



# Baldwin County School District



**Nutrition**



**Wellness**



**Physical  
Activity**

**Making Wellness Work: One School at a Time**

## **Wellness Program Report**

2017 - 2018

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## Introduction

Since the initiation of the unified accountability system mandated by the Healthy, Hunger-Free Kids Act of 2010, the Baldwin County School District has complied with the implementation and monitoring of the Wellness Program.

The key elements of the Wellness Program is outlined in a comprehensive wellness policy which emphasizes the importance of a learning environment where both students and staff learn and practice healthy habits. (Please *review Baldwin County School's Wellness Policy in Appendix A*)

The Baldwin County School System recognizes a healthy school environment goes beyond the school meals served in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and an appropriate amount of exercise or physical activity.

Also a physically active, healthy child is more likely to be academically successful. That's why the Baldwin County School System is committed to offering children nutritious food choices and opportunities for physical activity throughout the school day.

Oversight of the Wellness Program is provided by the Office of School Nutrition and the District Level Wellness Committee. The wellness program is being implemented at each school and is monitored monthly for effectiveness through onsite visits and quarterly reporting to the District Level Wellness Committee.

The **School's Governance Team** now acts as the **Wellness Committee**. This team is composed of teachers, coaches/health instructors, parents, food services employees, nurses, community volunteers and staff administrators. The School Governance Team addresses wellness goals during each of their monthly meetings. Members of the team are also designated to attend the District Level Quarterly meetings to report their school's progress.

The District Level Wellness Committee meets quarterly to monitor the success of the school level programs and goals. Quarterly and Annual Reports are made public on the Baldwin County Schools website for the public to view, as well as for members of the Baldwin County Board of Education members. The district committee is composed of many stakeholders including Superintendent (or designee), School Nutrition personnel, Nurse Manager, Volunteer,

### What is the Baldwin County Schools Wellness Policy and Program?

The purpose of the Baldwin County Schools Wellness Policy and Program is to enhance opportunities for healthy eating and physical activity for Baldwin students by helping schools to create and implement wellness goals that support our comprehensive written wellness policy.

The wellness policy addresses the following areas:

- NUTRITION EDUCATION AND PROMOTION
- PHYSICAL EDUCATION
- OTHER SCHOOL-BASED ACTIVITIES
- EATING ENVIRONMENT
- CHILD NUTRITION OPERATIONS
- FOOD SAFETY/FOOD SECURITY
- GUIDELINES FOR NUTRITIOUS SNACKS SOLD AT SCHOOLS
- FARM TO SCHOOL

Parents and Students. The District Committee provides advice, support and oversight of the school level committees.

All seven schools have Nutrition and Wellness Committees who take part in taste testing all new food items added to our menus. The committees take part in a kitchen tour and provide much support and feedback for the Nutrition program.

We are also proud to announce that the District has added a part-time Wellness Coordinator position. The Wellness Coordinator will be responsible for assisting the Wellness Committee members with establishing and implementing goals for nutrition and physical activity. The Wellness Coordinator will also conduct staff training, help with the promotion of Farm to School activities and serve as the liaison between administrative, academic and nutrition staff.

The Baldwin County School System (BCSS) made one very important accomplishment in 2018. All seven (7) school worked tirelessly to set goals for both nutrition and physical activity during the 2018 school year. Each school has shared their successes and reported outcome data for their goals which will be shared later in this report.

Before we take a look at each individual school's achievements, let's highlight some major accomplishments made in the area of wellness as a school district in SY 2018. These accomplishments serve as a testament to the unyielding efforts of the district to ensure that students have access to locally grown, fresh foods to improve life-long healthy eating habits and have access to physical activity opportunities throughout the school day.

## MAJOR DISTRICT LEVEL ACCOMPLISHMENTS FOR FY 2018

### Golden Radish Silver Award Winner for Two Years in a Row



The Golden Radish Award is given to Local Educational Agencies (LEAs) in Georgia who are doing extraordinary work in the area of farm to school. The Award is presented by the Georgia Department of Education, Georgia Department of Agriculture, Georgia Department of Public Health, the UGA Cooperative Extension, and Georgia Organics. Winning LEAs are recognized by the leaders of these five groups every October.

LEAs are recognized at five levels. **Platinum, Gold, Silver,** and **Bronze** Radishes are awarded to recognize LEAs with programs. The Baldwin County School District honor of bringing home a Silver Award for SY 2017 and 2018. Now, it's time to bring home the Gold. Ms. Susan Nelson and Nutrition staff, are busy planning farm to school and various wellness activities for SY 2019 to ensure the Baldwin County School District meet the criteria for "Gold" status this year!

### 2018 Silver, Turnip the Beet Award Winner



The Turnip the Beet Award recognizes outstanding Summer Meal Program Sponsors across the nation who work hard to offer high quality meals to children that are appetizing, appealing, and nutritious during the summer months. Baldwin County received the 2018 Silver Turnip the Beet Award from the United States Department of Agriculture for going above and beyond the call of duty to ensure that children in Baldwin County have access to nutritious and appetizing meals during the summer.

The school district is at it again this summer, expecting to serve over 56,000 meals. Students can enjoy healthy breakfast and lunch meals at two school-based sites; the Baldwin Bus Stop Café' is also on the move, providing nutritious lunches at over 21 different locations, and let's not forget the eleven additional summer camp locations who will serve meals to their campers as a result of the School Nutrition Program. Keep up the good work Nutrition Staff!

### 2018 Georgia Best Practices Award for Wellness Promotion

The Georgia School Nutrition Association is the professional organization for school food service employees in the state of Georgia. It provides professional services and training to members and each year it recognizes outstanding program practices. In SY 2018, the Baldwin County School District received the Georgia Best Practice Award for Wellness Promotion.

### **Baldwin County Exceeds Department of Agriculture GA Grown Mandate**

Baldwin County School Nutrition is pleased to serve many GA Grown and packaged items in support of keeping Georgians employed in agricultural, forestry and other related industry. The GA Department of Agriculture's initiative, "2020 Vision", encourages schools to serve at least 20% of Georgia Grown items on each student's plate by the year 2020. Baldwin County has already exceeded 20% and will continue to seek out more Georgia products for our students to enjoy. Let's applaud the following Georgia Grown Partners for helping us reach this goal.

- Derst Baking, Savannah, GA
- Lord's Sausage - Dexter, GA
- Mayfield Dairy - Macon, GA
- Sun Cup Juice - Newnan, GA
- Royal Produce - Atlanta, GA
- Naturally Fresh Salad Dressing - College Park, GA
- Chicken and Beef Products - Samples Inst. foods, Atlanta, GA
- Babe and Sage Produce - Milledgeville, GA
- Chinese Southern Belle Sauces - Atlanta, GA
- Allison's Honey - Cleveland, GA
- Comfort Farms – Milledgeville, GA
- R & G Farms – Dublin, GA
- Sweat Farms – Wrightsville, GA
- Sonrise Farms – Dublin, GA



### **2018 GA Grown Farm to School Selects Baldwin County as New Test Kitchen**

Georgia Agriculture Commissioner Gary W. Black is pleased to announce the latest schools selected to participate in Georgia Grown's farm to school programs. Baldwin High School was one of four schools selected to be a part of the Georgia Grown Test Kitchen program.

Celebrating its fifth year, the Georgia Grown Test Kitchen program is an initiative that promotes local and healthy eating in schools across the state by supplying school nutrition directors with healthy recipes using Georgia Grown commodities.

Commissioner Black believes that the schools selected are the driving force of Georgia's farm to school movement and are the key to successfully achieving Georgia's 20/20 Vision for School Nutrition. This program, which aims to have at least 20 percent of every meal in Georgia public schools be comprised of Georgia products by the start of the 2020 school year, is a partnership



between the Georgia Department of Agriculture, Georgia Department of Education and Georgia Department of Public Health.

### **Baldwin High Students Finalist in GA DOE Student Chef Competition**



Baldwin High students Kiara Daniels and Taliyyah Tucker are taking their recipe of ‘Kale and Kraisin Salad’ to the Georgia Department of Education’s School Nutrition Student Chef Competition Wednesday in Macon. Their dish was one of seven selected for the competition among dozens of entries.

### **Student Entry in the Bonnie Cabbage Contest**

MILLEDGEVILLE, Ga. -- And in the left corner...weighing in at 20 pounds and 4-feet wide...Braylon's Cabbage! According to Milledgeville mom Stephanie Wright, her son Braylon -- along with other 3rd graders at Lakeview Elementary -- were given a cabbage on behalf of Bonnie's Plants 3rd Grade Cabbage Contest.



Braylon's mom Stephanie Wright said he grew the biggest cabbage in his class as part of the nationwide contest. “He has really nurtured this plant,” said Stephanie.

Teachers across the country enroll their students to participate in the program. Braylon's teacher Camellia Hurt said students are then given a free, small, potted cabbage to take home and nurture for 8-

10 weeks. After the 10 weeks are up, students send their teacher a picture of the plant, a class winner is then chosen, and that winner's plant is submitted to the program for a chance at the \$1,000 scholarship. The winner will be determined closer to the start of the new school year.

## **SCHOOL LEVEL WELLNESS GOALS AND RESULTS FOR FY 2018**

### **The Early Learning Center Wellness Goals SY 2018**

**GOAL #1:** Five (5%) of parents will participate in the "Cook like a Chef" training event held on October 26, 2017 at the ELC. Parents will participate in hands on demonstrations, learn about reading labels, preparing and eating a nutritious meal.

**RESULTS:** The ELC had 5% of family participation in the "Cook like a Chef" Training event which was held on October 26<sup>th</sup>. Parents had the opportunity to participate in the interactive food demonstrations, learn about label reading and enjoyed preparing and eating a nutritious meal. The event was facilitated by Dietician Jacquelyn Nelson and Martine Smith.

**GOAL #2:** The ELC will publish a monthly health and wellness newsletter for families. 100% of the teachers will lead discussion related to fitness and health tips. All teachers vote on the best tip submitted by a student to be highlighted in the following month's publication. Measurement will be attained thru attendance roster and signature of the teacher for compliance. Newsletters are published.

**RESULTS:** ELC has published a health and nutrition corner in the monthly center wide newsletter, 100% teacher led discussion in gathering 100% student suggest reported the need fitness tips and health options. Health tip suggests were published in the monthly newsletters. Emphasis was placed on highlighting the Fruit and Vegetable of the Month on the monthly center menu. A Georgia Grown food was emphasized as well.

**GOAL #3:** Nutrition Manager will select a fruit and vegetable of the month and incorporate in the monthly menu. Food item will be highlighted on the menu a minimum of 2 times per month. Recipes and nutritional analysis will be shared for the monthly newsletter and for teachers/parents. Measurement will be collected by nutrition manager with copies of menu, recipes, and nutritional information.

**RESULTS:** Shared fun facts of the highlighted vegetables and included in newsletter. 2/15/18, reported to District Level Wellness Meeting that fruits and veggies are being highlighted on the menu. The manager is maintaining a copy of the menus.

**GOAL #4:** The ELC will continue to focus on obtaining at least 1 hour per day/ 5 hours per week of physical activity and exercise. Teachers will include music and movement in addition to playground activities during the day. Measurement of goal will be roster of dates and activities throughout the month and submitted to the ELC Director. Scheduled is posted by the teachers and maintained by Julie Parmley.

**RESULTS:** On 2/15, stated that the one hour per day goal is being met and will continue thru the end of the school year. Students are playing on the playground daily and teachers are incorporating the movement moments





into their daily activities. ELC also partnered with Elite Gymnastics during the months of March, April and May. Elite provided a 30 minute gymnastic session for each class each month.

## Lakeview Academy Wellness Goals SY 2018



**GOAL #1:** The LVA menu will provide for local/GA Grown items a minimum of 2x per week for school year 2018. Items will be documented by nutrition manager on Google sheets and highlighted on morning announcements and social media. Highlighted fresh produce will reinforce the importance of a healthy meal and smart food choices. Update as of 2/15 meeting: Menus feature more than 2 GA Grown items per week.

**RESULTS:** Items are featured with a "peach" icon and special recipes from Dept of Agriculture are used to showcase items. Nutrition also publishing a Harvest of the Month item to showcase on the menus and provide nutrition information.



**GOALS #2:** The LVA Cafe will be provided "Shake It Up" salt free seasoning blends for students to flavor meals. Nutrition manager will also conduct a minimum of 2 classes on the importance of reducing sodium intake and the effects of salt on the heart. Data will be kept on the class instruction via a sign in sheet for the students.

**RESULTS:** Cafe Manager, Mrs. Pearson, conducting "Shake It Up" lessons to Ms. Holbrook and Mr. Love's class in February. Reducing your salt intake and why it is important were discussed in the classroom. The flavor blends are readily available in the cafe for students to use.



**GOAL #3:** LVA students will take part in the Fitness Gram pacer laps. A baseline number of laps will be established in the spring with the final results posted in May. The mission is for students to understand why exercise is an important part of a total wellness program. The goal is that 50% of the student will show an increase in laps.

**RESULTS:** LVA experienced multiple personnel transitions in physical education this year. Due to the lack of continuity of personnel, only 53% of our student population completed the Fitness Gram. This low percentage of participants resulted in skewed data.

**GOAL #4:** LVA teachers will be provided HealthMPowers lessons weekly to implement in their classrooms as evidenced by teacher lesson plans. The Principal will monitor lesson plans to insure goal is reached by all teachers. HealthMPowers offers a full range of physical fitness activities appropriate per grade level.

**RESULTS:** Teachers were provided weekly lessons from our HealthMPowers teacher representative, Pam Brookins, to implement. Lessons were documented in emails and lesson plans.

## Lakeview Primary Wellness Goals SY 2018

**GOAL #1:** 75 % of all teachers will use "BiBi Broccoli" videos a minimum of one time per week during the morning meeting to encourage healthy eating patterns. Teachers will log the date on a rosters for compliance and measurement purposes. Logs will be submitted monthly to the principal for tracking.

**RESULTS:** 2/15 update: LKP representative states the videos are being used in the mornings and will continue thru the end of school.

**GOAL #2:** 100% of all parents attending school events will attend the Health M Powers information booth to gain health and wellness materials. A sign in sheet for parents will be made available by Heath M Powers and submitted to the school principal.

**RESULTS:** LKP representative stated 100% of parents participated in the HealthMPowers Health and Wellness Information Booth.

**GOAL #3:** 75% of all students will participate in fitness videos each Wednesday during the morning meeting to encourage movement. Measurement will be logged by date by a teacher and submitted to the principal monthly for compliance.

**RESULTS:** Our students and teachers did very well in meeting this goal. Throughout the year on every Wednesday teachers used the fitness video during the morning meeting. We were able to exceed our goal with roughly 85% of students participating.

**GOAL #4:** At least 50 students in the gym each morning will participate in movement activities on Fitness Fridays. Measurement will be logged by date by a teacher and submitted monthly to the principal for compliance.

**RESULTS:** At least 50 students participated in movement activities in the gym each morning thru the end of school year.



## Midway Hills Academy Wellness Goals SY 2018

**GOAL #1:** Nutrition department will make available the "Shake It Up" salt free seasoning blends to promote low sodium diets for a heart healthy diet. The Manager will give classroom instruction to a minimum of two classrooms related to low sodium diets and the use of the seasoning blends that will be available 100% of the time throughout the year. The Nutrition Manager will keep an attendance roster as provided by the teacher for 100% of compliance of instruction time.



**RESULTS:** 2/8/18 Manager spoke with Dr. Pierson's class, students and Ms. Lindsey's 4th and 5th grade also. Classes on low sodium was well received and student are using the "Shake It Up" salt free seasoning blends.

**GOAL #2:** 100% of all new and potential menu items will be taste tested for student acceptance by the MHA Food Advisory Council. No menu item will be added to the menu without the majority vote of the student panel. The duration of testing will be throughout the school year and will be measured by the taste test scoring sheets and tallied by the nutrition manager. The acceptance of each food item is essential in promoting healthy food items that students will consume.



**RESULTS:** Completed several Taste Test with students during the 2018 school year. Green Salad vs a Garden Salad. On 5/9/18 tested Yogurt Parfait. On 5/8/18 had student compare coleslaw made with regular mayonnaise to coleslaw made with a recipe from GA Grown. Students stated they liked the yogurt parfait. They preferred the coleslaw made with real mayonnaise over the GA Grown recipe.

**GOAL #3:** 80% of MHA students will participate in 3 or more physical fitness activities during the May Field Day event. Measurements will be complied by teachers and submitted to the school Wellness Committee.

**RESULTS:** 95.47% of MHA students participated in 3 or more physical fitness activities during the May Field Day event. Measurements will be complied by teachers and submitted to the school Wellness Committee.

**GOAL #4:** 90% of MHA Fourth and Fifth graders will participate in the Walk to School event on October 4th, 2017 as measured by rosters by teachers and submitted to the school Wellness Committee.

**RESULTS:** 95.47% of MHA students participated in 3 or more physical fitness activities during the May Field Day event. Measurements will be compiled by teachers and submitted to the school Wellness Committee.

## Midway Hills Primary Wellness Goals SY 2018



**GOAL #1:** MHP Nutrition Department will serve local/GA Grown items a minimum of 2 x times per week. These items will be highlighted on the morning announcements as to their importance in provided healthy food items to our menu. The Manager will track items served on Google sheets.

**RESULTS:** Principal is including in the morning announcements and items are highlighted on the posted menu. This will continue until the end of the school year.

**GOAL #2:** MHP Nutrition Department will provide "Shake It Up" seasoning blends in the cafeteria daily. Shake It Up is a salt free blend provided to encourage a salt free diet. A limiting sodium for a heart healthy diet.

**RESULTS:** Evidence of classroom instruction will be maintained by the manager via class roster. Instruction was provided by the SN Manager, Carolyn Rozier on 2/12/18 to Mrs. Anderson's class and 2/13/18 in Mrs. Brown's class. Students were attentive and shared some of the food items they have at home. She also discussed GA Grown and the students will share weekly which GA Grown items they have each week. Ms. Rozier told the students about "Shake It Up" and why less salt was important to have a healthy heart. As these classes came thru the serving line she was at the flavor station to assist them with choices and encouraging them to try different blends.



**GOAL #3:** 75% of all classes will participate in fitness videos each Wednesday during the morning meeting to encourage movement. Measurement will be logged by date by a teacher and submitted to the principal monthly for compliance.

**RESULTS:** Logs sheets for the months of November 2017 - April 2018 reveal that the MWHP came a little short of meeting their goal to have 75% of teachers participate in the fitness videos each month. They actually ended up with 60% of their teachers participating.

**GOAL #4:** 75% of all Midway Hills Primary students will participate in 3 or more physical fitness activities during Field Day in May. This will be measured by field day activity schedule and rosters from teachers.



**RESULTS:** Per Amber Green, MWHP reached their goal of having over 75% of their students participate in three (3 or more physical fitness activities during the field day events held on May 15th

## OAK HILL MIDDLE SCHOOL WELLNESS GOALS SY 2018



**GOAL #1:** 100% of all new and potential menu items will be taste tested by the OHM Food Advisory Group for acceptance. No new items will be added to the menu without the majority vote of the student panel. The duration will be throughout the school year and will be measured by taste test scoring sheets by the Nutrition Manager/Staff. The acceptance of each food item is essential in promoting healthy food items that student will eat.

**RESULTS:** The Director and Manager meet with the group on Jan 16th and a follow up on 2/15/18. Students concerns were addressed and an explanation about Shake It Up initiative was provided. As well as mentioning the new Flavor Station in the cafe with the shakers. The next meeting will include a tour of the kitchen, Date not determined at this time. Pizza taste test was conducted in cafe on 2/14 with 78 students participating. The pizza scoring the most votes was "Wild Mike's" Cheese, which will be included on current and next year's school bid.

**GOAL #2:** Nutrition Department will feature a fruit and vegetable of the month throughout the school year. Items will be featured on menus with recipes made available to students and educational materials available in the cafeteria. The manager will assure all information is available 100% for the 10 months of school. Educational materials will identify the food item, where the items is grown and the nutritional values. Encouraging fresh fruits and vegetables to promote a healthy diet for the students.

**RESULTS:** 2-15-18 update: GA Grown and vegetarian items are noted on the monthly menu, as well as a "Harvest of the Month' item. These food items will be highlighted with recipes and a tidbit of the nutritional value of the items.



**GOAL #3:** 20% of school enrollment will participate in the Walk to School Week, Oct 4th, 2017 as evidenced by the attendance count and teacher roster. Roster will be submitted to the school wellness committee. Promotion of physical fitness is essential in a wellness program for the students of OHMS.

**RESULTS:** 205 students completed the Walk to School on 10/4/18, just shy of 20% of student population. Staff will continue to encourage fitness and movement on a daily basis.

**GOAL # 4:** 50% of all 7th graders will show an improved aerobic capacity by increasing the number of PACER Laps by two during the FitnessGram program. The PE teacher will collect baseline and final data for measurement in March 2018.



**RESULTS:** According Principal Ray: OHM exceeded their goal by 29% for improved aerobic capacity with 79% of the 7th grade physical education students reached the wellness goal of increasing their PACER Laps by 2 laps on the FitnessGram post test

## Baldwin High School Wellness Goals SY 2018



**GOAL #1:** The BHS menu will highlight GA Grown foods by icons, beginning in January 2018. Highlighted foods and recipes will be made available to customers on a weekly basis by the school nutrition manager. The manager will keep menus and recipes for each highlighted menu item from January - May 2018. The goal of featuring GA Grown foods is to reinforce that healthy food items may be purchased in our community and will benefit the students overall wellness

**RESULTS:** Feb. 15 - update. Menus feature a peach to denote GA Grown items and recipes. Each month a different harvest of the month is featured along with nutritional information.

**GOAL #2:** The BHS Nutrition staff will set up a "Shake It Up" station for students use in the cafe featuring salt free seasoning mixes. Omitting salt from your diet helps reduce the risk of heart disease and high blood pressure, which is a leading cause of death in Baldwin County. The BHS Nutrition Manager will conduct "Shake It Up" training to a minimum of 2 classes, as assigned by the Principal. Data of a sign in sheet for these classes will be kept by the Manager.

**RESULTS:** The new Flavor Station is in place as of 2/23/18 and students are enjoying trying the different flavor profiles.

**GOAL #3:** BHS students will take part in "Braves Get Movin" activities during Instructional Focus a minimum of once per week as evidenced by attendance roster provided by coaches on duty, as well as a pedometer will be used to track steps. "Braves Get Movin" is a chance for physical activity and a great way to promote good cardiovascular health. The Instructor will maintain a sign in sheet for the class.

**RESULTS:** According to BHS Representative, Assistant Principal, students took part in the "Braves Get Movin" activities once per week. Students are also using pedometers to track steps walked during the school day

**GOAL #4:** BHS Advisors will teach one "Healthy Life Style" lesson per semester. The administrators will observe during instruction to insure goal is reached by all Advisors. "Healthy Life Style" Lesson offers a wide range of options in physical fitness and good nutrition to students to promote a healthier quality of life. Administrators will maintain a class roster sign in sheet for the lesson. 100% of the students will participate.

**RESULTS:** BHS Representative reported that BHS Advisors taught one Healthy Life Style lesson each semester.

## APPENDIX A

Policy  
Wellness Program

Descriptor Code: EEE

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### BALDWIN COUNTY SCHOOLS WELLNESS POLICY

Baldwin County Schools recognize the importance of a learning environment where students and staff learn and practice healthy habits. Furthermore Baldwin County Schools recognize the Wellness Policy is a "work in progress" policy and is subject to continuous revision to meet the challenges of the school and the needs of the students.

Establishing a healthy school environment goes beyond the school meals served in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and an appropriate amount of exercise or physical activity. A physically active and healthy child is more likely to be academically successful. Foods made available at school should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible.

The Baldwin County School District has developed a wellness plan that addresses the following areas:

- Nutrition programs will comply with federal, state and local requirements and are accessible to all students.
- Nutrition goals, physical activity and other school-based activities designed to promote student wellness
- The school district will inform the public about the content of the wellness plan and the schools' progress in meeting the goals. Such information will be distributed through various media, including posting the information on the district's website.
- Outlines a plan that measures the implementation of this policy.
- Involves representation from students, faculty, health and physical education teachers, parents and community leaders in the development of the wellness plan.

- All foods and beverages made available in any school cafeteria (including vending, a la carte, student stores) during the school day are consistent with the awareness for a healthier lifestyle.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment. ● Participate in offering meals during breaks in the school calendar and to coordinate with other agencies and community groups to operate or assist with a summer feeding program for children and adolescents who are eligible for federal program support.

## **NUTRITION EDUCATION**

- Nutrition education will be integrated into other areas of the curriculum.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Schools will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- All students will be encouraged to start each day with a healthy breakfast.
- The school cafeteria serves as a "learning laboratory" to encourage students to apply critical thinking skills taught in the classroom.

## **PHYSICAL EDUCATION**

- Physical activity will be integrated across the curriculum.
- Adequate equipment is available for students to participate in physical education
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. ● Information will be provided to families to help them incorporate physical activity into their student's lives.
- Baldwin County schools encourage families and community residents to initiate and support programs involving physical activity.

## **OTHER SCHOOL BASED ACTIVITIES**

- After school programs will encourage the formation of healthy habits and will encourage physical activity.
- Local wellness policy goals are considered in planning all school-based activities such as school events, field trips, dances and assemblies.
- School councils shall serve as advisors to plan, implement and improve nutrition and physical activity in the school environment.

## **NUTRITION GUIDELINES FOR ALL FOODS IN ANY SCHOOL CAFETERIA**

- All foods made available in any school cafeteria will comply with the awareness for a healthier lifestyle including:

- Vending Machines
- A la Carte
- Beverage contracts
  - Student stores
  - Fund Raising
- Every attempt will be taken by food providers to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutrition education is incorporated during classroom snack times, not just meal time.
- Classroom snacks feature healthy choices.

## EATING ENVIRONMENT

- Students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating students.
- Drinking water is available for students at meals
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in the student's Individualized Education Plan (IEP).

## CHILD NUTRITION OPERATIONS

- Will employ a food service director who is properly qualified and certified.
- Will participate in all available federal Child Nutrition Programs to include summer feeding programs
- Will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- All food service personnel shall have adequate in-service training in food service operations.
- Will encourage students to start each day with a healthy breakfast

## FOOD SAFETY/FOOD SECURITY

- All foods made available in any school cafeteria comply with the state and local food safety and sanitation regulations.
- Access to food service operations are restricted to Child Nutrition staff, authorized personnel and authorized volunteers to ensure the safety and security of the food and facility.

## GUIDELINES FOR NUTRITIOUS CHOICES IN VENDING MACHINES

- Beverages and foods sold through school vending machines are consistent with the current Dietary Guidelines for Americans and recommended by the Center for Disease Control and Prevention which include the following:
  - Not more than 30% of total calories from fat and not more than 10% of those calories from saturated fat
  - Not more than 20% of its total weight from sugar

- Examples:
  - Beverages or Fruit and vegetable juices (100%) or Low fat or skim milk or Sports drinks (42 grams or fewer of additional sweetener per 20 oz. servings) or Water (plain, unflavored, noncarbonated)
  - Snacks or Canned fruit (packed in 100% juice/no sugar added) or Fresh fruit (such as apples and oranges) or Fresh vegetables (such as carrot sticks) or Dried Fruit (such as apples, apricots, cranberries, dates and raisins) or Nuts and seeds (such as almonds, peanuts, walnuts and sunflower seeds) or Trail mix
- Baked chips or Air popped corn
- Pretzels or Granola bars (made with unsaturated fat) or Whole grain fruit bars
- Low fat crackers and cookies (such as animal crackers, cheese crackers, graham crackers, peanut butter and cheese crackers, wheat crackers, ginger snaps and fig bars.
- Low fat yogurt

## Farm to School

As part of the Baldwin County's School Nutrition Department, the district Wellness Program will encompass the "Farm to School" initiative promoted by the USDA and the GA Department of Agriculture.

Farm to School programs ensure that students have more locally grown foods in their school meal and snack programs. Farm to School establishes connections between schools and local farms to purchase more local produce, improve student nutrition, and promote eating fruits and vegetables. Farm to School programs support local and regional farmers and the local economy by working with local distributors and farmers to purchase locally grown foods.

There are many benefits for starting and expanding Farm to School programs in schools. The Farm to school efforts can increase student participation in the school meal programs and increase consumption of fruits and vegetables, by an average of one serving per day, which can help prevent childhood obesity and improve nutrition. Food purchased through Farm to School can be successful within limited nutrition services food budgets once planning and menu choices are consistent with seasonal availability of fresh and minimally processed local produce. Many schools offer salads in their school lunch programs to increase student choices of fruits and vegetables and reflect their student population's ethnic and cultural diversity. Farm to School programs can promote life-long healthy eating habits and improve student knowledge and attitudes toward food, nutrition and agriculture.

Having school gardens can contribute to a strong Farm to School program by providing opportunities for students to get involved in learning how to grow foods. Farm to School increases knowledge and skills relating to nutrition, physical activity and growing food and understanding food supply systems. Additional food-related curriculum can include experiential learning opportunities, such as farm tours, visits to farmers markets, presentations by farmers and chefs in the classroom, culinary education and educational sessions for parents and community members.



A School's Guide to Purchasing Washington-Grown Food is a user-friendly resource that provides guidance to school nutrition directors and food buyers to assist them in increasing purchases of locally grown foods.

<http://www.wafarmtoschool.org/Page/74/procurementguide> The USDA geographic preference rule allows schools to support Farm to School programs by purchasing locally even if the bid price is not the lowest price available. Each school district defines a local geographic area, with many choosing to use Georgia-grown as part of our Farm to School initiative, Baldwin County Schools will:

- Serve at least 20% of produce will be purchased locally or GA Grown
- Offer student "taste testing" of GA Grown items
- Establish school gardens as part of the curriculum to provide students an opportunity to plant, harvest, prepare and eat the foods grown at school
- Use the Farm to School program to promote awareness of how food choices affect our health, communities, and environment
- Work together to conduct cooking and other educational classes, to students, staff and parents throughout the school year as permitted by administration
- Market the said food items on the serving line
- Advertise said food items on newsletters, posters and during morning announcements as possible
- Provide recipes to take home for students and staff
- Serve said food items at peak ripeness and peak flavor season
- Serve said food items at correct temperature for optimal flavor and safety
- Offer farm tours to staff and students, as permitted
- Make public, local and GA Grown activities within the school system, to all stakeholders by means of social media, TV and newsprint
- Staff will participate in ongoing training from DOE and Department of Agriculture, and other programs

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Baldwin County Schools