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Director of Food Service

Wellness Committee Agenda

-  Welcome, Introductions & Sign in
-  Background on school wellness policies
-  Wellness Policy leadership & team
-  Required nutrition goals & nutrition standards for all foods & beverages sold during the school day
-  Policies for Food & beverage marketing
-  Review & transparency provisions
-  Record keeping monitoring
-  Tri-annual assessment
-  Resources
-  What's our plan to complete the assessment
-  School Café Updates
-  Next Meeting Date: April 29, 2020 at 3:15 pm.



Highmark Foundation School Grants and Awards Program



School Grants

- Nina Ferraro, Highmark
- JoAnn Clobus, Vice President Marketing & Public Relations Allegheny Health Network Grove City

Highmark Foundation School Grants

Overview- Wellness

-  2004 Child Nutrition and WIC Reauthorization Act
Required participating local education agencies to establish a local school wellness policy by school year 2006.
-  2010 Healthy, Hunger-Free Kids Act (HHFKA)
-  Focused on local school wellness policy implementation and transparency.
-  Final rule released July 28, 2016 with implementation required by June 30, 2017.

Final Rule: Local Wellness Policy

Each Local Education Agency participating in the National School Lunch Program and/or School Breakfast Program was required to revise its written local school wellness policy and meet expanded requirements consistent with the Healthy, Hunger-Free Kids Act of 2010 by June 30, 2017.



GCASD School Wellness Policy

www.grovecity.k12.pa.us

School Board Tab

Policies

Board Policies

School Board Policy Manual

Grove City Area School District

- 246 School Wellness

Grove City Area School District



BOARD POLICIES

Wellness Policy Team Leadership

Required to designate one or more school officials to ensure that each school complies with the local school wellness policy. **(New*)**

Required to identify the position of the school official(s) responsible for the implementation and oversight of the wellness policy. **(New*)**

Wellness Policy Team

- 🍊 Local school wellness policy must permit certain groups to participate in the development, implementation*, review*, and update* of the policy: (New*)
- 🍊 Must include in the written policy a plan for involving all the required stakeholders. (New*)
- 🍊 Parents
- 🍊 Students representatives
- 🍊 School food authority
- 🍊 Physical education teachers*
- 🍊 School health professionals*
- 🍊 School board members
- 🍊 School administrators
- 🍊 General public

Goals in the Policy Overview

The wellness policy must include specific goals for:

Nutrition education

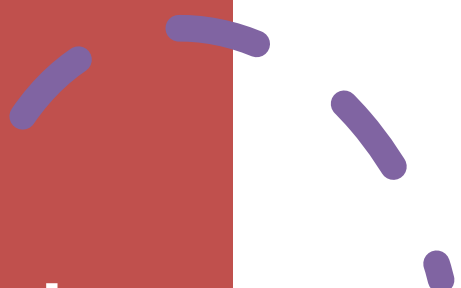
Nutrition promotion
(New*)

Physical Activity &
Physical Education

Other school-based
activities to promote
student wellness

Must review and
consider evidence-
based strategies and
techniques in
developing goals for the
wellness policy. (New*)

Required Goals: Nutrition Education



Activity ideas for
nutrition education:

Offer nutrition
education as part of
a comprehensive
health education
program.

Integrate nutrition
into other core
subjects.

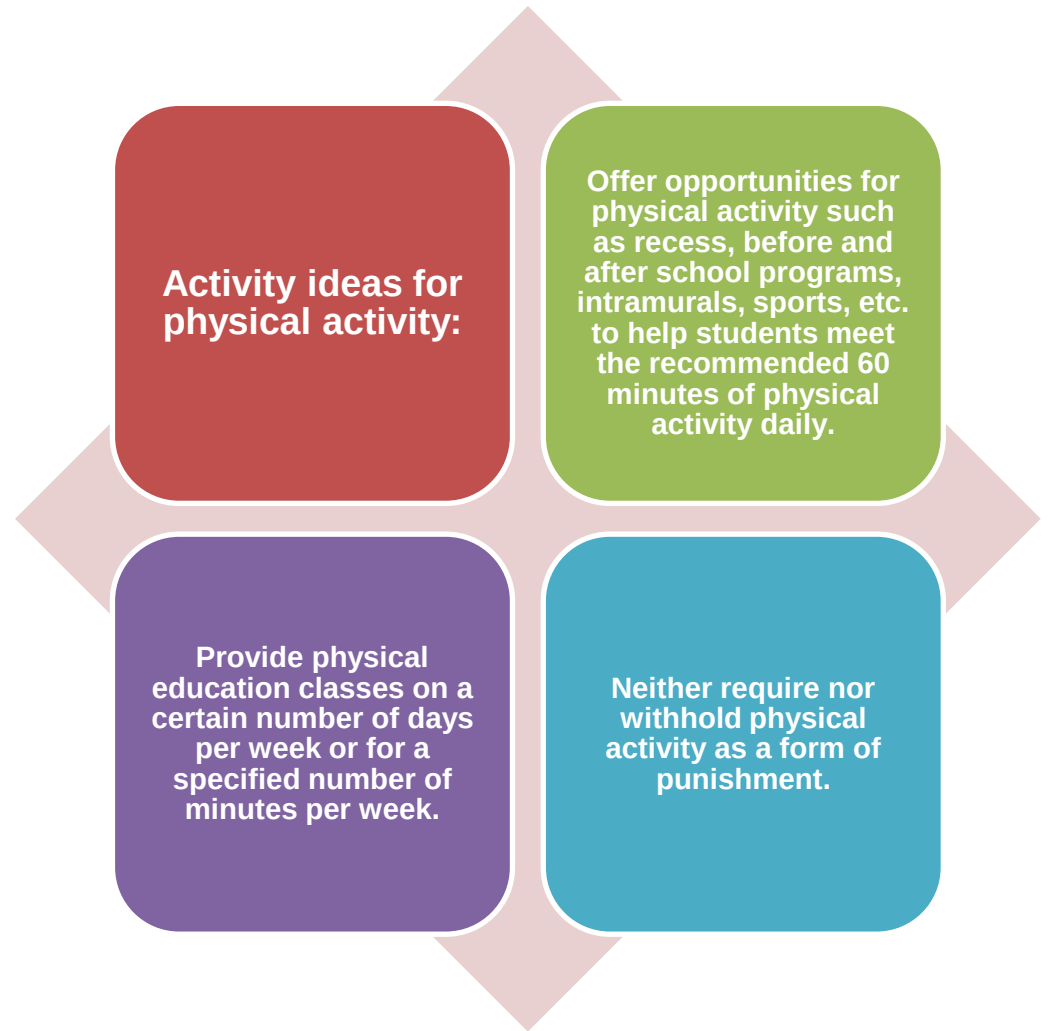
Teach nutrition
literacy and skills
development.

Reinforce lifelong
lifestyle balance by
linking nutrition
education and
physical activity.

Examples of Nutrition Education



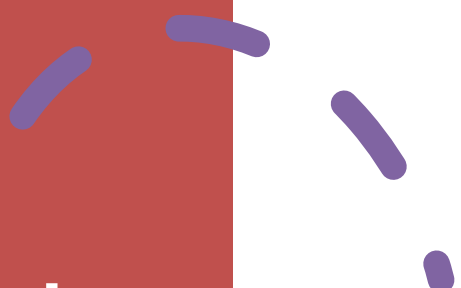
Required Goals: Physical Education



Example:
Physical
Education



Required Goals: Nutrition Promotion



Activity ideas for
nutrition promotion
(New*):

Offer taste-testing
and surveys in the
cafeteria.

Provide health and
nutrition resources
to families to
encourage healthy
meals at home.

Promote consistent
nutrition messages
via posters,
classroom lessons,
and social media
messages.

Required Goals: Other school Based Activities

Activity ideas for other school-based goals that promote wellness:

Apply for the Healthier US School Challenge or other recognition.

Offer staff wellness training to inspire them to serve as role models.

Sponsor health fairs.

Incorporate school gardens and Farm to School initiatives.

Ensure adequate time for students to sit and eat school meals.

Required Goals for Evidence Based Strategies

Must review and consider evidence-based techniques and strategies in developing goals. (*New)



Evidence-based strategies and techniques have been evaluated, studied and peer-reviewed.



Policy templates from Pennsylvania School Boards Association and Alliance for a Healthier Generation include evidence-based goals.

Nutrition Guidelines for all Foods Available in School



“School campus” means any area of property under the jurisdiction of the school that students may access during the school day.



The wellness policy must include nutrition standards for all foods and beverages available to students during the school day on each participating school campus.



“School day” means the period from midnight before school begins until 30 minutes after the end of the official school day.

Update to Nutrition Standards: Smart Snacks



Examples of foods and beverages that must comply with Smart Snacks nutrition standards include items available:

As a la carte items sold in the cafeteria
In vending machines
In school stores and snack carts
At in-school fundraisers



Nutrition standards for sold foods and beverages different from the Smart Snacks standards must be removed from your policy and replaced with a reference to Smart Snacks. (*New)



The Nutrition Standards for Competitive Foods in Pennsylvania Schools should not be referenced in your wellness policy. (*New)

Smart Snack Guidelines

Foods of Minimal Nutritional Value, or FMNV, as defined by USDA, will not be available during the school day.

Whenever a la carte foods are for sale:

At least half of grains must be whole grain.

A minimum of 3 fruits and 3 vegetables must be offered daily a la carte, and must be available in at least one vending area and in all vending areas where refrigerated vending is available.*

Foods offered through the NSLP and SBP may qualify toward this requirement if they are also for sale as a la carte items.

Vending machines must contain at least 50% of grains as whole grains.

Vending for elementary students must offer only fruit, vegetables, yogurt, low-fat yogurt, and reduced-fat cheese.*

Ala carte items that are not reimbursable meal components must be packaged in single-serving sizes and meet the following criteria.

Smart Snack Guidelines

Calories	<250 Calories per serving
Total Fat	<35% of Total Calories
Saturated Fat	<10% of Total Calories
Trans Fats	Minimal to no trans fats
Sugar	<35% of weight from total sugars in foods and must not contain sugar as the first ingredient
Sodium	No standard
Other	No onsite deep fried foods, Pre & Flash Fried foods not served ala carte more than 3 times per week.

Updates to Nutrition Standards Fund Raisers

Food fundraisers that occur during the school day are required to meet the federal Smart Snacks nutrition standards.

However, the Pennsylvania Department of Education (PDE) permits schools to allow a limited number of “exempt” fundraisers each school year that do not have to meet Smart Snacks.

Your policy should include information about “exempt” fundraisers.

Fund Raiser Exemptions

- 🍍 An exempt fundraiser is a fundraiser in which foods are sold during school at a location other than the school cafeteria and where the foods being sold do not meet the requirements for foods sold in school according to the Smart Snack Standards established by the United States Department of Agriculture.
- 🍍 Exempt fundraisers may not be sold in the food service area during the meal period.
- 🍍 All fundraisers must be approved in advance in writing by the building Principal and may not exceed one school week in duration, or five consecutive school days.
- 🍍 A maximum of five exempt fundraisers per building will be permitted at the elementary and middle school level, and a maximum of ten fundraisers will be permitted at the high school level per year.

Update to Nutrition Standards: Non-Sold Foods



Non-sold foods and beverages commonly include items offered or available:



As shared classroom snacks,



At classroom celebrations and birthday parties,



As food rewards or incentives.



Examples of policy language for non-sold items:



“Food shall not be used as a reward or incentive in district



The district will provide a list of suggested non-food rewards to offer as an alternative to food rewards via the district website and/or district-wide communication.”



“Classroom parties/celebrations with food will be limited to no more than one per month in each classroom.”

Policies for Food & Beverage Marketing



Local school wellness policies must permit the marketing of only foods and beverages that are consistent with the Smart Snacks standards. (*New)



Marketing that occurs at events outside of school hours is not restricted by the final rule.

Food & Beverage Marketing Examples

Applies to:

-  Exterior of vending machines
-  Posters
-  Menu boards
-  Coolers
-  Trash cans
-  Cups used for beverage dispensing

Does not apply to:

-  Personal clothing
-  Personal items
-  Packaging of products brought from home
-  Educational tools

Triennial Assessment

Must conduct an assessment of the wellness policy every three years at a minimum. (*New)

The results of the triennial assessment must be made available to the public in an accessible and easily understood manner. (*New)

The assessment measures the implementation of the policy, including:

- 🌱 Compliance of schools with the policy;
- 🌱 How the local wellness policy compares to model wellness policies; and
- 🌱 A description of the progress made in attaining policy goals.

Triennial Assessment

Federal regulations at 7CFR 210.31 require all local education agencies participating in the NSLP to complete an assessment of their local school wellness policy at least every three years and make the results available to the public.

USDA requires the first triennial assessment to be completed by June 30, 2020.

PDE reviews compliance with the wellness policy requirements during the Administrative Review.

Policy &
Environment

Nutrition Services

Smart Snacks

Health & Physical
Education

Physical Activity

Employee Wellness



We're one of
America's Healthiest Schools

— 2019 —

#HealthiestSchools

Create a Log in
Select GCASD
Go to Assessment

Online Assessment Tool

Updating the Wellness Policy

Must update or modify the local school wellness policy as appropriate based on the triennial assessment. (***New**)



Informing the Public

Required to inform the public about the content and implementation of the local school wellness policy.
(*New)

Any updates to the policy must be made available to the public on an annual basis. (*New)

Fall 2017: Schools and LEAs will need to inform the community about the updates made to the wellness policy to be compliant with the new federal regulations.

Record Keeping

Maintain records to document compliance, including:

The written local school wellness policy;

Documentation of annually informing the public about the content of the wellness policy and any updates to the policy;

Documentation demonstrating compliance with community involvement (i.e., actively inviting and including required stakeholders);

Documentation of the triennial assessment and notification of the results to the public.

State Agency Monitoring & Oversight



The wellness policy is included as part of PDE's Administrative Review.



Will be reviewed at least once every three years.

State Agency Monitoring & Oversight

**During the
Administrative Review,
Must:**

-  Provide a copy or appropriate web address of the current local school wellness policy.
 -  Provide documentation to demonstrate how the public knows about the local school wellness policy.
 -  Explain and document when and how they review and update their local wellness policy.
 -  Describe who is involved in reviewing and updating the local school wellness policy.
-
-  Demonstrate how potential stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the wellness policy.
 -  Provide a copy of the most recent assessment on the implementation of the local school wellness policy and document how the results were made known to the public.

Compliance

As required by federal regulations at 7 CFR 210.31, PDE will review documentation demonstrating compliance with local school wellness policy requirements during an Administrative Review, including:

-  The current local school wellness policy;
-  Documentation demonstrating that the local school wellness policy has been made available to the public, such as the web address to access the policy online or a copy of information distributed at the beginning of the school year;
-  Documentation of efforts to review and update the policy, such as an agenda and attendance sheet from the wellness committee or other meeting where the wellness policy is reviewed/updated;
-  Documentation demonstrating efforts to actively solicit involvement from community stakeholders in the wellness policy process, such as internet postings, emails, fliers, or newsletters;
-  A copy of the most recent triennial assessment completed for all participating schools;
-  Documentation that the results of the triennial assessment have been made available to the public, such as information posted on the school's website.

Helpful Resources

School Nutrition Environment and Wellness Resources

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all local educational agencies Nutrition programs to establish and implement, for all schools under its jurisdiction, local minimum standards designed to promote sound nutrition, student health, reduce childhood obesity, and provide information to the public on the school nutrition environment.

This Web site is dedicated to helping local educational agencies find the resources they need in these areas. [View the 'school nutrition environment and wellness resources' site map here.](#)



Local School Wellness Policy Process

Follow these steps to put your local school wellness policy into action to impact student health choices.



Wellness Policy Elements

Looking for resources to help implement some of the wellness policy elements?



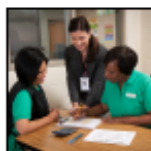
Success Stories/Best Practices

Looking for samples or more ideas? Check out these examples and stories to inspire your own efforts.



Grants / Funding Opportunities

Find information on specific grants related to child nutrition and physical activity, as well as information on the grant writing process.



Trainings

Find trainings that will assist you in developing, implementing, and monitoring your school wellness policy.

Local School Wellness Policy Outreach Toolkit

Print



Be A
**School Wellness
Champion**

OUTREACH TOOLKIT



Helpful
Resources

<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

GCASD Eagles Café Updates



Focusing on Fruits!



Using Fun Names to Encourage Veggies



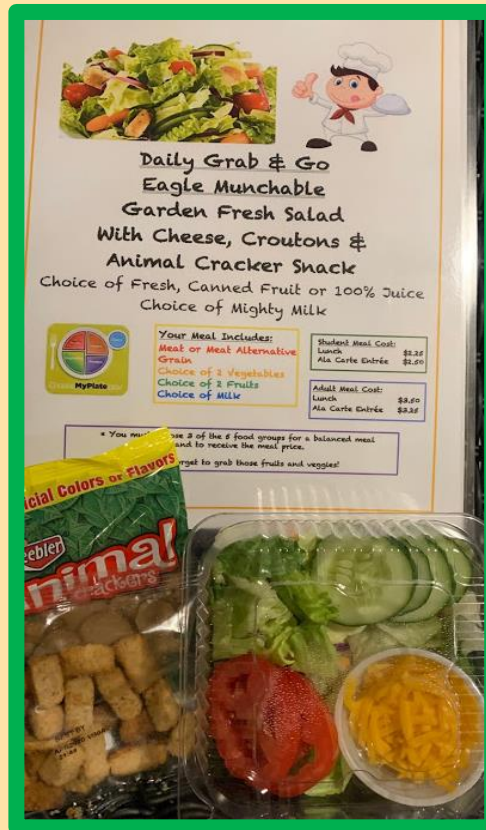
Crispy Chicken Wraps



Yogurt & Cheese Dipper



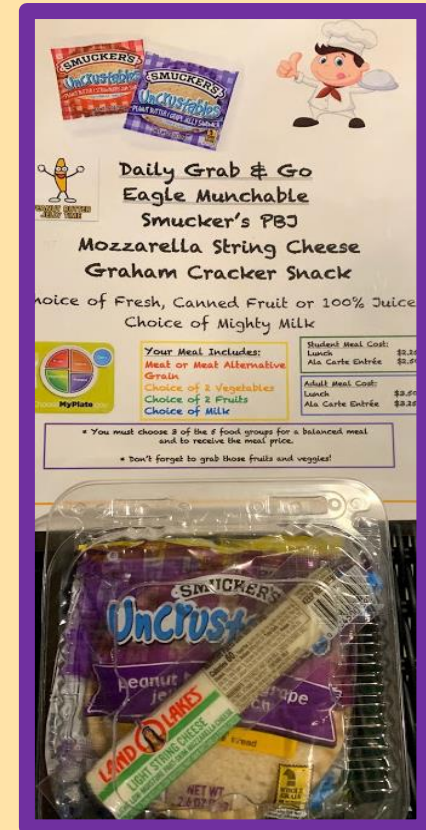
More Grab N Go & Vegetarian Meal Options



Garden Fresh Salads



Yogurt Parfaits



Smucker's PBJ

Welcome to the Garden Bar



New Hot Soup Meals



Daily Soup Menu

Monday

Chicken Noodle

Tuesday

Cheesy Potato Bacon

Wednesday

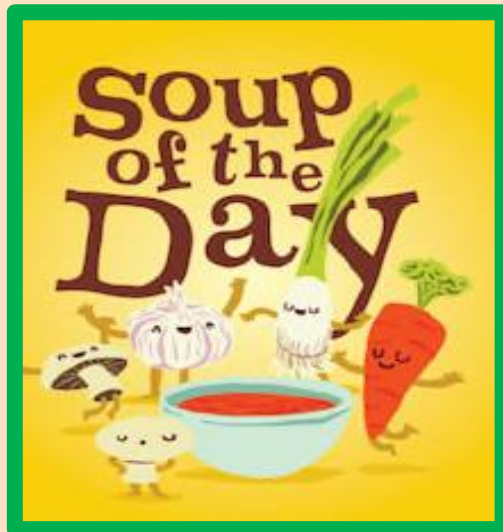
Creamy Chicken Pot Pie

Thursday

Italian Wedding

Friday

Cream of Broccoli





Celebrate National School Breakfast Week March 4-8 2019

- ◆ Eat Breakfast at School each day
- ◆ Take a complete meal
- ◆ Enter your name to

WIN JBL Wireless Speakers

- ◆ The more school breakfast meals you eat,
the more chances you have to win!



Creating Excitement

Pizza 🍕 sampling at the high school! Even a guest appearance starring Dr. Finch hanging out samples but I forgot this important photo opportunity 😅 Kids voted and agreed that the whole grain crust pizza 2 was the best! #K&B #Eatlocal #Franklin,PA #sooooooood



Juniata: Perfect for breakfast or an idea for lunch! Sampling today see if students are interested! Pineapple 🍍 mango 🥭 and strawberry banana 🍌



huge success and helping us to plan our menu for next school year! Can't wait for wings! 🍗 #eatschoollunch



Sampling New Foods

NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.



Inability
to concentrate



Poor academic
performance



Headaches &
stomach aches

MISS LESS SCHOOL



They attend an average of
1.5 more days
per year

DO BETTER IN MATH:

$\infty \approx \div \leq \neq +$

They average
17.5% higher
math test scores

AND KIDS WHO EAT BREAKFAST
REAP THE BENEFITS AS ADULTS, TOO:



High school graduates on average earn

\$10,000
more annually



Less likely to experience

HUNGER
as adults



21 MILLION



U.S. kids get free or reduced-price
school lunch

Only 1/2 of those kids
get breakfast, even though they're eligible

take time for
**school
BREAKFAST**



A hungry child cannot learn

GCASD School Breakfast Participation

Free and Reduced %	Total	%			Highland	Hillview	MS	HS	TOTAL	
Highland	94	35.74%		Eligible Free	88	197	148	156	589	
Hillview	218	37.85%		Eligible Reduced	6	21	24	30	81	
Middle School	172	37.15%		DC	83	180	135	146	544	
High School	186	28.7%		# Days Breakfast Served	15	15	15	15		
District	670	34.36%		# Days Lunch Served						
				Enrollment	263	576	463	648	1950	
BREAKFAST							Counts	Daily	Daily	
			Free Daily		Reduced Daily		Paid Daily	By	Average	Average
		Free	Average Counts	Reduced	Average Counts	Paid	Average Counts	School	Counts	Participation
Highland		254	1	13	1	136	9	403	27	10
Hillview		918	61	125	8	400	27	1443	96	17%
Middle School		283	19	10	1	68	5	361	24	5%
High School		387	26	34	2	61	4	482	32	5%
DISTRICT TOTAL		1842		182		665		2689	179	9%

Ways to Boost Breakfast



Spread the WORD!



GCASD Food and Nutrition Services @GCASDNUTRITION · Dec 6
Fresh baked cinnamon rolls



🔄 1 ⬆ ⬇



GCASD Food and Nutrition Services @GCASDNUTRITION · Oct 25

Dr.Finch and Dr.Howard know the importance of breakfast and hope that you will also make time for breakfast at school! \$1.00 and provides nutrients that will help you make the grade, be kinder to others, keep you at a healthy weight, as well as many other benefits! Join us!



★ **Social Media Page**



★ **Follow us on
Twitter!**

★ **GCASD Food and
Nutrition Services
@GCASDNUTRITION**

Fighting to promote
GOOD
Nutrition & Physical
activity everyday!



**BE A SCHOOL
WELLNESS
SUPER HERO**



**What's
Your
Super
Power?**

Eat a Rainbow Every Day!

