

Greenfield CUSD 10 Wellness Policy Implementation Plan for Nutrition

Instructions:

The Wellness Policy Implementation Plan should demonstrate continuous improvement efforts while focusing on objectives that are realistic and reachable. The plan is to be collaboratively developed by the Greenfield Wellness Committee/School Health Council, shared with all stakeholders and kept on file for review by Child Nutrition & Wellness departments, parents, board members, and community stakeholders.

However, the Wellness Policy Implementation Plan needs to include ONLY those guidelines that are either “In Progress” or “New Goals”. Delete the rows in the following tables for all of the guidelines that are NOT either in progress or new goals for the coming school year. For each of the remaining guidelines, explain what will be done (i.e. action steps or strategies), who is responsible and the beginning and ending dates of the action steps.

Sponsor Number and Name:

School Year: 2016-2017

A. School Meals – General Atmosphere		What will be done?	Who is responsible?	Begin Date & End Date
1	The dining area is clean. <i>(Basic)</i>	Floor mopped daily	Custodial Staff	2016-17
2	The dining area is orderly. <i>(Basic)</i>	Tables wiped down, Napkin holder filled	Food Service Staff	2016-17
3	The dining area has a reasonable noise level. <i>(Basic)</i>	Students will talk quietly to their neighbor	Staff	2016-17
4	The dining area has an attractive appearance. <i>(Basic)</i>	Posters and art work are hung on the walls	Staff	2016-17
5	The dining area has adequate seating to accommodate all students during each meal period. <i>(Basic)</i>	An adequate amount of tables are in the cafeteria	Staff	2016-17
6	The dining area has adequate adult supervision. <i>(Basic)</i>	Lunch room supervisors are assigned duties and the principal oversees	Staff	2016-17
7	Students are allowed to converse with one another while they eat their meals. <i>(Basic)</i>	Yes- at a reasonable level	Staff	2016-17
8	The lunch hour is closed. Students must have permission to leave the school campus. <i>(Basic for Elem and MS, Advanced for HS)</i>	Elementary and Middle School closed campus High School open campus	Board of Education and Administration	2016-17

B. School Meals - Breakfast		What will be done?	Who is responsible?	Begin Date & End Date
1	All school breakfasts comply with USDA regulations and state policies. <i>(Basic)</i>	Yes	Food Service Staff	2016-17
2	Students have at least 10 minutes to eat breakfast not including time spent walking to and from class or waiting in line. <i>(Basic)</i>	Yes	Food Service Staff	2016-17
3	Guidelines for pre-packaged cereals:			
	<ul style="list-style-type: none"> • 35% or less of weight from total sugar (or less than 9 g. per 100 calories) • 1 g. or more of fiber per serving 			
a.	Less than 50% of pre-packaged cereals offered meet both of the above guidelines. <i>(Basic)</i>	The school district will offer more reduced sugar, increase fiber cereal	Head Cook	2016-17
b.	At least 50% of pre-packaged cereals offered meet both of the above guidelines. <i>(Advanced)</i>	N/A		
c.	All pre-packaged cereals offered meet both of the above guidelines. <i>(Exemplary)</i>	Yes	Head Cook	2016-17
4	Foods containing whole grains are offered:			
a.	Fewer than 3 days a week <i>(Basic)</i>	N/A		
b.	At least 3 days a week <i>(Advanced)</i>	N/A		
c.	Daily <i>(Exemplary)</i>	Yes	Head Cook	2016-17
5	Fresh, canned, dried or frozen fruits and/or vegetables are offered:			
a.	Fewer than 3 days a week <i>(Basic)</i>	N/A		
b.	At least 3 days a week <i>(Advanced)</i>	N/A		
c.	Daily <i>(Exemplary)</i>	Yes	Head Cook	2016-17

B. School Meals - Breakfast		What will be done?	Who is responsible?	Begin Date & End Date
6	Low-fat (1% or ½%) and/or skim (nonfat) milk are offered:			
	a. Infrequently or not at all (<i>Basic</i>)	N/A		
	b. Daily (<i>Advanced</i>)	N/A		
	c. Exclusively (<i>Exemplary</i>)	Yes	Head Cook	2016-17

C. School Meals – Lunch		What will be done?	Who is responsible?	Begin Date & End Date
1	All school lunches comply with USDA regulations and state policies. (<i>Basic</i>)	Yes	Administration	2016-17
2	a. Students have at least 15 minutes to eat lunch not including time spent walking to/from class or waiting in line. (<i>Basic</i>)	Yes	Administration	2016-17
	b. Students have at least 20 minutes to eat lunch not including time spent walking to/from class or waiting in line. (<i>Advanced</i>)	Yes	Administration	2016-17
3	An entrée choice with total fat of 16 g. or less per serving is offered:			
	a. Fewer than 3 days a week (<i>Basic</i>)	N/A		
	b. At least 3 days a week (<i>Advanced</i>)	N/A		
	c. Daily (<i>Exemplary</i>)	Yes	Head Cook	2016-17
4	The number of fruit and/or vegetable choices offered daily is:			
	a. At least 2 (<i>Basic</i>)			
	b. At least 3 (<i>Advanced</i>)	Yes	Head Cook	2016-17
	c. At least 4 (<i>Exemplary</i>)			

C. School Meals – Lunch		What will be done?	Who is responsible?	Begin Date & End Date
5	Fresh fruits or vegetables are offered:			
	a. Fewer than 3 days a week <i>(Basic)</i>	N/A		
	b. At least 3 days a week <i>(Advanced)</i>	N/A		
	c. Daily <i>(Exemplary)</i>	Yes	Head Cook	2016-17
6	Fewer than 5 different fruits and 5 different vegetables are offered weekly. <i>(Basic)</i>	Yes	Head Cook	2016-17
7	At least 5 different fruits and 5 different vegetables are offered weekly. <i>(Advanced)</i>	Yes	Head Cook	2016-17
8	At least 10 different fruits and 10 different vegetables are offered monthly. <i>(Exemplary)</i>	The school will increase the number of fruits and vegetables served each week	Head Cook	2016-17
9	A food item containing whole grain is offered:			
	a. Fewer than 3 days a week <i>(Basic)</i>			
	b. At least 3 days a week <i>(Advanced)</i>			
	c. Daily <i>(Exemplary)</i>	Yes	Head Cook	2016-17
10	Low-fat (1% or ½%) and/or skim (nonfat) milk are offered:			
	a. Infrequently or not at all <i>(Basic)</i>			
	b. Daily <i>(Advanced)</i>			
	c. Exclusively <i>(Exemplary)</i>	Yes	Head Cook	2016-17
11	Salad dressings contain:			
	a. More than 12 g. of fat per ounce <i>(Basic)</i>	N/A		
	b. 12 g. or less of fat per ounce <i>(Advanced)</i>			
	c. 6 g. or less of fat per ounce <i>(Exemplary)</i>	Dressing contains 4.5 grams of fat per 2T. serving	Head Cook	2016-17

C. School Meals – Lunch		What will be done?	Who is responsible?	Begin Date & End Date
12	Desserts with more than 5 g. of fat per serving are offered:			
	a. More than 2 times per week <i>(Basic)</i>			
	b. No more than 2 times per week <i>(Advanced)</i>	Desserts are served no more than 2 times per week. We will look for lower fat alternative for the ones over 5grams.	Head Cook	2016-17

D. A la Carte		What will be done?	Who is responsible?	Begin Date & End Date
1	A la carte items are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. <i>(Basic)</i>	Yes		2016-17
2	The same portion size of any food item(s) served that day in the school lunch or school breakfast program is offered a la carte. <i>(Advanced)</i>	Yes		2016-17
3	Fruits and/or vegetables are offered a la carte. <i>(Exemplary)</i>	Yes		2016-17
4	a. Regular yogurt is offered a la carte. <i>(Advanced)</i>	N/A		
	b. Low-fat/nonfat yogurt is offered a la carte. <i>(Exemplary)</i>	Beginning to offer		2016-17
5	Guidelines for “other” a la carte items (i.e. items other than those listed above) per serving:			
	a. Less than 50 percent of other a la carte items meet all of the guidelines above. <i>(Basic)</i>			

D. A la Carte		What will be done?	Who is responsible?	Begin Date & End Date
	b. At least 50 percent of other a la carte items meet all of the guidelines above. <i>(Advanced)</i>	Yes		2016-17
	c. All other a la carte items meet all of the guidelines above. <i>(Exemplary)</i>	N/A		
6	Water (non-caloric) <i>(Exemplary)</i>	School district does offer water as an ala carte item or free from the cooler	Head cook	2016-17
7	a. Fluid milk (any fat content) <i>(Basic)</i>	N/A		
	b. Only milk with 360 calories or less per selling unit <i>(Advanced)</i>	N/A		
	c. Only low-fat (1% or ½%) and/or skim (nonfat) milk <i>(Exemplary)</i>	Yes		2016-17
8	Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) <i>(Advanced)</i>	N/A		
9	a. Only juice products containing at least 50% juice <i>(Advanced)</i>	N/A		
	b. Only 100% juice <i>(Exemplary)</i>	Yes		

E. Vending – Machines & School Stores		What will be done?	Who is responsible?	Begin Date & End Date
1	The sale of foods of minimal nutritional value is not allowed on school property in areas accessible to students:			
	a. In food service areas during the food service period <i>(Basic)</i>			
	b. Until one hour after the end of the last lunch period <i>(Basic)</i>			
	c. Until after the end of the school day <i>(Advanced)</i>			

E. Vending – Machines & School Stores		What will be done?	Who is responsible?	Begin Date & End Date
	d. At all (<i>Exemplary</i>)	District students do not have access to foods of minimal nutritional value in vending machines	Administration	2016-17
2	Guidelines for vended food items per selling unit: <ul style="list-style-type: none"> • Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) • Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) • Calories – 200 calories or less per selling unit 			
	a. Less than 50 percent of vended food items meet all of the guidelines above. (<i>Basic</i>)			
	b. At least 50 percent of vended food items meet all of the guidelines above. (<i>Advanced</i>)			
	c. All vended food items meet all of the guidelines above. (<i>Exemplary</i>)			
3	Water (non-caloric) (<i>Exemplary</i>)	Yes	Head Cook	2016-17
4	a. Fluid milk (any fat content) (<i>Basic</i>)	N/A		
	b. Only milk with 360 calories or less per selling unit (<i>Advanced</i>)	N/A		
	c. Only low-fat (1% or ½%) and/or skim (nonfat) milk (<i>Exemplary</i>)	N/A		
5	Soy or rice beverages with 35% or less of weight from total sugar (or less than 9 g. per 100 calories) (<i>Advanced</i>)	N/A		
6	a. Only juice products containing at least 50% juice (<i>Advanced</i>)	N/A		
	b. Only 100% juice (<i>Exemplary</i>)	Yes		2016-17

E. Vending – Machines & School Stores		What will be done?	Who is responsible?	Begin Date & End Date
7	Electrolyte replacement beverages that contain not more than 48 g. of sweetener per 20-ounce selling unit will be offered only in drink machines located near high school athletic training centers. <i>(Advanced)</i>	---	---	
8	All school employees serve as positive role models by adhering to vending guidelines adopted for students at the:			
	a. Basic level <i>(Basic)</i>			
	b. Advanced level <i>(Advanced)</i>			
	c. Exemplary level <i>(Exemplary)</i>			2016-17

F. During the School Day		What will be done?	Who is responsible?	Begin Date & End Date
1	All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. <i>(Basic)</i>	Yes Healthy snacks are offered to the high school students between classes. Also, fruits are distributed when available by the building principal. Fresh fruit on veg. cart offered daily.	Food service	2016-17
2	Students are:			
	a. Allowed to have individual water bottles in the classroom <i>(Advanced)</i>	Yes	Classroom teacher	2016-17
	b. Encouraged to have individual water bottles in the classroom <i>(Exemplary)</i>	Yes	Classroom teacher	2016-17
3	Foods and beverages for classroom rewards, parties and celebrations will meet the same guidelines as the:			
	a. Basic level for a la carte foods and beverages <i>(Basic)</i>			
	b. Advanced level for a la carte foods and beverages <i>(Advanced)</i>			

F. During the School Day		What will be done?	Who is responsible?	Begin Date & End Date
	c. Exemplary level for a la carte foods and beverages <i>(Exemplary)</i>			
4	Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period. <i>(Advanced)</i>			
5	a. 50 percent or more of fundraising activities will involve the sale of food or beverages. <i>(Basic)</i>			
	b. At least 50 percent of fundraising activities will NOT involve the sale of food or beverages. <i>(Advanced)</i>			
	c. At least 75 percent of fundraising activities will NOT involve the sale of food or beverages. <i>(Exemplary)</i>			
6	Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period. <i>(Advanced)</i>			
7	Refreshments provided for students participating in school events adhere to the:			
	a. Basic guidelines for vended foods and beverages <i>(Basic)</i>			
	b. Advanced guidelines for vended foods and beverages <i>(Advanced)</i>			
	c. Exemplary guidelines for vended foods and beverages <i>(Exemplary)</i>			
8	Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them. <i>(Advanced)</i>			

G. After School Programs		What will be done?	Who is responsible?	Begin Date & End Date
1	Snacks served under the USDA After School Care Snack Program comply with all applicable federal regulations and state policies. <i>(Basic)</i>	N/A		
2	Guidelines for after school snacks: <ul style="list-style-type: none"> • Fat – Except for nuts, seeds and nut butters, 35% or less of total calories from fat (or less than 4 g. per 100 calories) • Sugar – Except for fruit (without added sugar) and milk, 35% or less of weight from total sugar (or less than 9 g. per 100 calories) 			
	a. Snacks meet both of the above guidelines on at least 3 days of the week. <i>(Advanced)</i>	N/A		
	b. Snacks meet both of the above guidelines on all days of the week. <i>(Exemplary)</i>	N/A		