

Triennial Assessment			
Date of Assessment: 6/23/21		Name of School District: Effingham	
		Number of Schools in District: 14	
Nutrition Education Goal(s):	Goal Status (select one):	Number of Compliant Schools:	Notes:
1. Nutritional Posters will be on display in the school cafeterias	Completed	14	Posters are displayed in the serving areas of all schools.
2. Nutritional information will be displayed on the monthly menus	In Progress	14	Was previously included on menus however menu service changed so it's not currently on the menus.
3. The district's nutritional department will partner with curriculum administrators and other school staff in a partnership in the area of nutrition education and farm to school initiatives.	Completed	14	Nutrition education and hands-on demonstrations are provided in all schools at teachers request. Farm Bureau also provides farm to school lessons in the classroom.
4. The school district will support the development of farm to school programs that will help guide students to eat more nutritional foods and promote healthy lifelong eating patterns. Support the local economy with local farmers; and teach students about the origins of their foods and how their food is grown	Completed	14	We purchase food from local farms and from local sources to include GA grown foods. We also teach the students about growing their own food through the use of the garden.
Nutrition Promotion Goal(s):	Goal Status (select one):	Number of Compliant Schools:	Notes:
1. Sliced or cut fruit is available daily	Completed	14	We provide a minimum of 2 choices of fruit daily one of which is cut, sliced or easy to eat such as berries or grapes which do not require cutting.
2. Menus will be created/reviewed by a Registered Dietician or other certified nutrition professional	Completed	14	School Nutrition program has a Registered Dietician on staff that creates and reviews all menus for nutritional compliance.

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3. Farm to school activities are promoted	Completed	14	All of the elementary schools in the district participate in farm field trips, all middle and high and some elementary host school gardens. All school offer taste tests of locally grown items.
4. Harvest of the month is highlighted	Completed	14	School cafeterias display information sheets and fun fact cards highlighting the harvest of the month. The harvest of the month has a featured recipe at least two times each month on the lunch menu.
Physical Activity Goal(s):	Goal Status (select one):	Number of Compliant Schools:	Notes:
1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching t.v.	Completed	14	Concentrated efforts have been made at the building level to encourage physical activity away from the electronic devices of today.
2. Schools shall promote families to provide physical activities outside the regular school day, such as outdoor play at home, participation in sports, and in lifelong physical activities.	In Progress		Our local school system has a good relationship with the Recreation Dept. and there is substantial cooperation with them. Still, more needs to be done.
3. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs, and individual use.	Completed	14	All schools report a great deal of use of facilities.
4. Staff-led walking programs are utilized as well as programs and/or contests to encourage fitness and healthy eating. School	Partially Completed		Most schools report activities of this kind. Only a few more need to comply.



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staff members are encouraged to use fitness areas before or after school.			
5. School will use space available to offer indoor activities during inside recess. Possibilities include but are not limited to games in the gym, fitness stations in the hallways, and exercise/dance videos or physical games within the rooms.	Partially Completed		Most schools report use of space for these activities.
Other School-Based Activities that Promote Student Wellness Goal(s):	Goal Status (select one):	Number of Compliant Schools:	Notes:
1. Schools will host health clinics/fairs and screenings and encourage parent to enroll their children in Medicaid or in other children's health insurance programs for which they may qualify.	Partially Completed		Most schools are involved in Telemed for the school virtual appointments. Also, SES is used for Medicaid reimbursement to the system encouraging school hour services.
2. School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates for revision to the policy.	Completed	14	Cafeteria staff has been provided training in the areas of nutrition, reimbursable meals, and food allergies. Staff is trained to encourage students to select a variety of fruits and vegetables for maximum nutrition. They are also trained on any updates to current policies.
Nutrition Guidelines for All Foods and Beverages Sold to Students	Status (select one):	Number of Compliant Schools:	Notes:
1. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum.	Completed	14	
2. Schools will not exceed the maximum of 30 exempt fundraisers per school year	Completed	14	All schools stayed within the allowable limits
Nutrition Guidelines for All Foods and Beverages Not Sold to Students	Status (select one):	Number of Compliant Schools:	Notes:

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August 2019



Georgia Department of Education School Nutrition

<i>(i.e. classroom parties, foods given as reward).</i>			
1. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA .	In Progress		
2. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards	In Progress		
3. The District will provide teachers and other relevant school staff a list of alternative ways to reward children .	In Progress		
Policies for Food and Beverage Marketing	Status (select one):	Number of Compliant Schools:	Notes:
1. Any food or beverages advertised on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition guidelines	Completed	14	

Key	
Completed	select if you have met this goal at all schools
Partially Completed	select if one or more schools has met this goal
In Progress	select if you are working on the goal, but none of the schools have met the goal
Not Completed	select if you have not begun working on this goal

Wellness Policy Leadership <i>Name of school official(s) who are responsible to ensure compliance.</i>	Title and School	Notes:
1. Tim Hood	Assistant Superintendent	

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2. Jessica O’Leary	School Nutrition Coordinator	
3. Laura Hunnewell	School Nurse Coordinator	
Wellness Committee Involvement <i>List of committee members names</i>	Title and Organization	Notes:
1. Joe Tallent	Effingham Hospital	
2. Keri Morgan	ECBOE	
3. Nick Smith	ECBOE	
4. Tonya Ward	ECBOE	
5. Serina Pippin	ECBOE	
6. Jane Trzaska	ECBOE	
7. Jessica Evans	ECBOE	
8. Tony Murray	ECBOE	
9. Ashley Hunter	ECBOE	
10. Elaina Zeigler	ECBOE	
11. Stephanie Griffin	ECBOE	

Public Notification <i>Where it is posted i.e. webpage, handbook, etc.</i>	How often it is updated/released:	Notes:
1. School Website	Annually	
2. Facebook	Annually	
3. School Nutrition Website	Annually	
4.		
5.		