

IV: Yearly Assessment *(as of 5/17/18)*

2017-2018 Implementations to Promote Wellness & Decrease Childhood Obesity

Clay County District Schools

Food & Nutrition Services

- Started a department Facebook account as a way to advertise wellness activities, school menus, and promotions throughout the year.
- Utilized USDA Team Nutrition and Academy of Nutrition & Dietetics Super Healthy Kids, resources to provide monthly healthy kid-friendly recipes to students/parents on the district website.
- Promoted and completed 2 races (5K, 8K/1 mile fun run) as part of the Food & Nutrition Services Employee Exercise Challenge for the 2017-2018 school year.
- Awarded USDA's HealthierUS School Challenge award at 9 Elementary Schools:
 - Silver (\$1000 award): Clay Hill Elementary, Coppergate Elementary, Middleburg Elementary, Rideout Elementary, Ridgeview Elementary
 - Bronze (\$500 award): Lake Asbury Elementary, McRae Elementary, Plantation Oaks Elementary, Tynes Elementary
- Held our first annual Wellness Committee Member Survey:
 - There is an average of 4 participants on every Health School Team at all schools, which meets on average of 1 time annually.
 - 89% of all Wellness Committee Members are familiar with the current Wellness Policy.
 - 41% of the members completed a staff wellness activity at their school or within their department to include Million Mile Month, Color your Plate Walking Groups, Run Walk Clubs, Weight Loss Challenges, National School Lunch Week with emphasis on Health promotion through healthy recipes, Grocery Store Tours, Nutrition Workshops, and Food & Nutrition Services Annual Exercise Challenges.
 - Wellness committee members reported that students at their schools participated in Run Walk Clubs, Fuel up to Play 60 Challenges through the PE curriculum, Fun runs, Jump Rope for Heart, Nutrition Education through the PE curriculum, school gardening, relay recess for American Cancer Society, and Food & Nutrition Services Nutrition and Exercise Challenges.
 - 78% of members reported that there is an exercise club for students at their schools
 - 70% 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.
- Continued the tasks of a Healthy School Team at each school as part of the updated wellness policy:
 - Each Healthy School Team is lead 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.
- Hosting 8 open 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.
- Hosted 10 open Summer Feeding sites, 1 open restricted site, 1 closed enrolled site, 1 VPK Program, Reading Camp sites, and a mobile feeding bus as part of the 2017 Summer Food Service Program.
- 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.
 - Planning for Farm to School promotions for the 2018-2019 school year:
 - Coordination with the Department of Defense to get fresh fruit and vegetable options at all school levels as part of the Farm to School efforts in getting products from local sources.
 - We will be featuring a "Harvest of the Month" item each month to promote a fruit or vegetable that we are getting locally and putting on our menus.

- 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 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.
 - A live document nutritional list is posted on the FNS district website to assist parents, staff, students, and school nurses on choosing items that meet their nutritional needs.
- 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.
- Nutrition education is provided by the FNS Registered Dietitian at various schools throughout the district during the school year:
 - Included 2 Mental Health Conference days at Orange Park Junior High and Wilkinson Junior High (Fitness #4Mind4Body) this school year.
- Continued new recipe development to meet the wants of the students while placing great emphasis on fresh, healthy options to meet the meal pattern.
- Focus groups meet at a minimum of 2 times a year at all Senior High Schools and 1 time a year at all Junior High Schools to collect feedback on menu items, customer service, likes and dislikes of school food service.
 - Students will complete an electronic survey for the 2018-2019 school year.
- Awarded a Healthy School District Award at the Silver Level for the 2017-2019 term.
 - Food & Nutrition Services met all criteria at 100% for a Healthy School District.
- Participated in National School Lunch Week in October, to promote the theme “School Lunch-Recipe for Success”, emphasizing ways to get students excited about school lunch and what values, menu items, and ideas can make up success.
- Participated in National School Breakfast Week in March, to promote the importance of eating a healthy breakfast with the theme, “I Love School Breakfast” to promote the things students love about eating school breakfast with us each morning.
- 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 16th consecutive year at the Elementary Schools.
 - Gave away 26 scooters (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.
- 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.