

Required Policy Component Goals and Action Steps

1. Nutrition Education Goals

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Food Service will provide Nutrition Education information on Districts Food Service Webpage	-Will post and update webpage Monthly with Nutrition Nuggets and FitFuture -Food Buying Guide -Smart Snack Calculator -Choose my Plate	Present	FSD will check monthly for updated information	Child Nutrition Assistant and Director	X		
	Provide fresh fruit options at breakfast and lunch Provide a vegetable choice at each meal served Have fresh fruit and vegetables sampling at schools to introduce new items Implement more farm to school products when available		Number of increased farms partnered with number of fresh fruits consumed survey of students that try new fruits or vegetables	Farmers Markets local farmers staff Teacher Extension office Students	X	X	

Increase student knowledge and application of healthy eating and physical activity principles in daily routines.	-Integrate nutrition education into health curriculum (K-5). -Implement daily physical activity breaks for all classes -Install water station and promote hydration	2025-2026	-Teacher logs for activity breaks. -Monitoring water station uses and student surveys -Monitor water stations for proper functioning	-Teacher -School Nurse -Principal -Parents -Students -Food Service			X
Food and Beverages will not be used as a reward for students.	-Provide a list of non- food rewards examples on the Food Service webpage -Discuss changes at back - to-school trainings	2025-2026	-Verbal checks ins with staff and teachers	-Principal -Teachers -Food Service Director and Asst.	X	X	

2. Nutrition Promotion

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Increase student and family awareness of healthy eating practice through nutrition promotional activities and resources.	-Will post and update webpage Monthly with Nutrition Nuggets and FitFuture -Family Resource provides Back pack program, a food pantry and participates in the Red Box Thanksgiving program. -Extension office offers Hunters for hunger and partners with the Family Resource Centers -Pendleton County Food Service partners with UMC to provide our district students with home delivered meals for our summer feeding program.	25-26	-Track attendance and engagement in Healthy Eating Days -Family surveys to assess the usefulness of distributed resources. -Observation of student's choices in the cafeteria -check for posters availability for Cafeteria at a High School	-Cafeteria Staff -Principal -Families -Students -Bus Drivers -UMC staff -Extension office staff -Family Resource staff -Teachers			X
	- Provide informational handouts and digital resources on healthy eating for families, distributed via newsletters and school website & social media - Display posters and visual aids in the cafeteria promoting nutritious food choices.						

	- Conduct a quarterly classroom activity where students learn about different food groups and nutritional benefits. -Possible activity with the High School Ag Department utilizing our Greenhouse to grow vegetables for the Food Service Department to provide for students. -Food Service using Farm to School Products from local farmers in the district.					
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3 Food and Beverage Marketing Guidelines on School Grounds (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Ensure that 100 % of food and beverage Marketing on school grounds promotes healthy, nutritious options that meet the USDA Smart Snacks in School Standards each school year. This goal ensures a consistent message across the school environment and supports healthy eating habits for students.	-Randomly check inventory of all food and beverages currently displayed on school grounds including Vending Machines, School Stores -Place materials promoting fruits, vegetables, Whole grains, water and other healthy option -School Food Services provides Smart Snack Calculator on the school Food Service website to check for smart snack compliant	Present	-Perform random inspections of school grounds to ensure compliance with the updated guidelines	-Food Service -Principals -Teachers -Students		X	
Limit and regulate food and beverage marketing on school grounds to support healthy food choices for students	-Review existing food and beverage advertisements within the school to identify non-compliant items -Remove or replace any marketing that promotes foods not meeting federal and state nutrition guidelines -Provide training for school staff to ensure compliance with marketing policies -Conduct periodic checks to maintain compliance with new marketing materials.	25-26	-Random check of marketing materials -Staff feedback on challenges with implementation	-Principal -Staff -Vendors -Food Service Staff		X	

4. Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds (i.e., classroom celebrations, rewards, etc.) (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
To promote a healthy school environment by ensuring that all foods and beverages provided, <i>but not sold</i> , align with nutritional standards that support students' health, academic performance, and well-being.	-Limit High- sugar or High-fat items: Encourage healthier option, such as fruits, vegetables, whole grains, and low-fat dairy, while limiting sugary treats and high-fat snacks		-Randomly check how many classrooms and celebrations follow the new guidelines				
	-Promote non-food rewards: Encourage alternatives to food-based rewards, such as stickers, extra recess time or educational prizes. A list of non-food items is posted on Food Service Website.	25-26	-Verbal checks with Teacher	-Principals -Teacher -Staff		X	
	-Align these foods and beverages with the school nutrition policy and standards such as the USDA's Smart Snacks in School guidelines. - Develop and distribute a list of approved, healthy food and beverage options for classroom celebrations and rewards.		-Periodically check snacks brought in for celebrations and compare them to checklist of approved healthy options	-Cafeteria staff -Food Service Director and Assistant			

Ensure that all food and beverages provided (not Sold) on school grounds meet established nutritional guidelines	-Provide a list on Food Service Web site for healthy food and Beverage options -Monitor compliance by verbal checks with classroom teachers and parents on adherence and challenges	25-26	-compliance through teacher feedback and random checks - identify areas for improvement	-Teacher -Parents -Principal -Students -Food Service Director and Asst.	X	
Making Healthy Choices	-Encourage fruit and vegetable at class parties with 1% milk and 100% juice	25-26	-Random checks of classroom parties	-Parents -Teachers -Principal	X	
Promote healthy choices for food when providing for team meals	-Encourage Coaches to educated on healthy food choices -Encourage Coaches and parents to order healthy food from local restaurant catering	25-26	-Verbal check-in with athletes and coaches	-Coaches -Parent -Players	X	

5. Nutrition guidelines for all foods and beverages available **SOLD** on school grounds (i.e., a la carte, school stores, vending machines, etc.) (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline When will this happen?	Measures How is progress measured?	Who will be involved and impacted?	What are the goals?
More healthy choices for vending machines Food Service Vending machines will continue to offer Smart Snack Compliant food and Beverage items	-Encourage those who order for vending machines to provide healthier snack choices -Provide Vending items and al carte items that are 100% juice, whole wheat and baked items	25-26	Verbal check in with athletes & coaches' persons placing orders for vending machines Students purchasing these items and evidence of stocked items	-Coaches -Players -Person placing orders for vending -Students -Vendors - Food Service Staff	

To ensure all foods and beverages sold on school grounds meet nutritional standards that promote students' health, academic success and long-term well-being, aligning with national guidelines such as the USDA's Smart Snacks in School standards and meet federal and state nutritional standards	-Ensure all items meet calorie, Sugar, sodium, and fat limits outlined by USDA -Offering such as whole grains, fruits, vegetables, and low-fat dairy and lean proteins. -Will post "A Guide to Smart Snacks in School" reference Booklet on the Food Service website -Encourage water consumption by making it easily accessible with water fountains and or water stations and vending. -Review all items sold in a la carte lines school stores and vending machines to ensure compliance with nutritional standards - Replace non-compliant items with healthier alternatives that meet established guidelines. - Collaborate with food and beverage vendors to ensure that they understand and support the school's nutritional require- Randomly check food and beverage offerings to maintain compliance and adjust as needed	25-26	-Make random checks for healthy choices -Track sales data to evaluate student acceptance of healthier options -Receive feedback from students and staff on available options	-Students -Cafeteria staff -Principals -Teachers	X	
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6. Physical Activity (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
Students shall be given opportunities to have physically active lifestyle	-Classroom dance and movement to daily activities in all subject areas EX. Alphabet chant with exercise	25-26	-Physically watching and in plans	-Teacher -Students A		X	
Athletes are getting physical activity at least 4 days a week	-Coaches make sure they are practicing and playing at least 4 day a week	25-26	-Schedules provide to AD Verbal check-in	-Coaches -AD -Students	X		
Ensure all students engage in regular physical activity throughout the school day and meeting the recommended guidelines for the age groups	-Provide age appropriate, High-quality PE classes for all grade levels enduring students are active for most of class -Integrate short physical activity breaks (ex. Stretching, movement-based learning in classroom routines. -Guarantee at least 20 to 30 Minutes of unstructured recess for elementary students promoting free play and movement	25-26	-Random checks in on class rooms	-Principals -Teachers -Students		X	

7 Other School Based Activities (insert your district's goals below as defined by your district's policy)

Goals What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start Dates	Measurement How is progress measured?	Stakeholders Who will be involved and/or impacted?	Is this Goal in place?		
					Fully in Place	Partially in Place	Not in Place
-Provide students with a relaxed, enjoyable climate/environment, That is a Safe, positive, and enjoyable experience in the cafeteria	-encourage students to move though the line to allow them to have more time to consume their meals -Adequate space to eat and pleasant surroundings, will look into updating the High School Cafeteria seating arrangements -Students will have access to potable water throughout the school day. Water stations and / or water fountains. - Cafeteria workers will meet students with encouraging smiling faces and attitudes. -Teacher aids will help cut up and or open packages for students	present	-Cafeteria Managers and School Nutrition will monitor cafeteria and environment -Monitor number of students eating in cafeteria	-Café Managers -Nutrition Director -Custodians -Staff -Administrators -Students - Teachers Aides			
						X	

Meals served will be nutrient balanced and accepted by the students of Pendleton County	-Will provide each student a Breakfast and Lunch meal free each day at no charge to them or their family -Will obtain input from the students on meal suggestions and ideas for our meal program -Continue to look for new products to increase students' participation.	Present	-Will monitor the participation % and report to committee -Will have Managers meet with student council groups for any menu item suggestions	-Café Managers -Nutrition Director -Students -Staff	X	
Healthy Food choices when teams are on the road	-Try to Choose restaurants that provide healthy food choices.		-Verbal check ins with Coaches and Players	-Coaches -Players		X