

IV: Yearly Assessment *(as of 5/16/17)*

2016-2017 Implementations to Promote Wellness & Decrease Childhood Obesity

Clay County District Schools

Food & Nutrition Services

- Utilized USDA's 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
- Shadowlawn Elementary was a winner of the "What Works" contest, sponsored by the School Nutrition Association in celebration of National School Lunch Week.
- Partnered with the University of Florida's Extension, Family Nutrition Programs for Nutrition Education in the classrooms and after school program activities.
- Used Charity Miles as a way to promote an Employee Fitness Challenge for the entire Food & Nutrition Services Department. Employees at all schools and district office personnel were encouraged to download the Charity Miles app to track miles walked, ran, or biked and in turn earn money to go towards the charity of their choice. Monthly prizes were given away to the employee with the most miles tracked. A total of 2,474 miles was completed this school year by the FNS employees!
- Awarded USDA's Healthier US 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
- Revised the Food & Nutrition Services District Wellness policy to align with the new USDA mandates
- Held our first annual Wellness Policy Meeting on May 12, 2017
- Implemented 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 10 open Summer Feeding sites, 1 open restricted site, 1 VPK Program, Reading Camp sites, and a mobile feeding bus as part of the 2017 Summer Feeding Program.
- Hosted 9 open Summer Feeding sites, 1 open restricted site, 1 VPK Program, and a Mobile Feeding Bus as part of the 2016 Summer Feeding Program.
- Continued compliance of the USDA Nutrition Standards in the National School Breakfast and National School Lunch Program. This year's Nutrition Standard changes focused on more variety at the Senior High Level, continued reduction of sodium and increasing the variety of fresh fruit & vegetable options:
 - Decreasing sodium across the board as products become available
 - We are continuing to work with our food vendors on the lowest sodium options available, while maintaining product quality.
 - Increase in fruit and vegetable options:
 - New Roasted Fresh Vegetable Combinations
 - March 2017 - New fresh fruits and vegetables added to all menus as part of the Department of Defense program. We are hoping that the increased variety of fresh options, in their whole form encourages students to try produce that they may have not tried before, while increasing their daily intake:
 - Fruit: Fresh blueberries, strawberries, tangerines
 - Vegetables: Fresh red skin potatoes, romaine lettuce
 - March 2017- Implementation of new Salad & Sandwich Garden Bar at all Senior High Schools.
 - May 2017-Implementation of new Fresh Tex Mex Line at all Senior High Schools
 - September 2017: Plans to revamp the Italian Line with more "Build Your Own" options.

- 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
- Continuing to denote carbohydrate amounts on breakfast and lunch menus
- Continued partnership with school nurses to accommodate all children with food allergies and special diets.
- 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 at all Senior High Schools which meet regularly to collect feedback on menu items, customer service, likes and dislikes of school food service.
- Awarded a Healthy School District Award at the Silver Level for the 2017-2019 term.
- Participated in the student health fair at Clay High School
 - Nutrition education on sugar content in common beverages with healthier alternatives
- Participated in Health Kids Day at Coppergate Elementary School
 - Nutrition education on MyPlate
- Participated in National School Lunch Week in October, to promote the theme “School Lunch-Show Your Spirit”, emphasizing ways to get students excited about school lunch and try the healthy options.
- Participated in National School Breakfast Week in March, to promote the importance of eating a healthy breakfast with the theme, “Take the School Breakfast Challenge” to promote making small changes 1 challenge at a time, starting with School Breakfast.
- Participated in American Academy of Nutrition & Dietetics- National Nutrition Month with the theme “Put your Best Fork Forward” by holding a district wide contest for students to submit entries about ways they have made changes to become healthier. The best contest entries were awarded a prize.
- District-Wide Cafeteria Promotions to go along with the academic curriculum:
 - Literacy Week: Used it as a Nutrition Education opportunity to give out healthy eating books to all elementary schools and read the books to 1 of the elementary school classrooms
 - 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
- Continued “Fuel Up to Play 60” monthly Nutrition & Exercise Challenge for our 15th consecutive year at the Elementary Schools.
 - Gave away 26 bikes (1 at each Elementary School), to our grand prize Nutrition & Exercise challenge winners.
- Continued partnership with the District’s Wellness Committee for employee wellness, in ongoing efforts to maintain and better the health of school district employees.
- Continued partnership with The School Health Advisory Committee for ongoing student health issues.