

IV: Yearly Assessment *(as of 5/6/19)*

2018-2019 Implementations to Promote Wellness & Decrease Childhood Obesity

Clay County District Schools

Food & Nutrition Services

Student Engagement

- Food & Nutrition Services Director served on the Superintendent's Student Advisory Council to answer student questions, address concerns, and make menu changes based on their feedback.
- Implemented an electronic survey for all Students of Clay County District Schools with access to the Food & Nutrition Services survey on the Student Portal
 - 1,623 students from all grade levels and schools completed the survey
 - Assessed school breakfast & school lunch likes and dislikes by the students in regards to menu choices, customer service, food quality, and areas of improvement.
 - Assessed Wellness Activities at each school
 - Students reported participating in at least 12 different wellness activities at their schools and identified nutrition education being offered in many areas of the school day at all grade levels.
 - 15% of students reported reading The District Wellness Policy
- All Junior High and Senior High School Cafeteria Managers were tasked with completing 2 focus groups each, in which students took the online FNS survey:
 - 1 in-person group meeting with the students & Cafeteria Manager and/or Registered Dietitian
 - 1 electronic in-class submission on their own
 - All groups consisted of 12 or more students
- Continued new recipe development to meet the requests of the students while placing great emphasis on fresh, healthy options to meet the meal pattern.
 - Launched “New Year, New Choices” at the Junior High level. Students have the opportunity to “Build Their Own” entree 2 days a week with a choice of 11 fresh toppings to add to any salad, sandwich, or Tex Mex entree.

Community Involvement

- Awarded a Healthy School District Award at the Silver Level for the 2017-2019 term by Safe and Healthy Schools Florida.
 - Food & Nutrition Services met all criteria at 100% for a Healthy School District.
- Food & Nutrition Services Director appeared on Clay County District Schools Community Connections providing healthy eating tips during the holidays.
- Continued partnership with the District’s Wellness Committee for employee wellness, in ongoing efforts to maintain and better the health of school district employees.
- Food & Nutrition Services Registered Dietitian joined as a core member of the newly restructured School Health and Wellness Advisory Committee for ongoing student health issues.
- Implemented a new Food & Nutrition Services website through School Nutrition & Fitness to incorporate nutrition education and live interactive menus to include nutrient content and allergens.
- Maintained a department Facebook account as a way to advertise wellness activities, school menus, and promotions throughout the year.
- Our Registered Dietitian serves as a Health Advisory Committee Member with the University of Florida’s Family Nutrition Program to network and offer ideas on ways to better the overall health of Clay County.
- Continued partnership with school nurses and parents to accommodate all children with food allergies and special diets.
 - Lactose free milk is available as an approved milk substitute for those with fluid milk intolerances.

- Students, parents, and school nurses have access to live, up to date, nutrient content, carbohydrate reports, and allergens for all menu items.
- Hosting 8 open sites, 1 open restricted site, 1 closed enrolled site, 1 VPK program, food truck mobile , and Reading Camp sites as part of the 2019 Summer Food Service Program.
 - Hosted 8 open Summer Feeding sites, 1 open restricted site, 1 closed enrolled site, 1 VPK Program, and Reading Camp sites, as part of the 2018 Summer Food Service Program.

USDA Requirements

- Continued compliance of the USDA Nutrition Standards in the National School Breakfast and National School Lunch Program.
 - Regular nutritional analysis of the menus is conducted to verify compliance.
- Continued compliance of “Smart Snacks in Schools” competitive food standards for all of our Ala Carte offerings at all grade levels:
 - All “whole grain-rich” products; or have the first ingredient a fruit, vegetable, dairy product, or protein food; or be a combination food that contains at least ¼ cup fruit and/or vegetable.
 - Calorie limits:
 - Snack Items: ≤ 200 calories
 - Entrée Items: ≤ 350 calories
 - Sodium Limits:
 - Snack Items: ≤ 230 mg
 - Entrée Items: ≤ 480 mg
 - Fat Limits:
 - Total Fat: ≤35% of calories
 - Saturated Fat: ≤10% calories
 - Trans Fat: zero grams
 - Sugar Limit:
 - ≤ 35% of weight from total sugars in foods
- Continued the tasks of a Healthy School Team at each school as part of the wellness policy:
 - Each Healthy School Team is led by the cafeteria manager at each school
 - The Healthy School Team is in charge of monitoring Smart Snack / Fundraising compliance and exemption days on monthly calendars.

Nutrition Education

- Nutrition education is provided by the FNS Registered Dietitian at various schools throughout the district during the school year:
 - Included a student health fair at Oakleaf High School and nutrition education lessons given at the Elementary Level for the 2018-2019 school year.
- The new website (<https://claycountyfns.com/>) includes nutrition education materials specific to students, caregivers, and teachers to include healthy snack ideas, games, classroom activities by grade, recipes, and videos.

Clay County Food & Nutrition Services Happenings

- Launched The Filling Station Food Truck to bring about new menu options and a new out of the box dining experience to all Senior High Schools with plans to give Senior High culinary students hands on experience in the 2019-2020 school year.
 - The Filling Station will be expanded to a Mobile Lunch during the Summer Food Service Program in 2019.
- Implemented monthly menu meetings with district office and Cafeteria Managers to capture feedback from those on the front lines, serving the students. Monthly menu changed reflected feedback from the Managers.
- Participated in National School Lunch Week in October, to promote the theme “School Lunch-Lots 2 Love”, emphasizing ways to get students excited about school lunch and what values, menu items, and ideas can make up their love for school lunch.

- Participated in National School Breakfast Week in March, to promote the importance of eating a healthy breakfast with the theme, “Start your Engines with School Breakfast” to promote starting the day with School Breakfast.
- Promoted Dairy through a district wide milk mustache student photo contest.
- Promoted National Wear Red day with heart health facts, district wide to emphasize the importance of a healthy heart during the month of February.
- District-Wide Cafeteria Promotions to go along with the academic curriculum:
 - Literacy Week: Used the week as a Nutrition Education opportunity to give out healthy eating bookmarks to elementary students.
 - Nutrition Education was conducted as the Food & Nutrition Services Registered Dietitian read a MyPlate book to elementary classes.
 - 100th Day of School: Promotion at Elementary Schools to show what “100” looks like.
- Resigned up all Elementary Schools for Fuel to up to Play 60 to promote physical activity
- Resigned up all schools, district wide for Team Nutrition
- Continued “Fuel Up to Play 60” monthly Nutrition & Exercise Challenge for our 17th consecutive year at the Elementary Schools.
 - Gave away 27 bikes (1 at each Elementary School), to our grand prize Nutrition & Exercise challenge winners.
 - Continued partnership with the YMCA after school programs and PE department to promote and participate in the Nutrition & Exercise Program.
- Completed our annual Wellness Committee Member Survey with results from 83 participants:
 - 35 Cafeteria Managers
 - 25 School Nurses
 - 8 Community Members
 - 4 Teachers
 - 7 Food & Nutrition Services Employees
 - 2 District Administrators
 - 1 PE Teacher
 - 1 Parent
 - There is an average of 5 participants on every Health School Team at all schools, which meets 0-3 times annually.
 - 87% of all Wellness Committee Members are familiar with the current Wellness Policy.
 - 57% of the members completed a staff wellness activity at their school or within their department to include after school zumba, wellness activities through employee insurance program, taste testing new products, Biggest Loser, Camp Gladiator, Million Mile Month, biometric screenings, yoga classes, flu shots, wellness bingo, MyPlate, community fun runs, after school walking programs, group walk during lunches.
 - Wellness committee members reported that students at their schools participated in Food & Nutrition Services Nutrition and Exercise Challenges, run/walk club, taste testing, Fuel up To Play 60, health screenings, PE, jump rope for heart, Florida Striders, Girls on the Move, school gardens, sports, Students Working Against Tobacco (SWAT), Dietitian visit to 6th Grade, Dental visits to lower grades, yoga, student health fair
 - 81% of members reported that there is an exercise club for students at their schools
 - 60% of members reported nutrition education being taught in the classroom
 - 58% of members surveyed eat School Breakfast and/or School Lunch and have provided staff / member feedback on menus items, participation, and general feedback of the program.