

# LOCAL WELLNESS POLICY PROGRESS REPORT

**School Name:** Iowa City CSD

**Wellness Policy Contact:** [Jessica Jimmerson](#) & [Alison Demory](#)

**Date Completed:** 10/8/25

This tool is to document progress in meeting the goals written in the district’s wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the “Contact Person” column identify the individual who can report on the goals’ progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

## Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.	Jen Neubauer and Erika Mundt		x		District health education and physical education is taught by qualified teachers, meets state requirements, is sequential and standards-based, and includes a curriculum that focuses on wellness and healthy life choices.	Review the newly implemented QuaverEd Health curriculum in K-5th. Review the current nutrition unit in the K-5th PE curriculum and identify ways to utilize Skills-Based nutrition lessons for greater emphasis on collaborative lessons and messaging. Including Health curriculum representative in Wellness Committee

## Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.Schools will provide students with age and grade-appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.	Jen Neubauer and Erika Mundt	x			All students, including those with special health needs, will participate in physical education that meets the requirements of the new Physical Education Standards, Healthy Kids Act, and the Iowa DOE Guidance document for Physical Education for Students with Disabilities. Elementary students will also be encouraged to participate in moderate to vigorous activity during daily recess.	Increased collaboration between PE and SPED teachers. May include opportunities for professional development.  10/8 = Ongoing collaboration

## Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.Support activities that promote a healthy lifestyle. Examples include, Girls on the Run, Let Them Run, HyVee FitKids, Garden Clubs, etc.	Alan Moran and ES Admin		x		Each school has all available clubs listed on their page on the district website.	Vetting sponsors, to include 501(C)(3) when using district space without charge. 10/8 = Alan to check state registry

## Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Meals served through the National School Lunch and Breakfast Program, shall meet federal and state nutrition requirements. All meals beginning on 7/1/25 will meet the new United States Department of Agriculture (USDA) guidelines for breakfast and lunch which limits added sugars for yogurt, cereal and milk. In addition, Target 1A <a href="#">Sodium Requirements</a> that went into effect 7/1/23 will remain in effect until 7/1/27.	Alison Demory	10/8=x			Manufacturers and suppliers have been notified of pending changes. Challenge may be having products available.	Procure eligible food items, add to prime vendor contract and update the district's food database. Analyze nutrient data for all school meals and menus to ensure compliance.  10/8 = all meals this SY meet the new guidelines for sugars and sodium
2. Diet Modifications forms will be	Alison		x		Currently, families are	10/8 = 1. Registration

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required (per USDA guidance) to accommodate a disability, including food allergies and intolerances beginning SY25-26.	Demory				<p>encouraged to provide a doctor signed diet modification form but it has not been required. Challenge may be to gain compliance.</p> <ol style="list-style-type: none"> <li>1. District notification to all families in spring and summer of changes for SY25-26.</li> <li>2. Database being reviewed and updated to reflect big 9 allergens. Pork added to all menu items/recipe titles in Mealviewer containing pork items.</li> </ol>	updated for SY26. Includes space to specify allergies, intolerances or preferences. Families haven't consistently completed registration accurately or provided necessary diet forms.
3. Smart Snacks standards for all foods and beverages sold at each school during the school day (before school to 30 minutes after school) must be maintained. School cafes or other groups selling food/drinks to students must keep	Alison Demory		x		Information has been shared with each high school regarding documentation required.	<ol style="list-style-type: none"> <li>1. Each school provides a comprehensive list of products with Calculator Printouts.</li> <li>2. Regular visits to cafes to check for compliance.</li> </ol>

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complete printout results from the Smart Snacks Product Calculator.						10/8 District store created to provide Smart Snack approved snacks for schools.

**Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.**

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.Snacks available to students during the school day without charge will meet standards set by the district in accordance with our Wellness Policy. Examples include PBIS rewards, rewards as part of a behavior intervention plan, or during other school special events.	Alan Moran & Alison Demory		x		<ol style="list-style-type: none"> <li>Updated our Wellness Policy on 3/11/25</li> <li>Procurement oversight and providing redirection as needed.</li> <li>Providing some approved snack lists</li> </ol>	<p>10/8 = District Store:</p> <ol style="list-style-type: none"> <li>Centralized store, now in place with all approved snacks in inventory.</li> <li>Used for PBIS and other school needs.</li> <li>Order form shared with schools and education provided to admin and secretaries.</li> </ol> <p>SPED:</p> <ol style="list-style-type: none"> <li>Requests for food are checked against IEP's prior to</li> </ol>

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						<p>approval</p> <ol style="list-style-type: none"> <li>2. Non-food rewards used whenever possible</li> <li>3. Fading Plan implemented for all food rewards</li> </ol> <p><b>Wellness Policy:</b> Updates due in February. Will evaluate language to see if exceptions need to be included in policy to accommodate food not sold to students</p>
<p>2. School Parties/Celebrations will follow <a href="#">District Guidelines</a> in accordance with our Wellness Policy.</p>	<p>Brad Kelly</p>		<p>x</p>		<p>Wellness Policy</p>	<p>10/8 = Will survey admin to seek input on what is working and what they would like to see changed Also look for opportunities to speak to admin groups to educate and gather input.</p>

## Policies for Food and Beverage Marketing

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Healthy menu options will be highlighted using creative and visually appealing methods.	Alison Demory		x		<ol style="list-style-type: none"> <li>1. Many healthy menu options are available each day.</li> <li>2. Recipe development conducted each summer to capture trending menu items and make them fit school nutrition guidelines.</li> <li>3. Entree pictures for ES displayed in mealviewer.com</li> </ol>	<ol style="list-style-type: none"> <li>1. Colorful signage</li> <li>2. Social Media</li> <li>3. Potentially more pictures available on <a href="http://mealviewer.com">mealviewer.com</a></li> </ol> <p>10/8 = Nutrition Dept is working to take pictures of all breakfast entrees to post on MealViewer</p>
2. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutrition standards on campus during the school day.	Alison Demory	x			All vendors are notified that drink coolers or other equipment cannot have brand names, other than compliant items, like water (e.g., Dasani). Marketing of menu items/brands isn't done.	<p>Continue to monitor for compliance.</p> <p>10/8 no noted problems</p>

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