



Date: 4/28/2025
To: Board of Education
Cc: Brandon Knecht
From: Jordan Greve
RE: Wellness Report 2024-2025

Review

- The purpose of the Wellness Committee is to help create a healthy school environment and promote students' learning, growth, and healthy choices.
- School District's Wellness Policy includes:
 - Health and Nutrition Education
 - Physical Education and Activity
 - School-based Activities
 - Nutrition Services and Promotion
 - Family and Community Involvement
- Two major areas of focus:
 - Healthier Eating Habits
 - Increased Physical Activity

Wellness Committee Members

- Food Service Director: Jordan Greve (SC)
- Health and Physical Education Teacher: Allison Hawker (NW/EH)
- Mental Health and Social Services: Nikki Tinnerman (KELC)
- School Health Professional: Mandi Turpin (MS/NW)
- Member of Public: Lisa Nussman
- School Administrator - HR: Amy Sipes (CO)
- School Administrator - Principal: Kevin Grone (UN)

2024-2025 Meetings

- Wednesday, September 18, 2024
- Wednesday, November 13, 2024
- Wednesday, January 27, 2025
- Wednesday, March 12, 2025

Food Service Standards

- USDA - National School Lunch Program (NSLP) and School Breakfast Program (SBP)
 - Federal Funding and Auditing
 - Nutritional Guidelines

- Facilitated by the ODE
- 5 Major Components of a School Lunch
 - 1. Protein
 - 2. Whole Grain (80% of grain served must be WG-rich, previous rule: 50%)
 - 3. Fruit
 - 4. Vegetable
 - 5. Milk
 - ***Must take 3 full components. 1 component must be a fruit or a vegetable
- Ingredient Standards
 - Portion Sizes (K-8, 9-12)
 - Min/Max Calorie Limits
 - Fat Content
 - Sodium Levels (Reduced Sodium Maximums effective July 1, 2023)
 - Milk Restrictions
 - Vegetable Categories Weekly
 - Dark Green
 - Red/Orange
 - Beans
 - Starch
 - Other
- Smart Snack Compliance
 - USDA program
 - All food sold within the district during school hours must meet Smart Snack nutritional requirements
 - The number one ingredient must be one of the 5 major components
 - Reduced Fat
 - Low Calorie
 - Whole Grain
- Northmont has continued its commitment to compliance with Federal and State regulations for all the food and beverage products we serve in our cafeterias.
- Northmont is due for its every 5th-year food service audit in the 2024-2025 school year.

The Great Apple Crunch

- The Wellness committee sponsored Northmont's participation in the Great Apple Crunch. This is a national event promoted by the Ohio State University's Farm to School program that takes place annually in October. It is a simple event where individuals, classrooms, schools, families, and other groups gather to purchase and eat local apples at the same time, promoting local food and healthy eating.
- Over 2,500 apples were consumed in the elementary buildings on October 10th.
- Students enjoyed apple-related classroom activities.
- A new partnership with Brumbaugh's Fruit Farm was established.

Hydroponic Growing Tower

- Through a partnership with the Northmont Chamber of Commerce, Angie Clifford was able to secure grant funding designated for career exploration to help us purchase a Hydroponic Growing Tower for the Middle School. The tower arrived in December and was given to Ted Mergler's Intro to Skilled Trades class. Our goal was to educate students with hands-on learning as they experience ideas such as sustainability, agriculture, nutrition, biology, and more.
- The class began growing romaine lettuce in January and had their first harvest on February 10th. About 80 heads of lettuce can be produced every 4 weeks. The lettuce is used in the cafeteria at the Middle School to make salads for school lunch.
- Here is a [video](#) about the project.

National School Breakfast Week

- Offering breakfast at school is critically important for the success of a significant number of our students. A well-balanced and nutritious diet starts with breakfast, whether a student receives that meal at home or at school. Offering breakfast at school gives students an opportunity that they may not have otherwise. One of the goals of the Wellness committee continues to be promoting breakfast with our students.
- On average, only 27% of our students (including MVCTC) who are qualified for financial assistance with the free and reduced meal program actually eat breakfast at school.
- That average drops to about 17% for all students combined district-wide.
- National School Breakfast Week is an initiative sponsored by the School Nutrition Association. The Wellness Committee supported Northmont's participation in the NSBW initiative again this year during the week of March 3rd-7th.
- Our goal was to educate the Northmont students and parents about the importance of a healthy breakfast and increase our participation.
- We offered a prize raffle in which students who ate breakfast at school that week were entered into the drawing for prizes. This generated excitement in all the buildings, and we were able to award 8 students with prizes such as a Nintendo Switch, Beats headphones, and an iPad.
- The theme for this year was "Clue in to School Breakfast". Flyers and announcements went out, and some of our cafeteria staff decorated and dressed up to promote the event.
- We experienced an increase in breakfast participation for the week of NSBW. Some buildings reached an increase as much as 30% for that week.

Meeting Dates for 2025-2026

- September 17th, 2025
- November 12th, 2025
- January 22nd, 2026
- March 11th, 2026

Future Goals

- For the 2025-26 school year, the wellness committee intends to pursue more Farm to School initiatives. We would like to add additional hydroponic towers in other buildings. The Great Apple Crunch was a success, and we intend to bring that event back again as well.
- National School Breakfast Week is another successful event that we would like to bring back as well to continue educating on the importance of breakfast.
- One goal for next year is to explore more physical activity types of initiatives. Ideas floating around so far are a “fun run” event or a physical activity tracking reward system.