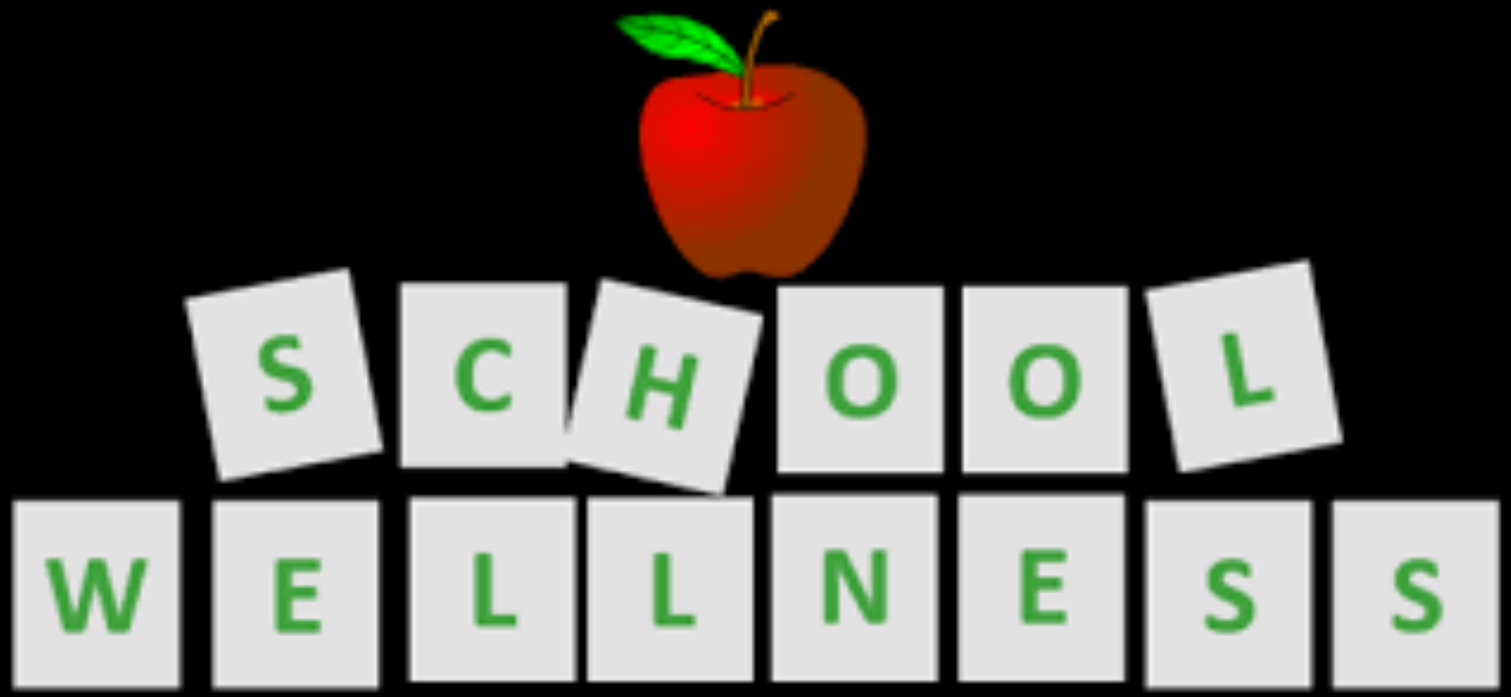


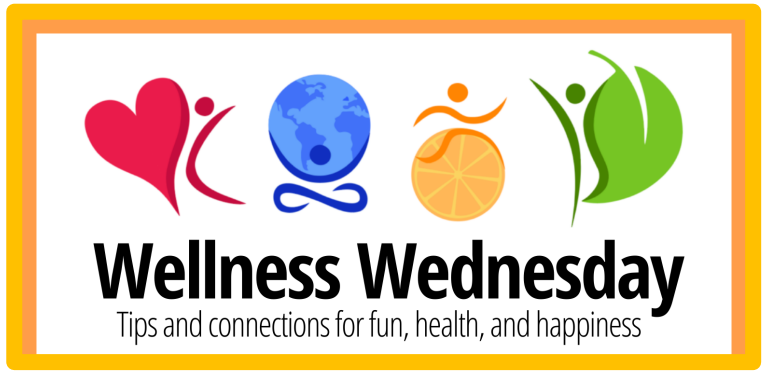
Grove City Area School District Wellness Committee Meeting

March 23, 2022

Jennifer Reiser, RD, LDN
Director of Food Service

WELLNESS AGENDA

- Welcome, Introductions & Sign in
- Who Represents our District Wellness Committee?
- Share what your school is doing to promote wellness
- Review of the Triennial District Wellness Assessment
  - ADD/CHANGE Assessment?
- Goal Setting for all focus areas of Wellness:
  Nutrition Education, Nutrition Promotion, Physical Activity and Education,
  Other School Based Activities to promote Wellness
  - What can we do to promote wellness in the schools
- Record keeping/ monitoring
- GCASD School Food & Nutrition Services Update
- Next Meeting Date: TBD by Wellness Committee Members



Who represents our District Wellness Committee?

District Administrator	Jen Connelly, Director of Pupil Services Josh Weaver, Assistant Superintendent
School Board Member	Patty Wilson
Principal	Larry Connelly, MS
School Nurse	Ann Lanshcak, RN
Physical Education Teacher	William Herman HS, Michael DeCola MS
Food Service Director	Jennifer Reiser, RD
Community Member	Traci Gerard, Grove City Community Food Pantry
Student	Student Dining Committee Meetings Dr. Weaver will find a High School Student that will attend the meetings.
Parent	Michelle Dosch
Other	Amber Fitch, School Social Worker, Brian Buchan, School Psychologist





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?

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

38%

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.

What are the effects of Unhealthy Students



Unhealthy Students become Unhealthy Adults

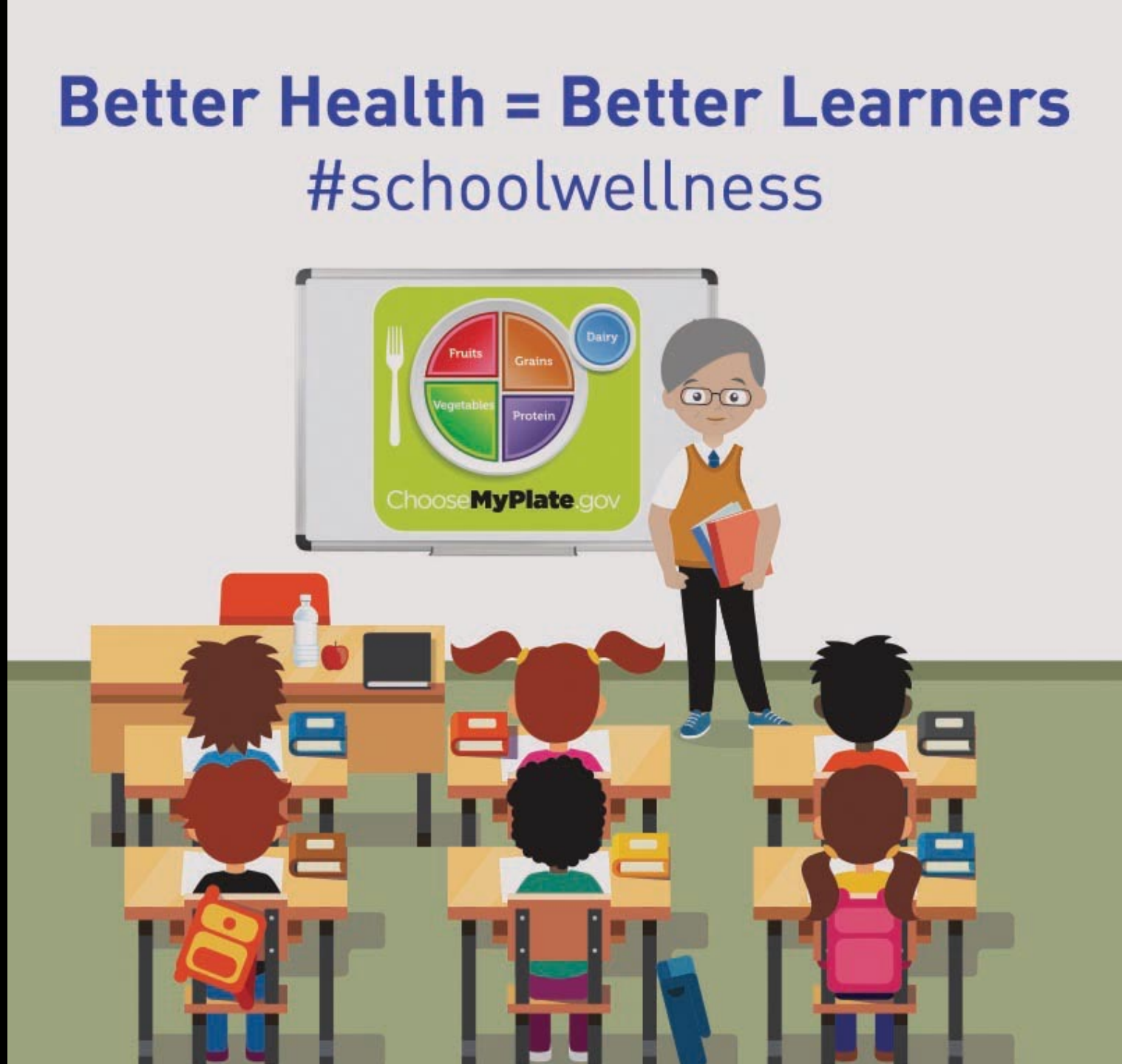
- Body image distortion
- Eating disorders
- Bullying
- Unable to concentrate
- Metal health issues
- Poor attendance
- Poor grades



- At risk for type 2 diabetes, heart disease, stroke, high blood pressure, cancer
- Mental health issues- depression, anxiety
- At risk pregnancies, which can also cause difficulties for baby
- Premature death

What is your School doing to promote Wellness?

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



Who is Your School Building Wellness Representative?

Lead your school's team on Wellness. Discuss Wellness Initiatives in your school. Report back to the Wellness Committee regarding the wellness assessment and setting goals for your school on areas of wellness.

Inform, engage and inspire the staff/students at your school

Promote and help Coordinate Wellness Programs

and events in your school





High School Wellness Representative:

Middle School Wellness Representative:

Hillview School Wellness Representative:

Easy Ways to incorporate Wellness into the day





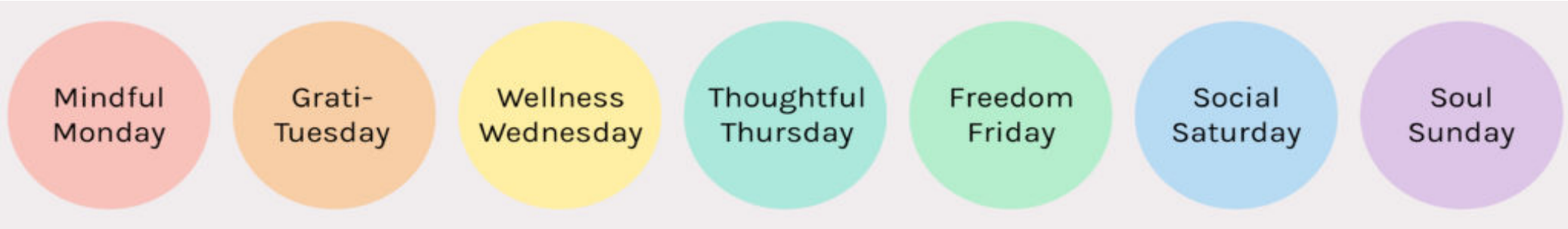


Design a School Wellness Wall

Wellness Inspired Rooms, Doors, Bulletin Boards

A shared space where students and staff can post positive inspirational quotes, healthy eating recipes/food ideas, exercise tips or routines, get creative.

Easy Ways to incorporate Wellness into the day














TYPES OF SELF-CARE
PHYSICAL
Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest
EMOTIONAL
Stress management
Emotional maturity
Forgiveness
Compassion
Kindness
SOCIAL
Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help
SPIRITUAL
Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space
PERSONAL
Hobbies
Knowing yourself
Personal identity
Honoring your true self
SPACE
Safety
Healthy living environment
Security and stability
Organized space
FINANCIAL
Saving
Budgeting
Money management
Splurging
Paying bills
WORK
Time management
Work boundaries
Positive workplace
More learning
Break time

MINDFULNESS WEEKLY CALENDAR

Week # _____ Dates: _____

Motivation Monday

ACTIVITY:

- Compliment yourself.
- Add your compliment to the class group work document.

Gratituesday

ACTIVITY:

- Create a social media post for a person you are grateful for.

Wellness Wednesday

ACTIVITY:

- Take a few minutes and do nothing.
- Pick a comfortable spot around the room.
- Breathing exercises.

Thinking Thursday

CLASS DISCUSSION:

- "What is something that you want to do but you're scared to try?"
- Why do you feel that way?
- What they can you do to get past this fear?

ACTIVITY:

- Look at the list of the 30 New Things To Try
- Pick a random number to do.
- Tick the number when done.

Feel-good Friday

ACTIVITY:

- Self-care activity
- Pick from a list of what you can do.


Smile
Exercise
Spend time with nature
CLOUD GAZING
Breathe
Open Mind
Walk BAREFOOT
RELAX
RELAX
RELAX
MINDFULNESS
FORGIVE
FORGIVE
FORGIVE
POSITIVE THINKING
Plant
Cook
Take the dog for a walk
Take a bath
Chat with friends
<listen>


Motivation Monday
encouraging you to be a better you!


MOTIVATION MONDAY



Good Nutrition is Our Mission



Incorporate Fun Activities about Eating Healthy and Importance of Good Nutrition

PA Harvest of the Month

Apple Crunch Day

National Nutrition Month
March

Farm to School Activities

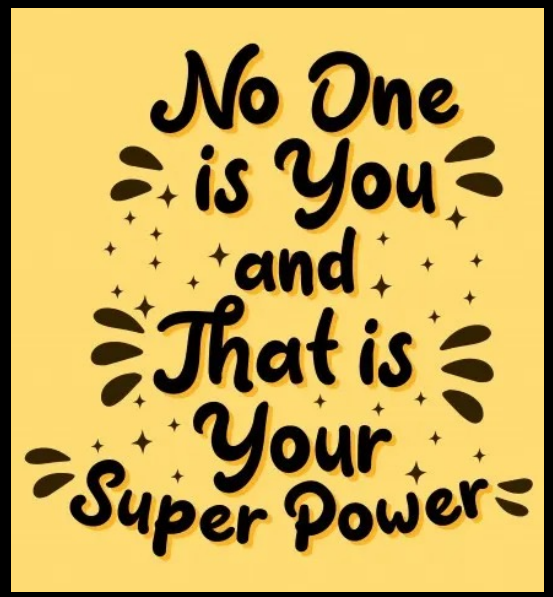
Tour a Local Farm or have a farmer talk about how to grow different fruits/veggies:

Example- Corn on the Cob and serve it on the menu

Grow a Garden- Indoor Tower Garden- Have student sample the foods

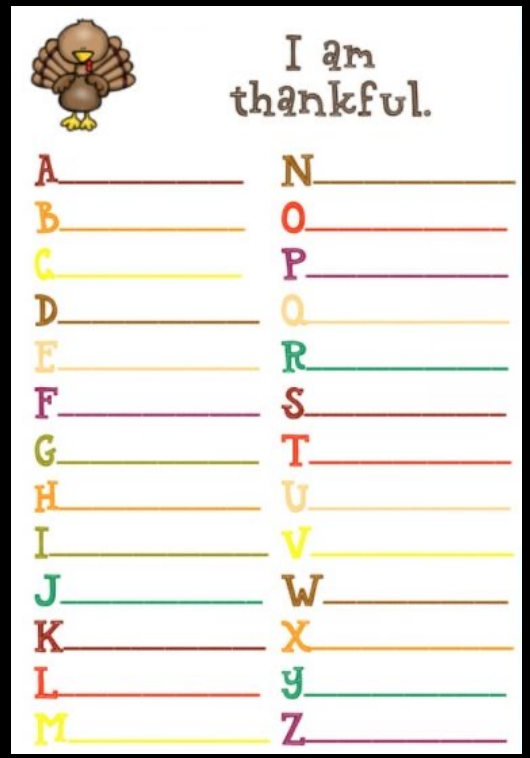
Wellness Wednesday

Tips and Connections for Fun, Health & Happiness



- Focus on the Well Being of Each Individual
- Focus Mental/Emotional Well Being
- Create an Atmosphere that Focuses on the Importance of Wellness to be Successful
- Each Week you can incorporate a different Wellness Wednesday Topic
- Wellness Wednesday Quotes on the AM announcements
- Wellness Handouts for the Families on Parent Square?
- Tips to keep families healthy
- Plan a Wellness Wednesday Event to include parents- Wellness Fair?





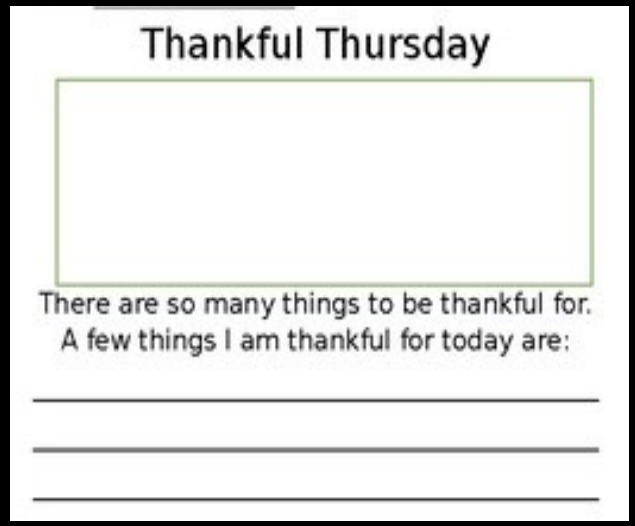
thankful THURSDAY



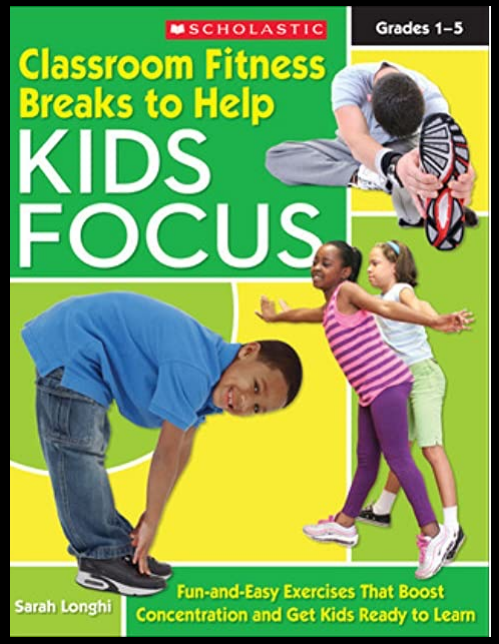


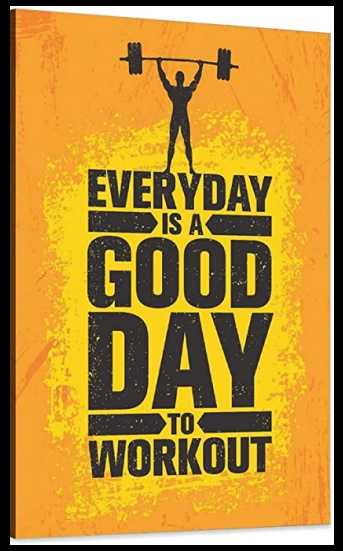
Incorporate a quick, few minute lesson that focuses on how to be thankful.

Have them learn how to write a thank you note to send to someone.









- Incorporate an Active Lesson for each class
  Example: Have students track their steps for a math lesson or go on a Nature walk to find different flowers/leaves/trees in Science Class
- Classroom ”Fitness Friday” – Brain Breaks
- Whole School Work Out Together on Fridays
  Example: Dance to a song picked by a classroom each week played over the announcements in the classroom
- Example: Have a Yoga Instructor from the community show students how to stretch and strengthen their bodies and reduce stress

How can we create a wellness movement?



What other fun ideas do you have to help promote school wellness?

How can we create a culture that focuses on the importance of wellness to be successful?

How can we create awareness to our school community?

School District Wellness Requirements

- Required to have a Local School Wellness Policy and meet expanded requirements consistent with the Healthy, Hunger-Free Kids Act of 2010.
- Required to designate one or more officials to ensure that each school complies with the policy
- Required to identify the position of the school official responsible for the implementation and oversight of the wellness policy
- Required to have a wellness policy team which must include the stakeholders mentioned earlier.
- Required to complete a triennial wellness assessment and determine goals for improvements in the various categories of wellness: Nutrition Education, Nutrition Promotion, Physical Education, Physical Activity, Other school-based activities to promote student wellness.
- Required to review and consider evidence-based strategies and techniques in developing goals.

GCASD School Wellness Policy

Adopted: May 11, 2015

Last Revised: March 11, 2019

www.grovecity.k12.pa.us

School Board Tab

Policies

Board Policies

School Board Policy Manual

Grove City Area School District

- 246 School Wellness



Triennial Assessment Tool and Report Template

When completed in full, this form may serve as both a triennial assessment tool and public report to meet the requirements in federal regulations and prepare for the Administrative Review by the Pennsylvania Department of Education (PDE), Division of Food and Nutrition. This document is intended to be completed using LEA-level information; however, the LEA may determine that a report from each school site, or alternatively, each school level (i.e., elementary, middle, high school) works better in assessing compliance and progress over time. For larger school districts, reporting on a district level may be challenging due to variation in sites' programs and progress in attaining wellness goals. If completing this report for the entire LEA, answer questions using the best available information and consider noting individual building variations or concerns in the "notes" sections.

This assessment form was completed for the entire district not individual buildings.

Public Involvement, Notification, and Assessment

Included in the written policy? Yes	No	Public Involvement, Notification, and Assessment	Implemented in the school building(s)? Fully in Place	Partially in Place	Not in Place
◉	○	**We have LEA official(s)/designee(s) in charge of wellness policy compliance.** Name(s)/Title(s): Jennifer Reiser, Director of Food & Nutrition Services	◉	○	○
◉	○	**We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").**	◉	○	○
◉	○	**Triennial assessment results are made available to the public in an easily accessible manner.** Website address and/or description of how to access copy:	◉	○	○
◉	○	**At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.**	◉	○	○
◉	○	**The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public.** Website address for policy and/or description of how to access copy: https://www.grovecity.k12.pa.us/Page/1893 and Food Service Welcome Back Letter	◉	○	○
◉	○	We retain records as required by federal regulations including: ☑ The written school wellness policy, ☑ Documentation of making the wellness policy publicly available, ☑ Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and ☑ Copy of triennial assessment and documentation of reporting results to public.	◉	○	○
◉	○	**The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:** ☑ Administrators ☑ Food service staff ☑ School health professionals ☑ Parents ☐ School board members ☑ PE teachers ☐ Students ☑ Public Other stakeholders (describe):	○	◉	○

Notes on public involvement, notification, and assessment:
Work on improving outreach by utlizing our new District Social worker and designating a liason wellness committee member in each school building. Also work more closely with Allegheny Health Network locally to see what ideas they have done to help other schools improve wellness.

Area For improvement: To make sure that we had representation from all stakeholders and try to improve our outreach.

- ✓ Worked with Amber Fitch, District Social Worker to have her help identify more stakeholders in the community and each building to increase our participation in the meetings.
- ✓ Contacted Allegheny Health Network for some guidance to improve wellness.
- ✓ Sent out a survey for when to meet
- ✓ All wellness information is posted on the District Website under Food Services page. It includes the Policy, Documentation of meetings, who to contact if they want to join the committee and the results of the triennial assessment survey.

Nutrition Education

Nutrition Education*

◉	○	Nutrition education is provided within PDE's sequential, comprehensive health education standards.	◉	○	○
◉	○	We teach, model, encourage, and support healthy eating through nutrition education.	○	◉	○

Included in the written policy?			Implemented in the school building(s)?		
Yes	No		Fully in Place	Partially in Place	Not in Place
◉	○	We provide all students with knowledge and skills for healthy lives via nutrition education.	○	◉	○
◉	○	We offer age-appropriate nutrition education and activities to students in: ☐ Elementary School ☑ Middle School ☐ High School	○	◉	○
◉	○	Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness.	○	◉	○
◉	○	School food service and nutrition education classes work together to create a learning laboratory.	○	○	◉
◉	○	In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).	○	◉	○
◉	○	We reinforce lifelong lifestyle balance by linking nutrition and physical activity.	○	◉	○
◉	○	Staff providing nutrition education receive standards-based training and professional development.	○	○	◉
◉	○	We engage and involve families and the community in nutrition education efforts.	○	◉	○
		Other goal (describe):			

Notes on goals for nutrition education:
Encourage the staff members that provide nutrition education to participate in health, physical fitness and nutrition based professional development opportunities.
Conduct more taste testings of healthy new recipes at Open House or Back to School Night.

This area was assessed to the best of our knowledge.

Currently the school food service and nutrition classes do not work together to create a learning laboratory. What ideas would you have that we could do in each building to work together?

Currently, the staff providing nutrition education have not received standards based training and professional development, but the district does offer the opportunity for those individuals to participate in continuing education.

Currently, we do not engage and involve the families in the community in nutrition education efforts. Some ideas would include providing healthy food samples at Open House or Back to school nights. Also providing nutrition handouts to families.

The District Food Service Website offers resources and recipes.

Nutrition Promotion

Nutrition Promotion*					
◉	○	We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.	○	◉	○
◉	○	We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.	○	◉	○
◉	○	We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.	◉	○	○
◉	○	We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.	◉	○	○
◉	○	We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.	○	◉	○
◉	○	Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.	○	◉	○
◉	○	We offer health and nutrition resources to parents to help them provide healthy meals for their children.	◉	○	○
		Other goal (describe):			

Notes on goals for nutrition promotion:
Provide nutrition education information on social media posts and the GCASD Food Service website.

- ✓ The Cafeteria has posters of healthy foods, importance of breakfast and how to choose a balanced meal.
- ✓ The Cafeteria participates in the PA Harvest of the Month program and has provided samples of local products for tasting.

We are unsure if staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.

- ✓ We have included nutrition resources on the GCASD food and nutrition services website and Twitter page

Physical Activity

Physical Activity*						
◉	○	We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.	○	◉	○
◉	○	We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.	○	◉	○
Included in the written policy?			**Implemented in the school building(s)?**		
Yes	**No**		**Fully in Place**	**Partially in Place**	**Not in Place**
◉	○	In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.	○	◉	○
◉	○	We maintain a physical and social environment that encourages safe and enjoyable activity for all students.	◉	○	○
◉	○	We discourage extended periods of inactivity (two hours or more) for students.	◉	○	○
◉	○	We provide physical activity breaks in the classroom.	○	◉	○
◉	○	We offer before and/or after-school programs that include physical activity for participating children.	○	◉	○
◉	○	We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.	◉	○	○
◉	○	We do not use physical activity as a punishment (e.g., running laps).	○	◉	○
◉	○	We do not withhold physical activity as a punishment (e.g., taking away recess).	○	◉	○
◉	○	We encourage walking and biking to school.	○	◉	○
◉	○	We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.	◉	○	○
		Other goal (describe):			

Notes on goals for physical activity:
Implement more physically active clubs. Share/colaborate ideas that are happening at other schools to help improve our district physical activity.

The Health and Physical Education Team will assess this for their buildings and report back with any necessary changes to the report and provide any recommendations for goals on physical activity.

Physical Education

Physical Education (PE)

⊙	○	We implement a PE program consistent with state academic standards. All students participate in PE.	○	⊙	○
⊙	○	PE instruction promotes skills and knowledge necessary for lifelong physical activity.	⊙	○	○
⊙	○	PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.	⊙	○	○
⊙	○	Our curriculum promotes both team and individual activities.	⊙	○	○
⊙	○	We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	⊙	○	○
⊙	○	We use a local assessment system to track student progress on state standards.	⊙	○	○
⊙	○	Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	⊙	○	○
⊙	○	We provide safe and adequate equipment, facilities, and resources for PE class.	⊙	○	○
⊙	○	Certified health and PE teachers teach our classes.	⊙	○	○
⊙	○	We provide professional development for PE staff.	⊙	○	○
⊙	○	PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	⊙	○	○
⊙	○	We do not use or withhold physical activity as a form of punishment in PE class.	⊙	○	○
		Other goal (describe):			

Notes on goals for physical education:
Finess testing every 9 weeks to help students see their results and help them with setting goals.

The Health and Physical Education Team will assess this for their buildings and report back with any necessary changes to the report and provide any recommendations for goals on physical education.

Other School Based Wellness Activities

Any other goals to include for other school-based activities?

Need to train all staff about school wellness – at the opening meeting? Have a table set up with information about the importance of School Wellness

Need to create a plan for school fundraisers with each building.

Due to issues with manufacturing, we have not done our Student Dining Meetings this school year.

We currently do not involve parents in taste testing of our menu option? Could include this at Kindergarten orientation?

Currently the nutrition content of the meals is not being posted on the website as there have been numerous menu product substitutions this school year, which would change the calories, carbs, etc.

Included in the written policy?		Other School-Based Wellness Activities*	Implemented in the school building(s)?		
Yes	No		Fully in Place	Partially in Place	Not in Place
⊙	○	Free drinking water is available and accessible to students during meal periods and throughout the school day.	⊙	○	○
⊙	○	School nutrition staff meet local hiring criteria and in compliance with federal regulations.	⊙	○	○
⊙	○	We provide continuing education to school nutrition staff as required by federal regulations.	⊙	○	○
⊙	○	We provide adequate space for eating and serving school meals.	⊙	○	○
⊙	○	We provide a safe and clean meal environment for students.	⊙	○	○
⊙	○	We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	⊙	○	○
⊙	○	We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	○	⊙	○
⊙	○	Students have access to hand washing or sanitizing before meals.	⊙	○	○
⊙	○	Only authorized staff have access to the food service operation.	⊙	○	○
⊙	○	We provide the nutrition content of school meals to the school community.	○	⊙	○
⊙	○	We include students/parents in menu selections through taste-testing and surveys.	○	⊙	○
⊙	○	We utilize outside funding and programs to enhance school wellness.	⊙	○	○
⊙	○	We train all staff on the components of the school wellness policy.	○	⊙	○
⊙	○	School based activities are planned with wellness policy goals in mind.	○	⊙	○
⊙	○	Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	○	⊙	○
⊙	○	We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	○	⊙	○
⊙	○	We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	○	⊙	○
⊙	○	Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.	⊙	○	○
		Other goal (describe):			

Notes on goals for other school-based activities:

The Food Service Department will post the nutrition content of the school meals on the Food Service Department website to help students and parents make informed decisions.

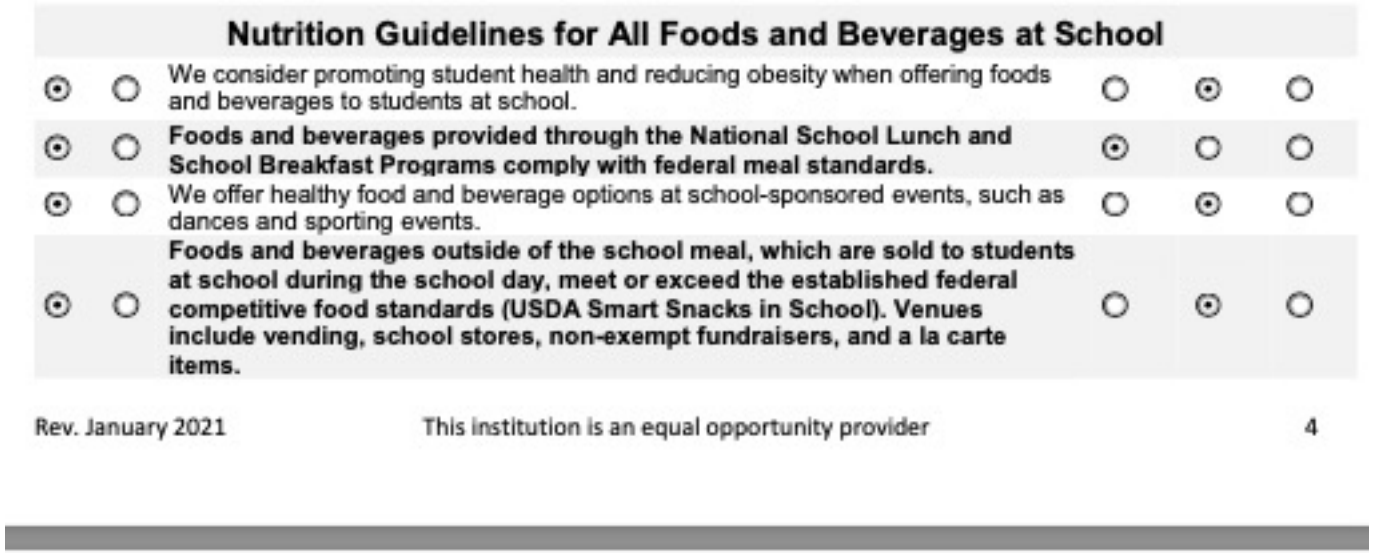
At the Back to school opening district employee meeting, include information to the staff about District Wellness

Nutrition Guidelines for All Foods and Beverages at School

- ✓ Currently, foods and beverages provided through the school meals program comply with federal meal standards.
- ✓ A list of non-food and healthy food/beverage alternatives have been posted to the GCASD Food & Nutrition Services Website.

At the last meeting, we did not have a response for fundraisers, treats as rewards, classroom parties and options at school sponsored events such as dances and sporting events.

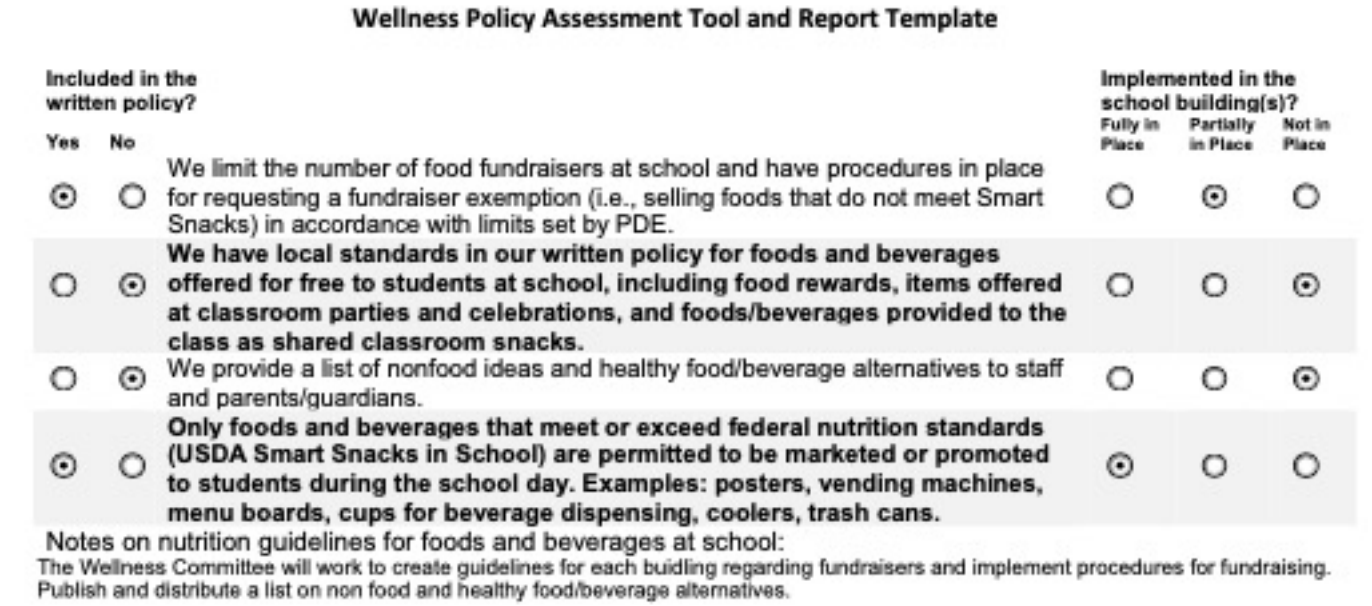
We may want to review the goals for nutrition guidelines for all foods and beverages sold at school beyond the school meals program and make any necessary changes.



Nutrition Guidelines for All Foods and Beverages at School

⊙	○	We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	○	⊙	○
⊙	○	**Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.**	⊙	○	○
⊙	○	We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	○	⊙	○
⊙	○	**Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.**	○	⊙	○

Rev. January 2021 This institution is an equal opportunity provider 4



Wellness Policy Assessment Tool and Report Template

Included in the written policy?			Implemented in the school building(s)?		
Yes	No		Fully in Place	Partially in Place	Not in Place
⊙	○	We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.	○	⊙	○
○	⊙	**We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.**	○	○	⊙
○	⊙	We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.	○	○	⊙
⊙	○	**Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.**	⊙	○	○

Notes on nutrition guidelines for foods and beverages at school:
The Wellness Committee will work to create guidelines for each buidling regarding fundraisers and implement procedures for fundraising.
Publish and distribute a list on non food and healthy food/beverage alternatives.

Guidelines for Fundraising in Schools

- School fundraisers are included in the standards. A fundraiser is considered any event that includes an activity in which currency/tokens/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities. Examples include baked goods/pretzel/candy bar sales where profits are used to support a school-sponsored club or activity, such as the school band or sports team.
- The Pennsylvania Department of Education has determined that a maximum of 5 (five) exempt fundraisers will be permitted in each elementary and middle school building per year, and a maximum of 10 (ten) exempt fundraisers will be permitted in each high school building per year. Each fundraiser may not exceed one school week.
- Schools must keep records of all food fundraisers for four years and present them to the PA Department of Education when audited.
- Exemptions only apply to fundraisers that do not meet the requirements for foods sold in schools in the Smart Snack Standards.
- Non-food fundraisers and food fundraisers that meet the requirements of the Smart Snack Standards do not require an exemption.
- Exempt fundraisers may not be sold in the food service areas during the meal period.

Additionally, the Smart Snack Standards only apply to foods sold to students during the school day. Therefore, the Smart Snack Standards are not applicable to fundraisers that take place after the school day (i.e., fundraisers where a brochure is sent home, such as frozen pizzas, subs/sandwiches).

This is one example of an exempt fundraiser. Does not meet the smart snack guidelines.

Exempt fundraiser may not exceed one school week and cannot be sold during school meal periods.



Fund Raising Assistance for compliance with Wellness

The Healthy Hunger Free Kids Act of 2010 requires the USDA to establish for all food sold on School grounds during the school day.

School Fundraisers are included in these standards. The rule requires each state to establish guidelines which will determine the number of fund raisers that do not meet the guideline as a district is permitted to allow.

A fund raiser is considered an event that includes an activity which currency/tokens/tickets, etc., Are exchanged for the sale or purchase of a product in support of the school or school related activities.

The Department of Education has established the number of exempt fundraisers that will be permitted each year. High School 10, and Elementary and Middle School 5.

All requests for an exempt fund raiser must be submitted to the Building Principal and Food Service Director, one month prior to the fundraising activity. Each fund raiser may not exceed one school week.

Please complete the Fundraising Request Form and Please include all nutrition labels and information Attached to the form.

SCHOOL DISTRICT
Fundraising Request Form

Must be completed and submitted for approval to the Building Principal <u>one month</u> prior to event.
A copy of the form must remain in the District's Administrative Offices once submitted and signed by the Director of Food Service and Building Principal

Club/Organization Name: _____ Date: _____

Date(s) of Fundraiser: Start_____ End_____

Purpose of Fundraiser: _____

Type of Fundraiser: □ Sale what will you be selling? _____

□ Raffle what will you be raffling? _____

_

□ Other _____

Please provide details (items being sold and nutrition labels):

_____

_____

_____

_____

_____

Please read carefully and sign below:

This form must be complete in its entirety and submitted no less than one month prior to fundraising activity.

I understand all policies and procedures and agree to abide by all regulations.

Student Organization President's Signature: _____ Date: _____

Student Organization Advisor's Signature: _____ Date: _____

Date of Approval: _____ Date of Denial: _____

Building Principal:_____Date:_____

Director of Food Service Signature: _____

Fundraiser Documentation Guidelines

- If foods sold **meet** Smart Snack standards – There are no limits to how many fundraisers a school can have. Principals must keep nutrition label information and Smart Snack compliance documentation on file to verify these foods meet nutrition standards.
- If foods sold **do not meet** Smart Snack standards - Sales are limited to ten (10) sales per year in High Schools (grades 9-12) and must be documented on the form below.
- Records must include date(s) of sale, description of the fundraiser and a listing of all food items offered for sale.
- Principals must keep a record of all food fundraisers conducted in the building for the current year and three (3) previous years for audit through the Pennsylvania Department of Education.
- A Sale or Fundraiser may not exceed one (1) school week (Monday through Friday).

Food Nutrition Labels

- The Smart Snack Product Calculator must be used to verify foods meet nutrition standards (Applies to Snacks Only):
- *https://foodplanner.healthiergeneration.org/calculator/*
- Schools must retain a copy of the Approval page from the Smart Snack Calculator for each food item in the sale.

Date(s) of Sale	Fundraiser Description	Type of Food Sold	Smart Snack Calculator Verification – Check box if completed	Notes

EXEMPTED FUNDRAISER TRACKING TOOL

Organization Name*	Date(s)	Time(s)**	Description of Items Sold	Location(s)/Building**

Exempt fundraiser limit set by the PA Department of Education, "10 exempt fundraiser for High School, 5 for Middle School , and 5 for Elementary that does not meet the Nutrition Standards for All Foods **Sold in School during the school day** (midnight before to 30 minutes after the end of the school day) **on school grounds** will be allowed. An organization is defined as a school group that is approved by the local board of education. Length of the organization's exempt fundraiser cannot exceed 1 week in duration

*School organization recognized by school board. Flexibility for exemptions is only for the purpose of conducting **infrequent school-sponsored fundraisers** during which foods/beverages that do not meet the Smart Snacks Nutrition Standards may be sold.

**Exempted fundraisers may not be sold in competition with school meals in the food service area during meal service. Food cannot be ordered for delivery as a fundraiser at any time during the school day.

Triennial Wellness Assessment Report UPDATES

- Please email any changes to the Triennial assessment or goals to Jenn Reiser prior to June 2022 for submittal to PDE.

@ jennifer.reiser@gcasdk12.org





Food & Nutrition SERVICES Updates

GROVE CITY AREA SCHOOL DISTRICT

The Café Staff have been providing breakfast and lunch to our students via curbside pick up, delivered to the classroom, in the café and even delivered to homes since March 2020.

We have served a total of **122,281 lunches** and **45,793 breakfast meals** for the 2021-22 School Year.

This is **an increase of 34,085 lunch meals** from the same time last year and **decrease of 1,751 breakfast meals** from the same time as last year.

School Meals are Free for all students until June 2022! Unless Congress provides the USDA authority to create, extend the waivers to continue to operate under SSO (Seamless Summer Option).


Celebrate National Nutrition Month® throughout March!
#NationalNutritionMonth
eat right. Academy of Nutrition and Dietetics
CELEBRATE A
WORLD OF FLAVORS
NATIONAL NUTRITION MONTH® 2022



NATIONAL SCHOOL LUNCH PROGRAM

THE ROAD AHEAD:
BUILDING BACK BETTER WITH SCHOOL MEALS

USDA and the Biden Administration are committed to supporting nutrition security – consistent access to nutritious foods that promote good health – through the federal nutrition assistance programs. School nutrition professionals have made incredible strides in strengthening child nutrition over the past decade; research shows school meals are the healthiest meals children eat in a day! The next step is to update school nutrition standards based on the most recent Dietary Guidelines for Americans. USDA is committed to ensuring these updated standards work. We want to hear from all our stakeholders and will be seeking opportunities to listen to a diverse range of voices throughout this process.

USDA will take a multi-step approach to help schools build back *even* better from the pandemic and give kids the best chance at a healthy future.

1

TRANSITIONAL STANDARDS RULE

In February 2022, USDA published a rule that will serve as a bridge, giving schools the support they need as we work together to build back from the pandemic. The rule establishes transitional standards for school years 2022-2023 and 2023-2024 in three key areas – milk, whole grains, and sodium.

COMMENT PERIOD

2

PROPOSED RULE

In fall 2022, USDA will issue a proposed rule on long-term school nutrition standards based on the latest Dietary Guidelines for Americans and feedback from our many partners.

COMMENT PERIOD

3

FINAL RULE

In time to plan for the 2024-2025 school year, USDA plans to issue a final rule establishing practical, implementable, science-based school meal standards that work for schools, industry, and – most importantly – the more than 30 million school children that rely on the school meal programs every day.

STAKEHOLDER FEEDBACK

Throughout the process, USDA will work hand-in-hand with schools, industry, children, parents, and others to gather input, including formal comment periods, conferences, listening sessions, and more.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

SUMMARY OF CHANGES



MILK

Schools and child care providers may offer flavored, low-fat milk (1%) in addition to unflavored, low-fat milk and flavored or unflavored nonfat milk[3].



SODIUM

The weekly sodium limit for school lunch and breakfast will remain at the current level, known as Target 1, for school year 2022-2023. For school lunch only, the limit will decrease marginally (10%) in school year 2023-2024 to put schools on an achievable path toward long-term sodium reduction, which will be addressed in future rulemaking.



WHOLE GRAINS

At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).

USDA
United States Department of Agriculture

Sodium. School breakfasts offered to each age/grade group must meet, on average over the school week, the levels of sodium specified in the following table:

School Breakfast Program: Sodium Limits

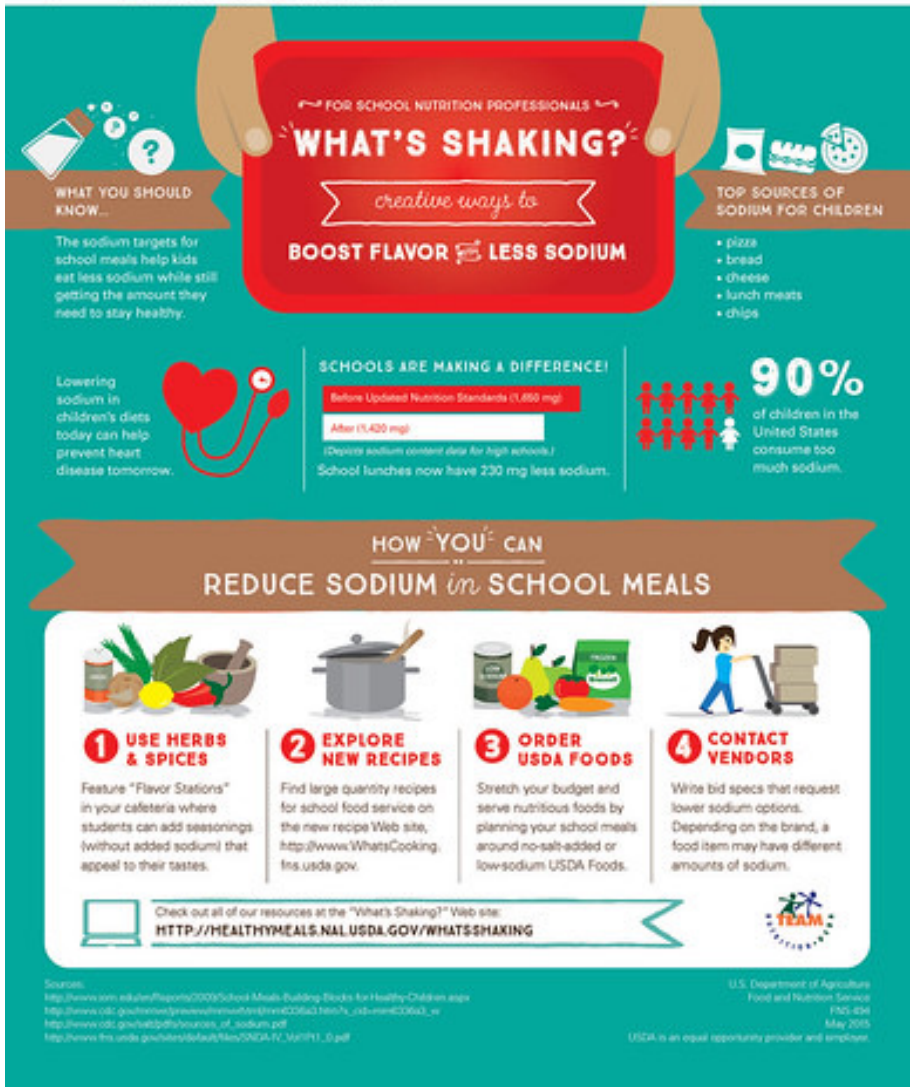
Age/Grade Group	Target 1 (mg)
K-5	≤ 540
6-8	≤ 600
9-12	≤ 640

Sodium. School lunches offered to each age/grade group must meet, on average over the school week, the levels of sodium specified in the following table within the established deadlines:

National School Lunch Program: Sodium Timeline & Limits

Age/Grade Group	Target 1: Effective July 1, 2022 (mg)	Interim Target 1A: Effective July 1, 2023 (mg)
K-5	≤ 1,230	≤ 1,110
6-8	≤ 1,360	≤ 1,225
9-12	≤ 1,420	≤ 1,280

USDA
United States Department of Agriculture





SCHOOL NUTRITION ASSOCIATION
Feeding Bodies. Fueling Minds.®

Amid pandemic uncertainties, school meals remain a reliable source of nourishment for students, supporting their health and achievement while combatting food insecurity. However, persistent pandemic challenges threaten the stability of school meal programs that millions of American families depend on.

98% of school meal programs are struggling with shortages of menu items, supplies and packaging



97% are challenged by higher costs



95% of schools have staff shortages



Extreme Challenges to School Meals

GCASD Food & Nutrition Services Faced Extreme Challenges this school year

- Labor Shortage (9 café employees, should have at least 14 = a loss of 23 hours each day and a loss of 115 labor hours per week).
- Most Manufacturers not producing child nutrition products so they can focus on retail products or cutting products to focus only on the more popular ”main” items so therefore less variety. Ex: Whole grain rich, low sodium and school nutrition program portion sizes.
- Many products and supplies are out of stock.
- Price increases on all products and substitutions do not permit us to utilize our USDA commodity dollars.
- First time EVER where one week we had no delivery (driver shortage)
- First time EVER where all school districts were on purchasing case caps (meaning we had to determine and prioritize what items were most important to have) limiting ala carte or reducing the number of alternative meals.
- Free meals = More meals and less staff
- Café Staff feeling burn out from delivering meals to the classroom, packaging meals to go –curbside, all long summer feeding, etc. They have not stopped since COVID-19 hit and continue to work harder than they have ever done before.

MEET OUR SCHOOL NUTRITION SUPERHEROES

High School



Kelly Beach,
Lead Head Cook
Kelly.beach@gcasdk12.org
724-458-5456 x 2154



Sabrina Alger,
Café Production



Gayle Cameron,
Café Production

MEET OUR SCHOOL NUTRITION SUPERHEROES

Middle School



Lynn Davis-Edwards,
Lead Head Cook

Lynn.davis@gcasdk12.org
724-458-8040 x1310



Michelle Cooper,
Café Production



Jen Wasser,
Café Production

MEET OUR SCHOOL NUTRITION SUPERHEROES

Hillview



Melanie Williams,
Lead Head Cook

Melanie.williams@gcasdk12.org
724-458-7570x4110



Lynn Budnik
Café Production



Maureen Ventura
Café Production



Angela Pringle,
Café Production

MEET OUR SUBSTITUTE SUPERHERO



Andrea Hawke

MEET OUR VOLUNTEER SUPERHEROES

We are forever grateful to our AMAZING volunteers that helped this school year:

Sue Herman, Connie Stembal, Bonnie O'Neil, Becky Sopher, Sue Klinger









MEET OUR STUDENT SUPERHEROES

Aaron and Lillian are the best cafe helpers!
Thank you both for helping us with the dishes! You are hired!





MEET OUR STUDENT SUPERHEROES



Lily Whitehouse



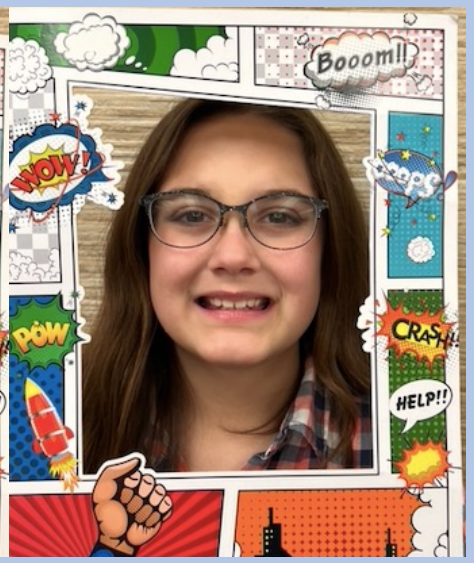
Ava Mazon



Trinity Stauff



Layne Belden



Dixie O'Connor

MEET OUR STUDENT SUPERHEROES

High School

Mr. Jones

Asher
Collin
Kiara
Rayna
Aiden








APPLE SAUCE
APPLE SAUCE
APPLE SAUCE


Turner's







GRAB & GO OPTIONS









On Going Training for Continuous Quality Improvement

Chef Carl came to program our menu into the Combi oven so that menu items will cook to proper temperature and have consistency for a better product.



Try it Tuesday:





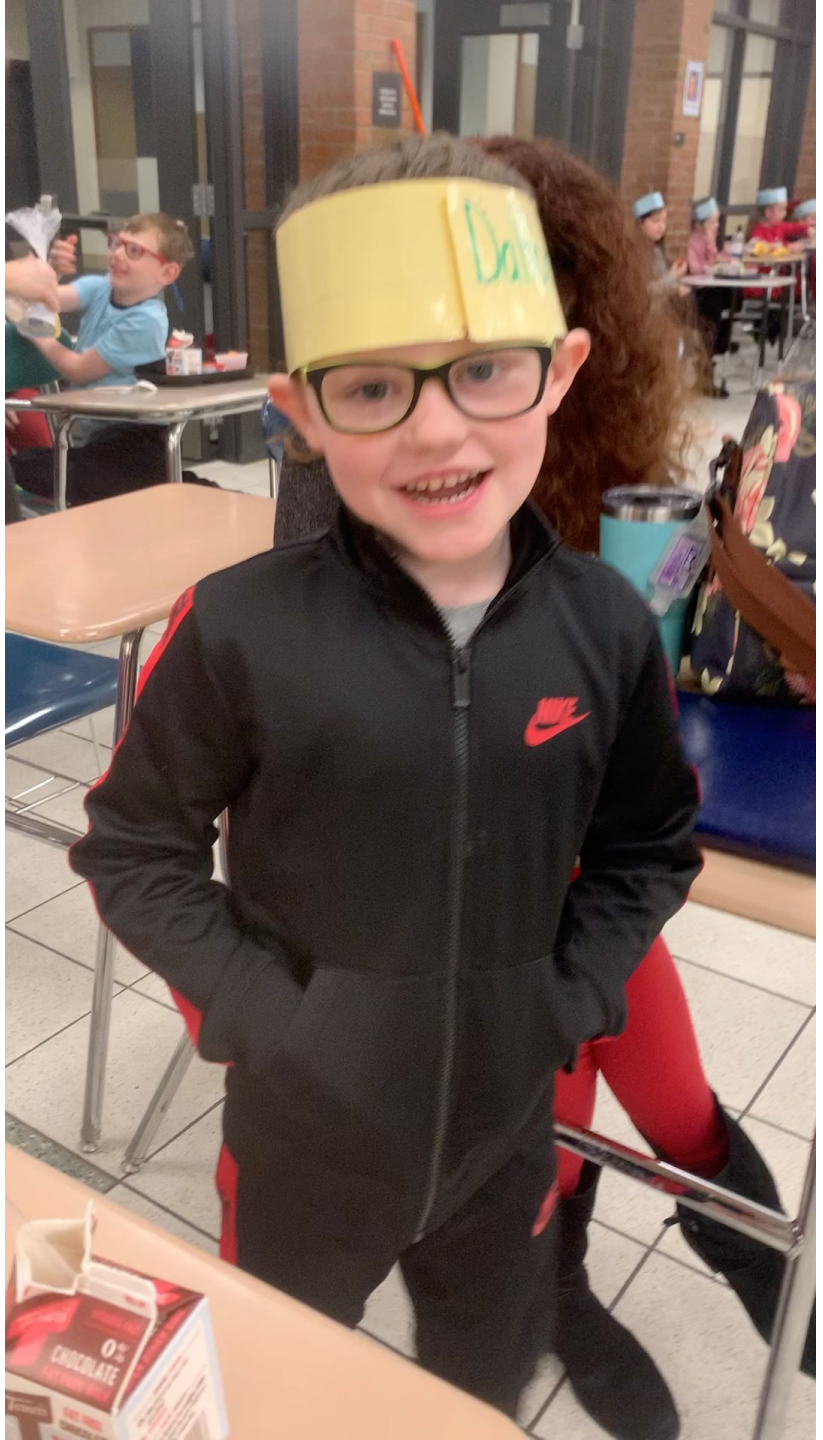




Try it Tuesday:

Learning Café















Seasonal Décor and Menu


APPLE SAUCE









New Breakfast Menu Items





Creating Happy ☺ Meals

Follow us on Twitter

GCASD Food and Nutrition Services

@GCASDNUTRITION

