

The Triennial Assessment for Region 14 Schools Wellness Policy was completed during the 2024-2025 school year. The results indicate that Region 14 has specific goals for nutrition education that are designed to promote student wellness.

Region 14 Schools are following all USDA nutrition standards for reimbursable school meals. All school meals are prepared by a trained nutrition staff that receive annual training in accordance with USDA Professional Standards. We participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) making all meals accessible to all students. All foods and beverages offered to students meet or exceed the USDA Smart Snacks in School nutrition standards. During the 2024-2025 school year Region 14 Food Service Department began participating in the Farm to School Program which helps CT Schools source local fruits and vegetables to offer to students.

The Wellness Policy assessment found several areas where Region 14 is following good practices, which includes meeting all Nutrition Requirements set by the National School Program (NSLP), Food Quality Standards set by the USDA, and Food Safety Standards. The Wellness Policy will be revised in the 2025 - 2026 School year to reflect items such as identifying how families are provided information related to Free and Reduced meals.

Region 14 Administration has established a wellness committee that meets during the school year to discuss ways to strengthen the overall Wellness of students and faculty. The Region 14 Wellness Committee also addresses how all relevant stakeholders will participate in the development, implementation, and periodic review and update of the local wellness policy.

In general Region 14 Schools' Wellness Practices and Policy are strong. This indicates that students who participate in the National School Lunch and Breakfast Program are receiving the recommended daily nutrients required for success in and out of the classroom.