5%

38%
Grove City Area
School District
Students grades K-12
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22-23 Grove City Area School District BMI Report K-12

Grade	BMI % Equal or Greater than the 95 percentile	BMI % Equal or Greater than the 85 percentile	BMI % at the 5 th or Less than the 85 percentile	BMI % less than the 5 th percentile
Kindergarten	13%	12%	70%	5%
1 st Grade	15%	17%	64%	4%
2 nd Grade	14%	16%	65%	5%
3 rd Grade	20%	17%	58%	5%
4 th Grade	23%	15%	58%	4%
5 th Grade	22%	20%	52%	6%
6 th Grade	23%	17%	58%	2%
7 th Grade	21%	18%	56%	5%
8 th Grade	22%	22%	49%	7%
9 th Grade	21%	15%	62%	2%
10 th Grade	17%	15%	65%	3%
11 th Grade	16%	16%	65%	3%
12 th Grade	15.5%	15.5%	66%	3%
TOTAL	19%	17%	60%	4%

36%
Grove City Area
School District
Students grades K-12
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Triennial District Wellness Assessment

Public Involvement, Notification, and Assessment

Area For improvement: We need representation from all stakeholders and try to improve our outreach and include student & community involvement. Currently do not have student or “community member” involvement.

Nutrition Education

Area For improvement: School Food Service and nutrition classes work together to create a learning laboratory. Integrate nutrition education into various subjects . Offer nutrition education and activities into all grade levels to all students Staff providing nutrition education will receive standards based training and professional development.

Nutrition Promotion

Area for Improvement: Staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans. Participate in Farm to school activities such as having school gardens, incorporating more local foods into school meals program and educating students about local agriculture.

Physical Activity

Area for Improvement: Implement more physically active clubs. Collaborate ideas that are happening at other schools to help improve our district physical activity.

Physical Education

Area for Improvement: Fitness testing every 9 weeks to help students see their results and help them with goal setting.

Other School Based Wellness Activities

Area for Improvement: Staff is informed about District Wellness- Staff Wellness Fair, etc. Create a plan for school fundraisers food related so they meet the nutrition guidelines

Becky Rinker

- 🍎 Health Management Systems Major
- 🍎 The Juice Plus Company Senior Sales coordinator and product specialist for the company's Tower Garden, a vertical, aeroponic growing system that can grow vegetables, herbs, fruits and flowers indoors or out, using only nutrients and water.
- 🍎 2017 Action for Healthy Kids Hunger Hero



All about School Tower Gardens

Green Bronx Machine- Classy Innovation Award Winner, Tower Gardens:

 <https://www.youtube.com/watch?v=iSyY9hENu-A>

Engage Students with a School Tower Garden:

 <https://beckyrinker.towergarden.com/school-gardens>





HEALTHY WAYS TO REWARD KIDS

Using food as a reward or punishment not only encourages children to eat outside of meal and snack times or when they're not hungry, but also may create a lifelong habit of rewarding or comforting themselves with food. This practice can undermine healthy eating messages and reinforce unhealthy eating habits. Food, even healthy options, should never be used as a reward or punishment.

FOLLOW THESE STEPS TO REWARD STUDENTS IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:

1

Write or update your district or site wellness policy to prohibit the use of food as a reward or punishment

2

Survey staff, students and families to identify successful non-food reward options and share the results with your school community

3

Send a letter to staff explaining the school's new policy and include examples of alternative practices

4

Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards

5

Share what's working at staff meetings to encourage your peers



CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs need to provide consistent messaging around healthy eating to avoid sending youth conflicting messages. While celebrations can include healthy foods, they can also provide opportunities for kids to play and enjoy music, dance, games, sports and other activities.

FOLLOW THESE STEPS TO CELEBRATE IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:

- 1** Write or update your district or site wellness policy to include language about healthy celebrations

- 2** Survey staff, students and families to identify successful healthy celebration options and share the results with the school community

- 3** Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards
- 4** Send letters to parents explaining the policy change and why it is important. Include a suggested healthy snack list for food parents send to school

- 5** Share what's working at staff meetings to encourage your peers

Simple
reminder
messages
to families
via
Parent
Square
or
in the School
handbook



Classroom Parties and Birthday Celebrations

Policy 246, School Wellness

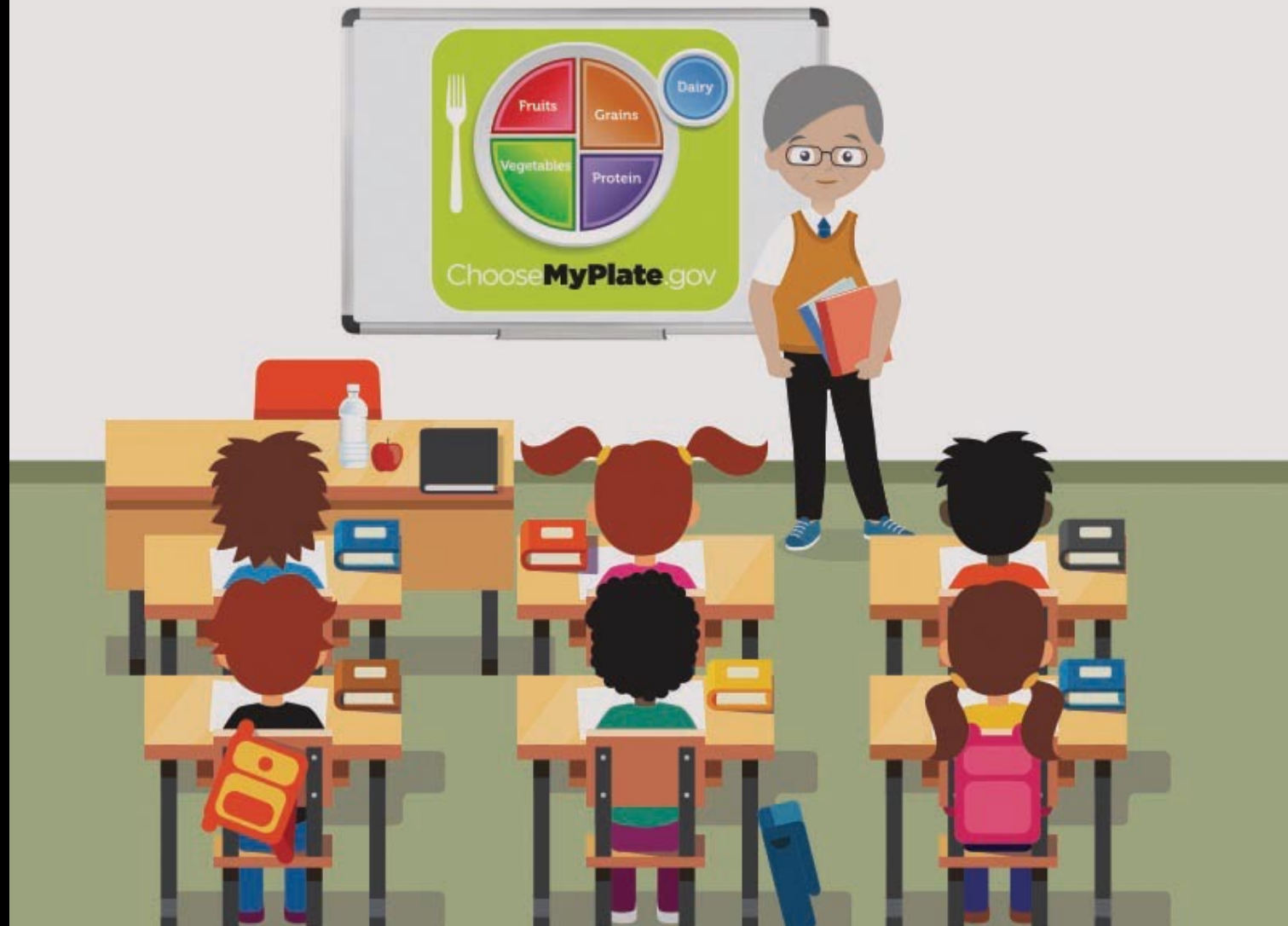
The [redacted] School District takes into consideration the well-being and nutritional safety of other children in the classroom with food allergies and/or their dietary needs. Please coordinate with the classroom teacher prior to sending food with your child as a classroom treat. Prepackaged treats are **preferred** if a food item is sent. Teachers, parents, and guardians are always encouraged to consider non-food options for classroom celebrations. Examples of non-food options include pencils, erasers, bubbles, Play-doh or straws.

What is your School doing to promote Wellness?

Please share any
new, fun ideas to
promote Wellness
in Your School

Better Health = Better Learners

#schoolwellness



How can you help teach students on the Importance of Wellness?



- 🍊 How can YOU make a difference in the lives of our future generation?
- 🍊 How can you inspire/influence them to make healthy choices?

- 🍊 What is YOUR role in School Wellness Promotion?
- 🍊 What do you want to get out of being a member of the District Wellness Committee?
- 🍊 How can you help our committee take our District Wellness to a new level?
- 🍊 What ideas do you have that we can implement that will improve our wellness programs within the district?
- 🍊 What is one area of wellness that you would like to focus on to improve our district wellness?

How can we improve our School Wellness?

Grants

Application
due Friday,
May 19,
2023



**PENNSYLVANIA
FARM BILL**

Farm to School
GRANT PROGRAM

Grants to improve access to healthy, local foods and increase agriculture educational opportunities for pre-kindergarten through 8th grade

Available to any school, program or center with a pre-kindergarten through 8th grade classroom may apply for up to **\$15,000** in funding

\$500,000 Available

APPLICATION PERIOD: APRIL 1 - MAY 19, 2023

<https://bit.ly/PAFarmToSchoolGrant>

How can we improve our School Wellness?

Grants

Schools can apply for grants in the areas of Physical Health, Social Health, and School-Based Health.

**Deadline:
April 28, 2023**



Highmark Foundation is pleased to present the 2023-24 **School Grants and Awards Program**. The application is now LIVE. The **School Grants and Awards Program** is entering its 11th year of creating healthier school environments that encourage positive, sustainable and lasting change through comprehensive strategies.

The Highmark Foundation Grants Program applications are available **ONLY through this link:**

<https://highmarkfoundationrfp.versaic.com/login>

Jane L. Brooks

Community Affairs Regional Manager

Highmark Blue Shield / Highmark Foundation

www.highmark.com | www.highmarkfoundation.com

(610) 573-5407 | jane.brooks@highmark.com



<https://www.fueluptoplay60.com/about>

Fuel Up to Play 60 helping create a foundation for educators and students to fuel being mindful and staying healthy.

Fuel Up to Play 60 provides students with the tools they need not only to lead healthier and happier lives – but to be heard and inspire change.





TOUCHDOWN STEPS

See the progress of schools in your district towards acheiving the Touchdown Award!

SCHOOL	 KICKOFF	 EAT HEALTHY	 GAME TIME	 TOUCHDOWN
GEORGE JR REPUBLIC HS				
GEORGE JR REPUBLIC MS				
GROVE CITY AREA HS				
GROVE CITY AREA MS				
HILLVIEW EL SCH				

Re-Energize Contest

WHEN: Now - April 28, 2023

WHERE: My School --> Touchdown Steps

AWARD: Chance to Win FUTP 60 Prize Packs and More!

Here's how to enter:

Go to the [Touchdown Steps](#) and report that you will incorporate one of the Learning Plan's agriculture-focused learning units — Farmers Fuel the World or Farmers Celebrate the Earth Every Day — in your school to be entered for your chance to win!

BEST OF BATCH FOUNDATION



Best of the Batch Foundation was founded in 1999 by former Steelers Quarterback to give back to his hometown of Homestead, PA. It offers over 12 programs to school-aged children, annually serving over 3,800 children and their families in over 8 Western Pennsylvania counties

the out of school time programming Best of the Batch offers reflects the wants and needs of the surrounding community.

<https://www.batchfoundation.org/about-us/>

Our Foundation also provides outreach services and college scholarships.



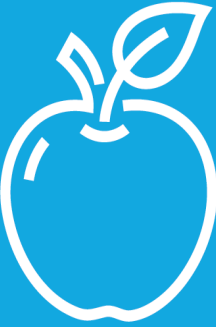
EVERY KID HEALTHY WEEK

2023 SCHEDULE

Check out our [Every Kid Healthy Week Toolkit](#). This toolkit includes materials to help you organize, promote, and celebrate the week within your school community

[Host an Every Kid Healthy Week celebration](#). Use the ideas and activities found on this webpage to brainstorm ways to celebrate!

everykidhealthyweek.org

APRIL 24 MINDFULNESS MONDAY	APRIL 25 TASTY TUESDAY	APRIL 26 WELLNESS WEDNESDAY	APRIL 27 THOUGHTFUL THURSDAY	APRIL 28 FAMILY FRIDAY
• • • • • CHILD HEALTH FOCUS • • • • •				
Social Emotional Health 	Nutrition and Food Access 	Physical Activity and Active play 	Equity Awareness 	Family-School Partnerships 

NATIONAL
SCHOOL LUNCH
PROGRAM



GCASD Café Updates

School Nutrition Program Administrative Review 2022-23

SNP Review Commendation

104-43-290-3 Status: Active
Grove City Area School District
DBA: GROVE CITY AREA SD
511 HIGHLAND AVENUE
GROVE CITY, PA 16127
County: MERCER
Vendor No.: 0000159447
FEIN: 256007501
Organization Type: Public
Sponsor Type: A. Public School

Sponsor Level Commendations

Action	Description
View	Records are organized and easy to review.
View	The FSD'd implementation of SNP requirements is commendable.

Site Level Commendations (HILLVIEW EL Sch)

Action	Description
View	The SFA offers an attractive variety of meal selections.

School Nutrition Programs 

Applications | Claims | Compliance | Reports | Security | Search | Year | Help | Log Out

Review Tracking > Dashboard > Corrective Action Documents - Findings > School Year: 2022 - 2023

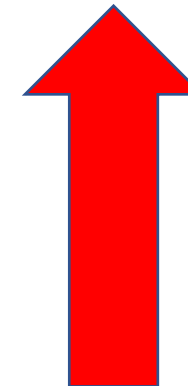
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DBA: GROVE CITY AREA SD
511 HIGHLAND AVENUE
GROVE CITY, PA 16127
County: MERCER
Vendor No.: 0000159447
FEIN: 256007501

000006844 Status: Active
HILLVIEW EL SCH
482 E. Main Street Extension
Grove City, PA 16127

Corrective Action Documents **Review ID: 24579**

Site Findings

Actions	Area	Question	CAD?	Status	Due Date
No Findings.					





GOOD NEWS ANNOUNCEMENT

After April 1st, 2023, reduced
price meals are no charge!



The Grove City Area School District Food & Nutrition Service Department will provide a free breakfast and lunch meal to children ages 18 and under living in the district.

Children must select a complete meal that must include at least 3 different food groups, one selection must be a fruit or vegetable to qualify for a free meal.

FREE
NUTRITIOUS MEALS

ALL children
ages 18 & younger

NO application



Breakfast & Lunch
Monday- Thursday



Meals must be
consumed onsite.

Meals will be
available on a
first come, first
serve basis.



Site Location:	Breakfast Hours:	Lunch Hours:
Hillview Elementary School 482 East Main Street Extension Grove City, PA 16127	Breakfast Available: 7:30 AM- 8:30 AM	Lunch Available: 10:45 AM- 12:15 PM
Dates:		
Starting on June 12, 2023. Ending on July 27, 2023. Monday – Thursday. No meal service on Fridays. No meal service July 3-7.		

For more information: <https://www.grovecity.k12.pa.us/domain/26>
Contact: Jennifer Reiser, RD, LDN Director of Food & Nutrition Services
Phone: 724.458.7704 **Email:** Jennifer.reiser@gcasdk12.org





Direct Certification Expansion to Medicaid Reduced Priced Eligible Households Beginning in the 2023-2024 School Year

This change supports access to school meals by helping to ensure that students eligible for reduced price meals have access to the benefit.

Families identified in this category will no longer need to submit a household application for school meals.

The addition of the DC Medicaid-Reduced category will reduce the administrative burden on schools, as fewer household applications will need to be processed and verified.

This change does not impact how the process of Direct Certification is conducted.

P-EBT | Pandemic Electronic Benefit Transfer PENNSYLVANIA

- Students who are eligible to receive free or reduced-price meals through the NSLP and attend a NSLP-sponsor school into May 2023 will receive a summer P-EBT stipend of \$120.
- DHS currently estimates they will issue benefits in early August for eligible students identified in the first files submitted by schools; and late September for students identified in the second school files.



Universal Free Meals coming to PA?

Regular Session 2023-2024 Senate Bill 180

Gov. Josh Shapiro proposed in his budget to provide sustainable, ongoing funding for universal breakfasts in schools. The Governor's budget proposal would also allow students who qualify for reduced meals to receive lunch at no cost.

The PA Department of Education, Division of Food and Nutrition announced that USDA selected Pennsylvania to expand Direct Certification (DC) using Medicaid income to include students where the household income meets the guidelines for reduced price meals.

At the federal level, the U.S. Department of Agriculture announced in March proposal to expand access to the Community Eligibility Provision, which allows high-poverty schools to serve free breakfast and lunch to all students without requiring families to apply. Under the proposed change, the minimum threshold of the Identified Student Percentage would lower from 40% to 25% for a school or district to qualify for CEP.

**“No Student Should Go Hungry
Universal School Meals”**



22 states considering universal school meal legislation

Twenty-two states plus Washington, D.C., were considering universal school meals as of April, according to the Food Research & Action Center.

No-Cost School Meals is an Investment for Student Health & Academics

School meals are essential for student health and learning. Studies show students who participate in healthy school meal programs have improved attendance, behavior, academic performance, and academic achievement.

No-Cost Meals Eliminate Stigmas & Barriers

The existing policy for school meals, where some children are expected to pay while others receive their meals for free, creates stigma and shame for those students who rely on school meals for their basic needs, and a barrier for those students who are not eligible but are still experiencing food insecurity

PROPOSED RULE FOR SCHOOL MEAL STANDARDS

We all share a common goal: raising healthy kids and helping them reach their full potential!

School meals are the main source of nutrition for millions of children every school day. Here are some ways USDA is proposing to make these meals even more nourishing, while still keeping them appealing to kids. We welcome your feedback on these proposed changes through [public comments](#).



Added Sugars

Limit using a phased approach:

- Phase 1:** Limits on specific high-sugar products like yogurt and cereal
- Phase 2:** Overall weekly limits across all meals





Milk

Allow some* flavored milk with reasonable limits on added sugars.

* The proposed rule requests feedback on different options.





Whole Grains

Offer products that are primarily whole grain with the option for occasional non-whole, enriched grain products.





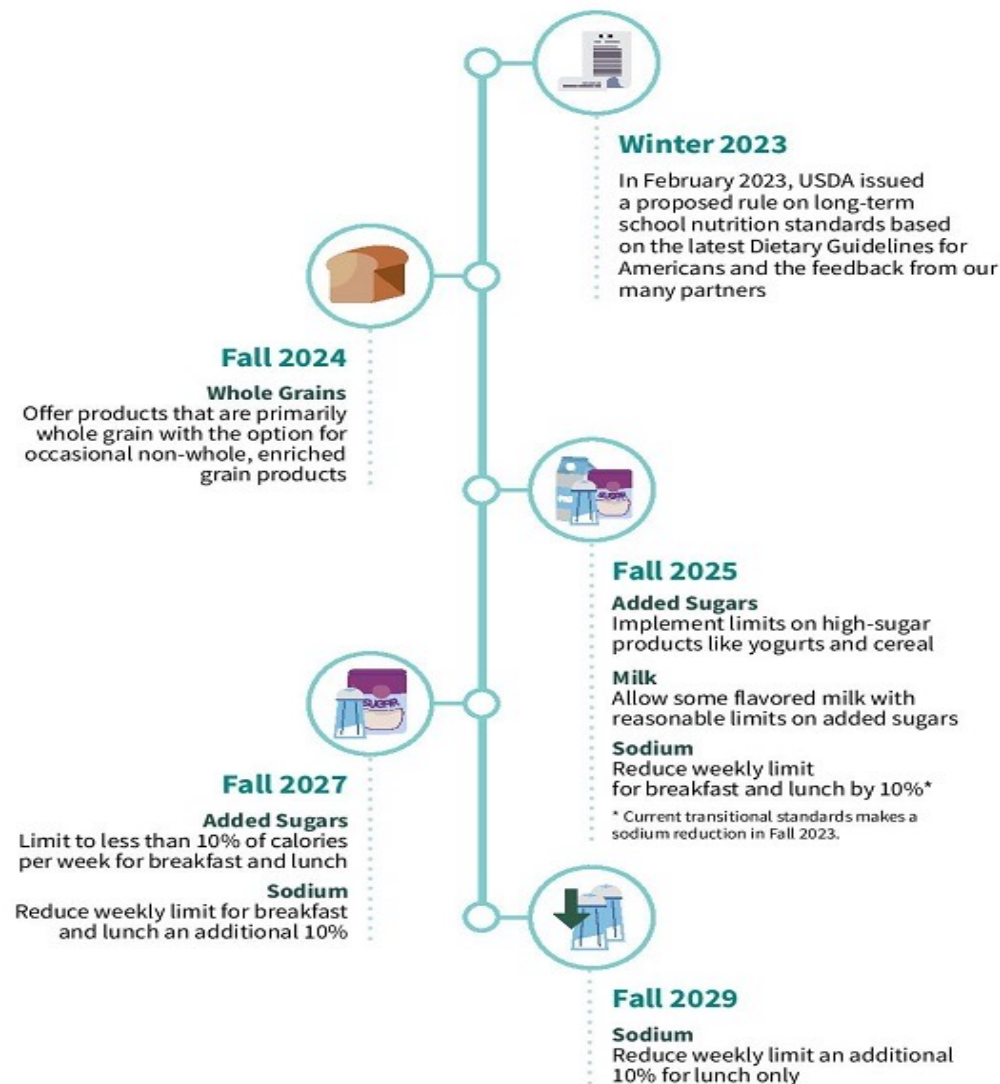
Sodium

Reduce weekly limits gradually and in line with FDA's recommendations for industry.



PROPOSED IMPLEMENTATION TIMELINE FOR UPDATING THE SCHOOL MEAL STANDARDS

USDA is proposing science-based updates to the school meal standards to make them even more nourishing for kids, yet feasible for our school meal partners. We're building in plenty of time for planning and implementation to ensure school nutrition professionals, state agencies, the school food industry, families, and all our school meal partners have the best chance for long-term success. We welcome your feedback on this approach through [public comments](#).



Meal Pattern Chart – 5 Day Week beginning July 1, 2023

Reflects USDA Final Rule – Transitional Standards for Milk, Whole Grains, and Sodium

[illegible]

National School Lunch Program Sodium Reduction Limits

	Target 1 (effective July 2014)	Target 1A (effective July 2023)
Grades K-5:	≤1,230	≤1,110
Grades 6-8:	≤1,360	≤1,225
Grades 9-12:	≤1,420	≤1,280

Dietary Guidelines for Americans 2020-2025

School Breakfast Program Sodium Reduction Limits

	Target 1 (effective July 2014)
Grades K-5:	≤540
Grades 6-8:	≤600
Grades 9-12:	≤640

Whole Grain Rich:

This final rule requires at least 80 percent of the weekly grains in the school lunch and breakfast menus to be whole grain-rich.

Limits on unhealthy fat: Meals cannot contain added trans-fat and no more than 10 percent of calories can come from saturated fat.

Low-fat and fat-free milk: Every school meal offers one cup of fat-free or 1% milk. Flavored milk must be fat-free. To meet calorie limits, milk processors have developed flavored milk with less added sugar. [Transitional nutrition standards](#) allow schools to offer flavored 1% milk.

SCHOOL LUNCH HERO DAY



- School Lunch Hero Day will be celebrated on **May 5, 2023**.
- Ideas to help celebrate our school lunch nutrition professionals!
- Hang signs around the school celebrating the school nutrition staff.
- Ask teachers to have their classes make cards for the foodservice staff.
- Surprise your teams by decorating the cafeterias.
- Prepare them a special luncheon!

Follow us on
Twitter

**GCASD Food and
Nutrition Services
@GCASDNUTRITION**

