Cedar Rapids Community School District Local Wellness Policy Progress Report

Wellness Policy Contact: Jenny Hook, Food & Nutrition Department Manager
Date Completed: May 2026

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Goal 1. Nutrition Education and Promotion Goals					
1. Provide age-appropriate nutrition education that is offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.	54%	15%	31%	Schools have nutrition education curriculum and/or are expanding opportunities for extra-curricular nutrition education	Continue to explore ways to incorporate nutrition education into curriculums
2. Provide a healthy eating environment that schedules meal periods at appropriate times of day, and allow students to have at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.	100%	0%	0%		
3. Provide a healthy eating environment that prohibits forcing a child to eat or drink against their wishes or withholding food or beverages as a punishment.	74%	23%	3%	Encouraging students to make the most of limited meal periods and managing access to a la carte items	Continued awareness and opportunities to reinforce behavior-related practices that do not unintentionally conflict with wellness expectations.
4. Discourages using food or beverages as a reward for academic performance, compliance or good behavior.	31%	58%	11%	Increase awareness of expectation throughout the district.	School buildings and teachers continue to develop creative ways to reward students.
Goal 2. Physical Activity Goals					
1. Provide physical activity that is based upon state/federal guidelines and is consistent with National Physical Education Standards.	93%	7%	0%		
2. Provide students with an opportunity for at least 30 minutes of physical activity daily.	81%	19%	0%		

3. Ensure physical activity is not used for or withheld as punishment.	42%	50%	8%	When students require additional assistance it is commonly provided during non core-curriculum time.	Brainstorm strategies to increase implementation.
Goal 3. Promote Wellness through other school based activities					
1. Provide communication with staff and parents that increase awareness of District Wellness Policy progress and goals.	100%	0%	0%	Information & updates provided on the District Website, school handbooks and building newsletter.	
2. Provide nutrient analysis information of school menus on the district website.	100%	0%	0%	My School Menus platform provides nutrient analysis information.	
3. Limit marketing of food and beverages to the promotion of foods and beverages that meet the Districts Nutritional Guidelines.	70%	27%	3%		
4. Encourage physical activity opportunities before and after school.	62%	19%	19%	Schools continue to explore new and expand upon opportunities	
District Nutritional Guidelines and Standards					
1. All schools within the District are committed to offering school meals through Federal Child Nutrition Programs that meet current nutrition requirements established by local, state, and federal regulations.	100%	0%	0%	CRCSD participates in many Federal Meal Programs to ensure students have access to healthy meals/snacks.	
2. Foods and beverages offered outside the reimbursable meal program (including those sold through a la carte lines, vending machines, student stores or fundraising activities) during the school day meet nutrition standards as required by state or federal law.	50%	39%	11%	District Nutrition Guidelines are posted on the District Website and non food related celebrations are encouraged	Increased awareness throughout the district and increased frequency F&N Dept is contacted inquiring about resources & guidance to encourage implementation
3. Foods that compete with Federal Meal programs (offered 30 minutes prior, during, 30 minutes after scheduled meal services) are not allowed without prior approval.	100%	0%	0%	F&N is increasingly contacted inquiring about resources and guidance to encourage implementation	
4. If food is brought to school to be shared, it must meet the District Nutritional Guidelines, be prepackaged and prepared by a vendor, with the exception of whole fruits and vegetables.	58%	27%	15%	Non food related celebrations are encouraged	Increase awareness and consistency across district