

Minneapolis Public Schools Triennial Assessment of School Years *2021/22, 2022/23 and 2023/24 Reported December 2024

Compliance with the Wellness Policy and Progress towards Goals

The MPS wellness policy aligns with model wellness policies recommended by the USDA, State of MN, and other health organizations, as well as the WSCC framework's 10 student-centered components. The main focus areas are Nutrition Education and Promotion, and Physical Activity. We are working on some verbiage changes to bring the policy into complete compliance. Other than those changes, we are compliant and are making progress to meet the goals.

Nutrition Education and Promotion:

- Emphasizes nutrition education and smart snack guidelines.
- Highlights experiential learning opportunities such as taste tests, educational farm field trips, and school gardens.
- Incorporates nutrition promotion into the classroom through stand-alone lessons or integrated with other subjects.
- Sets standards for all foods and beverages to meet school meals and Smart Snack regulations.
- Prohibits the delay or denial of meals.

Physical Activity:

- Encourages physical activity through physical education classes, extracurricular activities, and a minimum of 30 minutes of daily recess in elementary schools.
- Supports Safe Routes to Schools and similar programs.
- Prohibits using physical activity as punishment or exclusion from physical activity.

The MPS wellness policy is comprehensive and aligns well with model wellness policies, ensuring a supportive environment for student health and well-being. Minneapolis Public Schools recognize that the responsibility for student health and wellness is shared among parents, staff, schools, the community, and students. The district's mission includes equipping students to make healthy choices, preparing them to be skilled and confident citizens. Through education in nutrition, physical activity, and other life choices, we strive to empower students to build healthy bodies and minds. Overall wellness contributes to academic readiness, attendance, and success. The purpose of this policy is to develop healthy learners through a school environment that promotes and protects the health, well-being, and ability to learn of students and staff.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Policy 6690, II C: The school meal program is not only a service provided or available to students, but shall serve as an integral part of the District's nutrition promotion and education goals by: encouraging good nutrition through ongoing and seasonal promotion opportunities such as Farm to School Month, National Nutrition Month, Harvest of the Month, National School Lunch Week and other opportunities; serving fresh and local food in school meals year-round; Offering experiential learning opportunities such as taste tests, education farm field trips, and school gardens for students to explore, taste, and grow food; and incorporating nutrition promotion into the classroom</p>	X			<p>CWS Nutrition Education & Promotion</p> <p>2022-2023 SCHOOL YEAR Engagement in education wellness fairs,back to school events & stand alone Classroom nutrition education .</p> <ul style="list-style-type: none"> ● Transition Plus ● Longfellow Health Fair ● FAIR High School Health Fair ● Young Learners event ● School Finder Fair ● Educational resources, and activities for 25 schools participating in Fresh Fruit and Vegetable Program (FFVP) ● Bike blenders for the classroom- gone to 25 schools and reached 1568 students ● 2 schools participated in the Garden to Cafeteria program in 2022-2024 <p>2022-2023 The Wellness Policy Assessment tool data- Nutrition Education and Promotion of School Meals:</p> <ul style="list-style-type: none"> ● 84.7% of schools encourage participation in the universal breakfast program, emphasizing the importance of a nutritious morning meal. ● 94.9% of schools post menus in the cafeteria, making it easier for students to know what’s available.


<p>through stand-alone lessons or combined with other core subjects to meet Health Education Standards</p>				<ul style="list-style-type: none"> ● 67.8% of schools also post menus on their websites, ensuring accessibility for parents and students. ● For students whose buses arrive late, 79.7% of schools offer breakfast to ensure they don't miss out. ● 45.8% of schools share the daily menu during announcements, on monitors keeping everyone informed. ● 61% of schools provide "grab and go" breakfasts, catering to busy students on the move. ● Additionally, 37.3% of schools participate in breakfast in the classroom, promoting convenience and accessibility <p>In what ways does your school deliver Nutrition Education?</p> <ul style="list-style-type: none"> ● 37.9% Standalone lessons ● 39.7% Integrated nutrition lessons ● 34.5% To meet health education standards ● 27.6% Opportunities from CWS ● 63.8% Posters and bulletin boards ● 31% Newsletters ● 29.3% Partner Organizations ● 22.4% National Nutrition month participation ● 13.8% National School Lunch Week ● 10.3% National School Breakfast Week ● 41.4% FFVP ● 34.5% School Garden Activities ● 36.2% After School Clubs ● 43.1% True Food Taste Test ● 6.9% Other ● 5.2% Nut Ed is not delivered
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				<p>In what ways is the school implementing Farm to School strategies to promote and build educational connections to local food and healthy eating?</p> <ul style="list-style-type: none"> ● 71.2% School promotion of local foods, including MN Thursdays and other special events/promotions in the cafeteria ● 40.2% School coordinate agricultural field trips (ie. farmers market, local farm, community garden, MPS True Food Education Farm), Harvest of the Month ● 15.3% School staff and volunteers encourage students to try local foods in the cafeteria and classrooms, School utilizes Farm to School lessons and activities in the classroom (ie. MN Thursday worksheets, farmer visits, agriculture or garden related curriculum), School coordinates agricultural field trips (ie. farmers market, local farm, community garden, MPS True Food Education Farm) ● 6.8% of schools participate in Garden to Cafeteria ● 10.2% participate in Harvest of the Month ● 13.6% in other activities <p>2023-2024 SCHOOL YEAR</p> <ul style="list-style-type: none"> ● Presented smart snacks and nutrition education to Northrup. <ul style="list-style-type: none"> ○ Northrup implemented goals for practice/policy change for 'all foods served and offered during the school day are compliant with USDA Smart Snack standards' <p>Stand alone nutrition education:</p> <ul style="list-style-type: none"> ● Feb 2024 at Pillsbury – 1 class (5th grade) ● May 2024 at Sanford – 8 classes (all 6th grade students for Health)
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				<ul style="list-style-type: none"> ● July 2024 at Anishinabe – 3 classes (1-5th grades) ● Aug 2024 at Wenonah – 10 classes (1-5th grades) ● Bike blenders for the classroom- gone to 13 schools and reached 823 students ● In partnership with the Minneapolis Health Department & SHIP, worked with 5 schools to increase water access by installing 5 water bottle filling stations, and giving students 300 water bottles. Each school partook in an educational activity that promoted the importance of drinking water. ● Hosted 2 Hydroponic Workshops with 60+ attendees that received-Hydroponic Growing Kits enabling staff and students to grow their own food. ● Educational resources, and activities for 25 schools participating in Fresh Fruit and Vegetable Program (FFVP) ● HOTM Microgreen Kits <ul style="list-style-type: none"> ○ 330 microgreen kits & lessons have gone to classrooms, reaching nearly 7,000 students across the district. ○ Includes growing materials,seeds,recipes, educational videos and lessons for classrooms. ● Nutrition Education Staff Training Sessions: <ul style="list-style-type: none"> ○ 150 culinary staff attended two training sessions to improve their understanding of nutrition related to student meals. University
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				<p>of Minnesota Nutrition Educators provided thorough training on basic nutrition.</p> <p>Promotion of School Meals:</p> <ul style="list-style-type: none"> ● 2022-2024/present—promote & celebrate events like National Nutrition Month and School Breakfast Week raise awareness and encourage healthy habits through promotion, social media posts, newsletters and websites. <ul style="list-style-type: none"> ○ Food Education ○ Culinary & Wellness Services ○ The Whole Carrot Newsletter ○ Facebook ○ Instagram ● <u>2022-Present</u> MN Thursdays- serve all local foods every first Thursday of month. Education shared by social media, posters ● 2023-2024 11 Central Kitchen Tours hosted November 2023 to May 2024. <ul style="list-style-type: none"> ○ Provide a behind-the-scenes look at True Food. ○ Over 130 students, staff, caregivers, and the community, participated in these tours. The goal was to educate attendees about the ingredients we use and avoid, highlight our scratch cooking methods, share how our recipes are created, and explain the mission behind True Food. ○ Tours will continue into 2025 with 12 currently scheduled.
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				<ul style="list-style-type: none"> ● Farm-to-school/farmer classroom visits connect students with the source of their food & what they grow for MPS Lunches <ul style="list-style-type: none"> ○ 2023-2024-11 schools, 27 classes, 8 farmers, approximately 1162 students reached ○ 2024-2025-9 schools, 18 classes, 8 farmers, approximately 400 students reached ● Ingredient Guide. Dietician collaborated with nutrition professionals to create a science-based tool in partnership with Center for Science in the Public Interest, highlighting unwanted ingredients to eliminate, and those to watch out for as new food products are developed and others are modified. ● EAT WITH US! QR code menu magnets sent to every MPS household with AEB's in 2023 with the goal of increased accessibility to menus and increasing participation numbers. ● True food Active Living Books created & distributed to all schools, Davis Center, Student Placement Center for staff and caregivers, community sharing a comprehensive overview of the CWS nutrition philosophy, mission and the programs we offer. <p>2024-2025 SCHOOL YEAR</p> <ul style="list-style-type: none"> ● Classroom Cooking Kits
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				<ul style="list-style-type: none"> ○ Kits make a CWS-inspired recipe-each kit includes ingredients, supplies, and recipes, standards-based and grade-specific nutrition education lesson plans to help students think critically about the role of food in their growth, development, and well-being. ○ 6 kits will be delivered to the classroom before the end of 2024 and continue on into 2025+. ○ Food Education Website created to host all nutrition education information ● Educational resources, and activities for 26 schools participating in Fresh Fruit and Vegetable Program (FFVP) ● 2024-2025 school year- a two sided half sheet with Eat With Us and Wellness Policy information was sent to every home in the district with AEB's. <ul style="list-style-type: none"> ○  aeb flyer 24-25 ● Bike blenders for the classroom- gone to 25 schools and 1568 students <ul style="list-style-type: none"> ○ New recipes developed for Bike Blender in 2024- sunshine salsa and smoothies ● 12+ Central Kitchen Tours are being offered to staff,students,caregivers & community to share education about food we serve <ul style="list-style-type: none"> ○ 4 of those tours will be student focused making the connection to school meals ● Educational field trips to the True Food Farm Educational field trips to the True Food Farm offer students a hands-on experience to explore flavors
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				<p>and understand the process of growing food and create recipes. These trips help students connect with the food served in their school cafeterias. Partnership with Pollinate MN to educate students about the role and impact of pollinators on our food systems. Field Trips might include Stand-alone cooking classes & nutrition education, True Food Farm education, harvests and tastings, Pollinate MN Education & In Hive experience.</p> <ul style="list-style-type: none">○ 2022-2023 21 field trips○ 2023-2024- 14 field trips○ 2024-2025 will be scheduled in February <ul style="list-style-type: none">● School Gardens<ul style="list-style-type: none">○ School Garden Website created for ongoing housed resources○ 33 schools have active school gardens○ From the most recent school garden census (updated 2024)○ MPS grows more than just fruits and vegetables; in addition to edible gardens, schools across the district maintain pollinator gardens, rain gardens, medicine gardens, and sensory gardens.○ Two thirds of MPS fruit and vegetable gardens share their harvest with students, families, and local community members to support wellbeing and hunger relief efforts.○ 2 schools currently use their harvest in school meals through the MPS Garden to Cafeteria program.
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				<ul style="list-style-type: none"> 64% of schools reported using their gardens to support teaching, with the most common core subject connections being science and nutrition. Hands-on learning was cited as the most common curricular goal of engaging with gardens in the classroom. <p>Next steps: Continue to implement nutrition education and promotion district-wide.</p>
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To read the full policy visit, https://policy.mpls.k12.mn.us/uploads/policy_6690.pdf

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Regulation 6690 A II D 2: providing all elementary school children a minimum of thirty (30) minutes of daily recess in all elementary schools.	X			2022-2023 Physical Activity <ul style="list-style-type: none"> The Wellness Policy Assessment tool data shows that schools reported they provide a minimum of thirty (30) minutes of daily recess in all elementary schools. <ul style="list-style-type: none"> 71.2% Yes.

				<ul style="list-style-type: none"> ○ 13.6% Recess is provided each day but for less than 30 minutes, or it is provided on some days but not on all days. ○ 15.3% Recess is not provided on any day <ul style="list-style-type: none"> ● Are students provided recess before lunch? <ul style="list-style-type: none"> ○ 24.1% Yes. ○ 27.6% Yes, recess before lunch is strongly encouraged and worked into schedule to provide for as many students as possible. ○ 12.1% Recess before lunch is encouraged but not consistently followed. ○ 36.2% This practice is not in place. <p>Does your school prohibit withholding recess as punishment? Is this prohibition consistently followed?</p> <ul style="list-style-type: none"> ○ 6.8% This prohibition is not consistently followed. ○ 1.7% Our school is unaware that the practice is prohibited. ○ 11.9% Our school does not have recess ○ <p><i>* note that elementary, middle, high school were included in this data and high schools and middle schools with exception of K-8's don't have recess. 89% completion rate for Wellness Policy Assessment Tool (WPAT) and new WPAT to be released in 2025.*</i></p>
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<p>Regulation 6690 A II D 1: providing opportunities, support, and encouragement for all students to be physically active on a regular basis through standards-based physical education, extracurricular activities, and classroom and other opportunities for physical activity.</p>	<p>X</p>			<ul style="list-style-type: none"> ● Walk Bike Roll to School day & support ● 4 traveling bike fleets & support ● 10 schools with own fleet ● Biking field trip support ● Walking Bus ● Walking field trips ● Lets Roll MPS - 2 annual events - group bicycle rides that bring together multiple schools. About 250 adults and students bike together through the City in one, long bicycle train. ● Bike Unit in PE Class with bike fleets at registered schools ● Physical Activity: Get Kids Moving grants from the LifeTime Foundation enabled 8 schools to purchase new physical activity equipment, enhancing the quality of sports gear and providing opportunities to try new sports. ● Traveling Equipment: Scooters and helmets added to the fleet, along with a curriculum for a balance unit, funded through the Get Kids Moving LifeTime Foundation Grant. ● Grant funded: 4 new school-owned bicycle fleets since 2022 (Edison, Green, Anishinabe, Sullivan) ● Per the Wellness Policy Assessment Tool data <ul style="list-style-type: none"> ○ 72.4% students engage in Walk, Bike, and Roll to School Days ○ 62.15% of Students use walking for field trips ○ 29.3% of students use biking for field trips. ○ 46.65% indicates the use of adaptive bicycles with students.
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<p>Regulation 6690 A II D 5: supporting Safe Routes to Schools or other, similar programs and curricula that promote biking and walking to, from and while at school and work by students and staff.</p> <p>Regulation 6690 E: Planning for Active Commuting</p>	X			<p>SAFE ROUTES TO SCHOOL SUMMARY HIGHLIGHTS 2022-2024:</p> <p>WPAT Data from 22-23</p> <p>72.4% Participation in walk, bike and roll to school days</p> <p>77.6% Ample, secure bike parking (e.g. no bikes locked to trees, rails, or signs)</p> <p>22.4% Students receive pedestrian safety education</p> <p>43.1% Students receive bicycle safety education</p> <p>62.15 Students use walking as field trip transportation</p> <p>29.3% Students use biking as field trip transportation</p> <p>12.1% We have a school-owned bike fleet - less than 20 bikes</p> <p>22.4% We have a school-owned bike fleet - more than 20 bikes</p> <p>46.65 We use adaptive bicycles with students</p> <p>29.3% Adult crossing guards are consistently at arrival and dismissal</p> <p>29.3% Student school patrols are consistently at arrival and dismissal</p> <p>13.8% We have walking school buses</p> <p>62.1% We created an arrival and dismissal plan that separates active commuters, cars, and buses and we communicate to families regularly</p> <p>32.8% Our school promotes safe or recommended walking routes to school</p> <p>36.2% Our school works with the city, district and/or others to make street improvements for walkers, bikers, and rollers</p> <p>22.4% Our school created a Safe Routes to School plan that supports and encourages walking, biking, and rolling.</p>

				<ul style="list-style-type: none"> ● During the 2022-2023 school year MPS engaged the community around opportunities and barriers to Safe Routes to School to develop an update to the MPS Safe Routes to School Strategic plan, which was completed in December 2023. ● The plan identifies five priority actions for MPS in Safe Routes to School. ● MPS CWS supported the City in the creation of the Walking Routes for Youth map, which shows walking routes to connect all schools, libraries and park recreation centers in Minneapolis. MPS printed and distributed this map to all schools fall of 2024 and created content for the backside - a “You Can Go Everywhere” poster (grant funded). The poster includes a “Fuel the Commute” QR code that goes straight to MPS Menus and “secret” messages such as “Eat True Food.” ● MPS CWS convenes the MPS Safe Routes to School Work Group This group meets monthly to guide SRTS efforts in MPS, collaborate around projects, problem solve issues, and help create a Minneapolis where students can confidently, safely, and easily walk, bike and roll wherever they want to go. The group includes representatives from departments within MPS - Transportation, EMSS, Family Engagement, Community Education - and external partners from Hennepin County planning, the Minneapolis Park and Recreation Board, and the the City of Minneapolis departments of Public Works Planning, Public Works Traffic and Parking, and Health.
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				<p>UNIVERSAL BIKE EDUCATION:</p> <ul style="list-style-type: none"> • In the 2023-2024 school year, about 75% of elementary schools provided on-bike education using the traveling fleets, their own fleets or bikes, or by working with a partner. Together these students traveled an estimated 50,000 miles on the streets and trails of Minneapolis. • The updated SRTS plan prioritizes expanding bike education to middle and high schools. One high school has secured a full, unified bike fleet with standard and adapted bicycles and implemented bike education during PE class. Another high school has piloted efforts. • 2 new teachers became League Cycling Instructors in 2024 and more than additional 40 educators received bike education from 2022-2024. <p>Next Steps: Continue implementation and promotion of physical activity.</p>
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To read the full policy visit, https://policy.mpls.k12.mn.us/uploads/policy_6690.pdf

To learn more about Safe Routes to School visit, <https://cws.mpls.k12.mn.us/sr2s>

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
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<p><u>6690 A III B</u>: The District shall complete the federally required assessment and make a public report at least every three years on the compliance of each school with this policy.</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>2022-2023-SCHOOL YEAR</p> <ul style="list-style-type: none"> • By the end of the school year, 85% schools completed MPS Wellness Policy Assessment Tool & 5 completed the Wellness Policy Implementation Plan • 2024-2025 SCHOOL YEAR- • A new Wellness Policy Assessment Tool is being developed for 2025 release <p>Next Steps: Continue implementation and promotion of student wellness and complete requirements.</p> <p>Note: The last assessment completed was in 2020. Covid shutdown has impacted the timeline and a completion of the report every three years. We are on track now to complete every three years moving forward.</p>
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To read the full policy visit, https://policy.mpls.k12.mn.us/uploads/regulation_6690_e.pdf

<p>Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)</p>	<p>Meeting Goal</p>	<p>Partially Meeting Goal</p>	<p>Not Meeting Goal</p>	<p>Describe progress and next steps</p>
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<p>Regulation 6690 A II D 11 a-d: applying USDA standards for healthy choice in foods offered or made available to students through non-school meal program opportunities such as but not limited to:</p> <ul style="list-style-type: none"> a) school celebrations b) snacks offered in the classroom, and c) food included in the curriculum 	X			<p>2022-2023 School Year</p> <ul style="list-style-type: none"> ● Nutrition Guidelines ● 1 school specifically enforced policy practice change in their schools for all food served and offered during the school day that are compliant with USDA Smart Snack Standards. <ul style="list-style-type: none"> ○ Northrup ● MPS item list and order form for Smart Snacks is available to access on CWS website. ● Smart Snack in School Resource Page is available to access on our website. ● Do all foods and beverages served and offered to students during the school day meet or exceed the USDA's Smart Snack in School nutrition standards? NOTE: This applies to snacks that are offered, sold, and/or served outside of the federally reimbursed child nutrition program, including classroom and school-wide celebrations <ul style="list-style-type: none"> ○ 42.1% All food and beverages offered or served during the school day meet Smart Snack standards ○ 47.4% Most all food and beverages offered or served during the school day meet Smart Snack standards ○ 10.5% Some food and beverages offered or served during the school day meet Smart Snack standards ● The use of foods or beverages as a reward for academic performance or good behavior is not allowed.
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				<ul style="list-style-type: none"> ○ 64.4%: Yes, this prohibition is consistently followed; foods or beverages are not used as rewards for academic performance or good behavior. ○ 33.9%: This prohibition is not consistently followed. ○ 1.7%: Our school is unaware that the practice is prohibited. <p>Next steps: continue to promote smart snacks and resources. Update verbiage in Wellness policy to state smart snacks instead of USDA guidelines.</p>
<p>Regulation 6690 A II D 12 a-d: applying USDA standards for healthy choice in foods offered for sale to students during the defined school day through non-school meal program opportunities such as, but not limited to:</p> <ul style="list-style-type: none"> a) Concessions b) School stores c) Vending machines available to students d) Fundraising efforts by the school or school activities 	X			<ul style="list-style-type: none"> ● If fundraising efforts during the school day include the sale of food or beverages, all items must meet or exceed the USDA's Smart Snacks in School nutrition standards. <ul style="list-style-type: none"> ○ 21.7%Most foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards. ○ 17.4%Some foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards. ○ 6.5%No, no foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards. ○ 54.3%Yes, all foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards. <p>Next Steps: continue to promote smart snacks, USDA standards for healthy eating</p>
<p>To read the full policy visit, https://policy.mpls.k12.mn.us/uploads/regulation_6690_c_2.pdf</p>				

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Regulation 6690 A III C: Students shall have unrestricted access to water during all meal periods 6690C-3 a-b, 6690C-5,a-Minneapolis Public Schools : Policies & Regulations School Day” for the purposes of this regulation is defined as from <u>Midnight (12:00 a.m.) to thirty (30) minutes past the final dismissal of students.</u> <u>“Healthy choices” or “healthy food options” shall mean food or snacks permitted under USDA standards for reimbursable meals or that meet the Smart Snacks criteria of the USDA.</u> <u>“offered” means food given or provided to students at no cost to them.</u></p>	X			<ul style="list-style-type: none"> ● The use of foods or beverages as a reward for academic performance or good behavior is not allowed. <ul style="list-style-type: none"> ○ 64.4%: Yes, this prohibition is consistently followed; foods or beverages are not used as rewards for academic performance or good behavior. ○ 33.9%: This prohibition is not consistently followed. ○ 1.7%: Our school is unaware that the practice is prohibited. ● All school lunchrooms have unrestricted access to water either having a water fountain, a bottle filling station or a cambro <ul style="list-style-type: none"> ○ aligns with wellness policy regulation 6690 A III C, providing unrestricted access to water during meal times. <p>2022-2024 school year</p> <ul style="list-style-type: none"> ● New Hydration Stations <ul style="list-style-type: none"> ○ Lucy Laney, Emerson, Anishinabe, Roosevelt and Henry High school all received new hydration stations and completed educational activities with students to promote the importance of drinking water.

To read the full policy visit, https://policy.mpls.k12.mn.us/uploads/regulation_6690_c_2.pdf				
Marketing and advertising of only foods and beverages that meet smart snack	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Regulation 6690 A G: Marketing of food and beverages, except as otherwise provided herein, is limited to promotion of the school meal programs. Marketing of brands that offer food and beverages that comply with the criteria for competitive food under Federal law and district standards for such advertising, is permitted in school gymnasiums, ice rinks, and sports areas on large equipment, fences, and score boards.</p>	X			<p>Marketing</p> <ul style="list-style-type: none"> ● Posted on Culinary & Wellness Services Website All food and drink items served to students during the school day should meet the USDA's Smart Snack guidelines. ● The website includes Order form and link to the smart snack guide <ul style="list-style-type: none"> ○ Culinary & Wellness Services - Minneapolis Public School District ○ SmartSnackOrderForm Oct23.pdf ○ A Guide to Smart Snacks in School Food and Nutrition Service <p>Next steps: Continue to implement policies for smart snacks, marketing, foods offered and served and promotion district-wide.</p>
To read the full policy visit, https://policy.mpls.k12.mn.us/uploads/regulation_6690_c_2.pdf				
To learn more on MPS Policy 6690 Wellness visit: https://cws.mpls.k12.mn.us/Wellness_Policy_m435				

2022-2023 , 2023-2024, 2024-2025

By the end of the 2023 school year, 85% of MPS schools (55/ 65 sites) completed the newly developed Wellness Policy Assessment Tool.

6 Schools completed the Wellness Implementation Plan: Anishinabe,Emerson Henry, Lucy Laney, North High and Roosevelt.

How schools are communicating and sharing the district wellness policy (Policy 6690)

The most common methods are posters, staff handbooks, and social media, while the least common include outside vendors and organizations, school websites, and robo-calls. Additionally, 15.5% of schools do not communicate the wellness policy at all

Posters (51.7%), staff meetings (39.7%), student handbook (39.7%), staff handbook (43.1%), parent/caregiver handbook (27.6%), school newsletter (36.2%), outside vendors and organizations (6.9%), school events (PTA/O or other school events) (37.9%), community meetings (20.7%), school website (8.6%), social media (41.4%), robo-calls (13.8%), translated materials (13.8%), other methods (17.2%), and no communication (15.5%).

Wellness Champions from 27+ schools attend the Fall and Winter breakfasts/gatherings each year.

Bancroft, Bethune, Cityview, Davis Center, Dowling, Edison High School, FAIR, Field Elementary, Green Central, Health Related Services (Davis), Keewaydin, Loring Elementary School, Lyndale, Mona Moede, NE Middle School, North Community High School, Northrup, Pillsbury, Pratt Community School, Seward Montessori, South, Southwest, Sullivan STEAM Magnet School, Transitions Plus, Webster Elementary, Wenonah, and Windom

Wellness Champions: Minneapolis Public Schools has a strong participation rate from school teachers and staff to lead wellness at their school. Each year, there is a designated 'wellness champion' at each site (at each of our 64 sites). Currently we have an established Wellness Champions group that has been meeting at least twice a year. This group consists of leaders in their school communities who spearhead wellness initiatives and complete the wellness policy assessment biannually and are implementing the policy in their school communities. Wellness Champions include teachers, principals, PE staff, employee wellness, health teachers, nurses, parents and the wellness team. We have a Wellness Champion named at every school. The time, effort and dedication of these individuals make wellness possible for our students!

Wellness Week: Twice a year, Wellness Weeks celebrate nutrition and well-being by engaging staff & students with educational sessions and activities during our Annual Spring and Winter Wellness Weeks

[Spring Wellness Week](#)

[Winter Wellness Week](#)

Farm to School Program:

Farm to school partner numbers include produce, meat protein and dairy farmers.

2021-2022

19 farm to school farm partners

37 varieties of local fruits and veggies , meat protein and dairy.

Pounds of local produce served:

110,000# pounds of Farm to School (F2S) served

30,000#pounds from additional local farms

2022-2023

18 farm to school farm partners

44 varieties of local fruits and veggies , meat protein and dairy.

175,000 # pounds of Farm to School (F2S) served

25,000#pounds from additional local farms

2023-2024

18 farm to school farm partners

35 varieties of local fruits and veggies , meat protein and dairy.

115,000# pounds of Farm to School (F2S) served

35,000#pounds from additional local farms

True Food No Waste Initiative:

True Food No Waste newly updated disposal guide and resources. Posted on CWS website.

Calm Environments and Caring Cafeterias Grant

In the 2023-2024 school year, eight mini grants have been awarded to Bancroft, Barton, Las Estrellas, Lyndale, Nelly Stone, Mona Moede, Roosevelt, and Bryn Mawr. These grants aim to establish or enhance neutral spaces where elementary, middle, or high school students can decompress, manage their emotions in the moment, practice self-regulation, or try mindfulness techniques. The goal is for students to return to class calmer and more ready to learn. These calm spaces can take various forms, such as an entire room, a dedicated classroom space, a portable cart, or a mobile kit. According to MPS Staff SEL & Wellbeing Resources, knowing how to self-calm and interact mindfully helps improve achievement and develop lifelong skills. An important aspect of this effort is promoting a restorative approach that integrates social and emotional practices to assist students another important component of this grant is to connect the new or enhanced calm space to schoolwide spaces, specifically the cafeteria, by applying school SEL best practices. The cafeteria is an important learning space where children develop healthy eating habits, nourish their bodies, and nurture social relationships. Research has shown that the cafeteria environment impacts meal consumption - which in turn impacts physical wellbeing, academic achievement, and classroom behavior. The cafeteria observations will begin in January 2025 with each school setting goals to achieve calmer cafeteria spaces after an observation.

2023-24 Summary

During the 23/24 school year, Culinary & Wellness Services (CWS) offered no-cost school meals to all students through the federal breakfast and lunch programs and in conjunction with the MN Free School Meals Program. CWS serves an average of 40,000 meals and snacks per day and saw student participation increase an average 8% for breakfast and 15% for lunch. Special Diet accommodations for nearly 800 students with food allergies and medical nutrition needs are made daily. Additionally, CWS provides out of school time meal and snack opportunities through nearly 100 partnerships with community organizations.

Moreover, we celebrated the local food system with 7 MN Thursday's featuring entrees such as Bison Chili, Jollof Rice with Coriander Chicken or Stewed Beans, and Mega Swedish Meatballs with Kernza Pilaf. New at the Secondary level was an emphasis on house made breakfast items including coffee cake, breakfast breads and egg bakes.

Nutrition Education efforts include: Bike Blender reached over 800 students at 10 schools Classroom Microgreen Kits reached over 2660 students at 43 schools Fresh Fruit and Vegetable Program (FFVP) introduced students to 35 unique fruits/veggies True Food Tasting will reach 3,700 students in May.

We support physical activity through bicycle education that reaches the majority of fourth and fifth graders in MPS through four traveling bicycle fleets and additional school-owned bicycles fleets at schools. Our students will collectively bike more than 20,000 miles on the streets and trails of Minneapolis this school year. We also promote walking and biking to school through seasonal events, provide resources and training for walking and biking field trips, secure and manage grants that provide additional walking and biking resources to schools, and organize free, community group bicycle rides this October and May that showcase our students (the Let's Roll MPS).

Culinary & Wellness Services Promotion:

Connect with and follow Culinary & Wellness Services on social media: [Facebook](#) | [Twitter](#) | [Instagram](#)

[The Whole Carrot newsletter](#) is a biweekly e-newsletter for MPS staff, parents, supporters, and partners of MPS Culinary & Wellness Services (CWS) brought to you by the Student Wellness team of MPS CWS--which includes Farm to School, school gardens, nutrition education, Safe Routes to School, and other active living efforts. It contains wellness news, events, opportunities and more.

If you have questions, please reach out to Jaime Harris, Student Wellness Coordinator, at Jaime.Harris@mpls.k12.mn.us

*partial data for school year 2021/22

