

Wellness Committee Annual Report

June 2020

YEAR AT A GLANCE

Cafeteria Renovations

Taste Testing


Well SAT Assessment Tool



CAFETERIA RENOVATIONS

All cafeteria areas district-wide are now named T-Bolt Cafe Cafeteria and serving areas at the Middle School and five Elementary Schools were renovated with professional signage to encourage healthy food choices and nutrition information

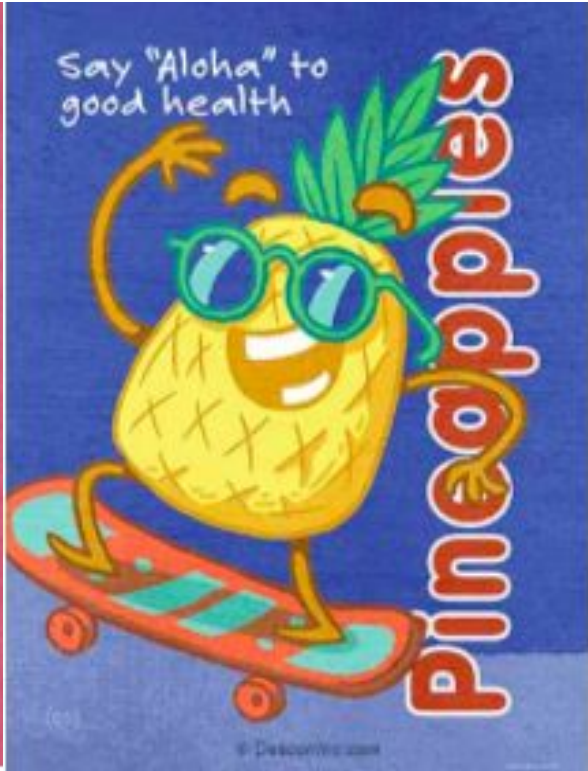
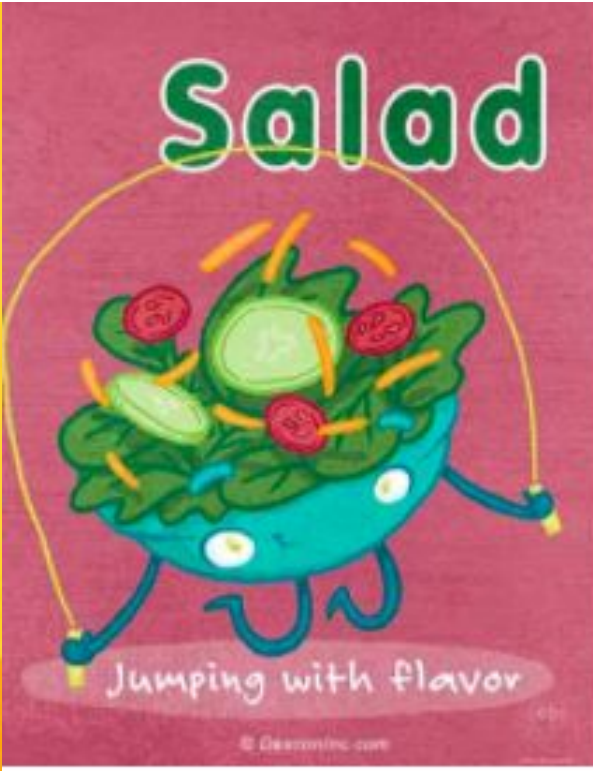
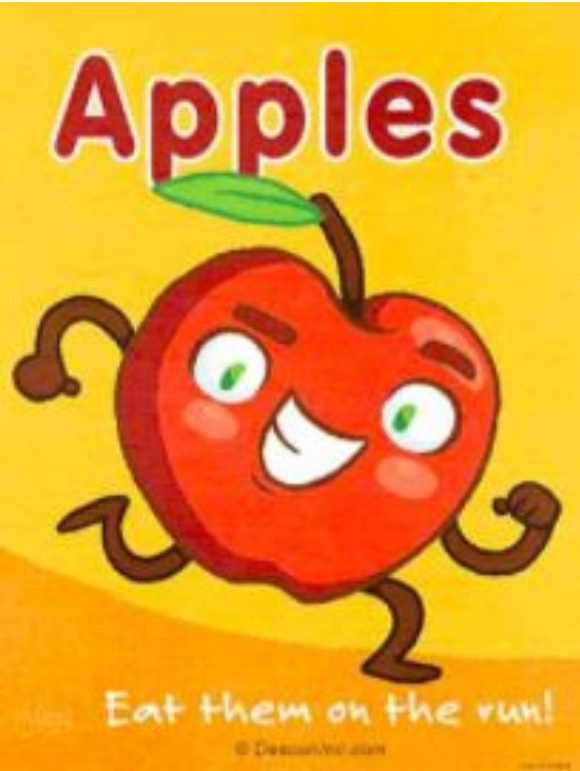
Signs can be changed to reflect seasonal foods selection and to maintain student interest



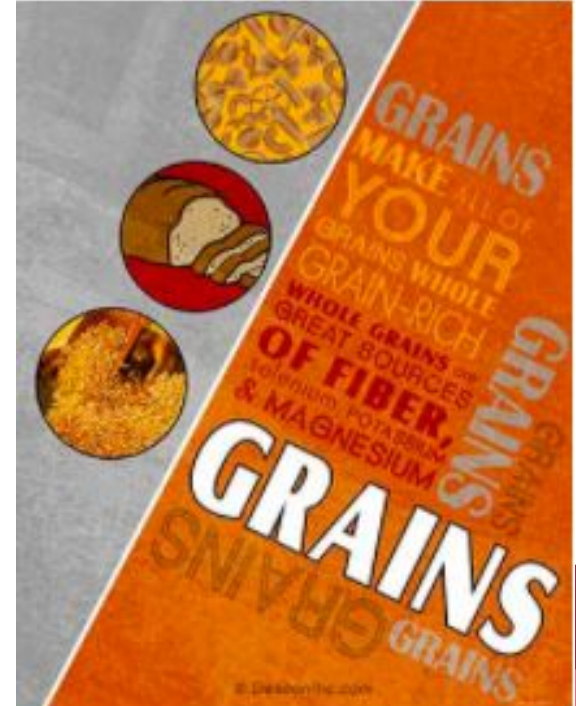
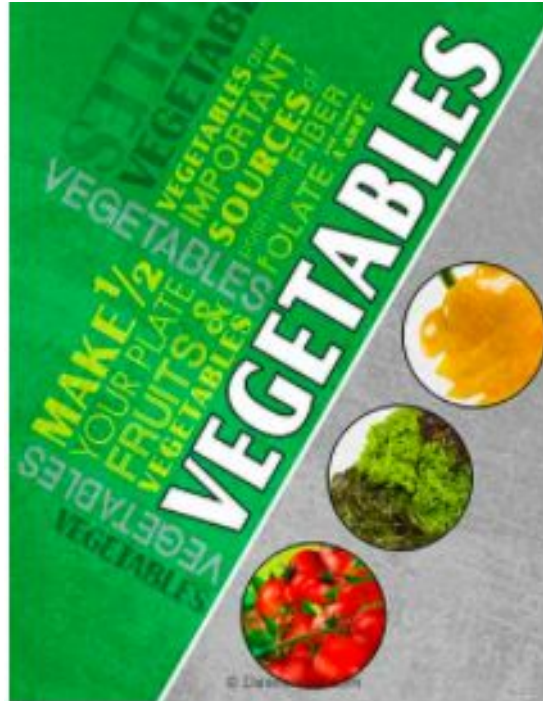
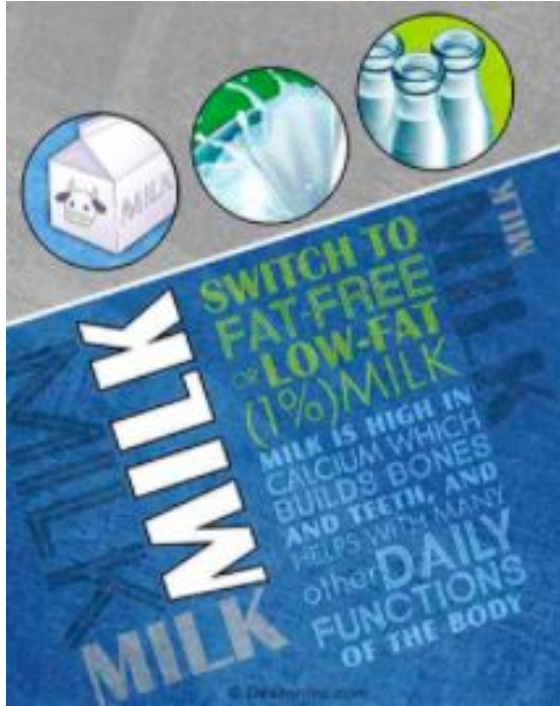
CAFETERIA RENOVATIONS - BANNERS



CAFETERIA RENOVATIONS - CHANGEABLE FRAMES



CAFETERIA RENOVATIONS - CHANGEABLE NUTRITION INFORMATION- SECONDARY VERSION




CAFETERIA RENOVATIONS - CHANGEABLE NUTRITION INFORMATION- ELEMENTARY VERSION

WHAT IS A **FRUIT** COMPONENT?

A fruit is any edible part of a plant with a sweet flavor. Some common fruits are:

- Apples
- Oranges
- Bananas
- Peaches
- Raspberries
- Pears
- Cantaloupe
- Pineapple
- Cherries
- Raspberries
- Grapes
- Strawberries
- Kiwi
- Watermelon




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WHAT IS A **PROTEIN** COMPONENT?

Protein builds up, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of proteins. Some foods that are high in proteins are:

- Beans
- Peanut Butter
- Beef
- Salmon
- Cheese
- Seeds
- Chickens
- Shrimp
- Cook
- Turkey
- Eggs
- Trout
- Ham
- Yogurt
- Nuts




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WHAT IS A **VEGETABLE** COMPONENT?

A vegetable is any edible part of a plant with a savory flavor. Some common vegetables are:

- Broccoli
- Peppers
- Carrots
- Potatoes
- Celery
- Romaine Lettuce
- Corn
- Squash
- Cucumbers
- Spinach
- Green Beans
- Tomatoes
- Peas



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TASTE TESTING - CURRENTLY ON HOLD

Englewood Elementary

Baked Cinnamon Apples (Well Received and Positive Reviews)

Englewood Hills Elementary

Black Bean and Corn Salsa (Less Interest and Mixed Reviews)



Well SAT 3.0 ASSESSMENT TOOL

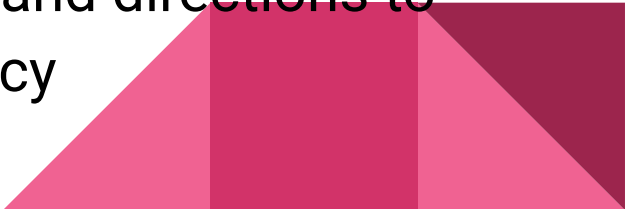
Intended to assess the district's policy and program goals

Recommended tool by the US Department of Agriculture (USDA)

Required completion June 30, 2020, waived until June 30, 2021 due to Covid-19

Measures the quality of the written wellness policy (Policy 8510)

The tool provides a 'scorecard' for each section and directions to resources intended to improve the wellness policy



Well SAT 3.0 ASSESSMENT TOOL

Subsections

Nutrition Education

Standards for USDA School Meals

Nutrition Standards

Physical Education and Physical Activity

Wellness Promotion and Marketing

Implementation, Evaluation and Communication



Well SAT 3.0 ASSESSMENT TOOL

Each section contains eight to sixteen 'elements' scored on a scale of 0-1-2

There is a score for each subsection (Strength Score) and an overall Comprehensive Score

National Average: Strength Score: 33 Comprehensive Score: 54

Northmont: Strength Score: 33 Comprehensive Score: 54

Areas of Strength: Standards for USDA School Meals & Nutrition Standards

Areas for Refinement: Nutrition Education &
Wellness Promotion and Marketing




Well SAT 3.0 ASSESSMENT TOOL

Areas of Strength: Standards for USDA School Meals
Nutrition Standards

Hats Off to Our Outstanding Food Service Department!

Areas of Refinement: Nutrition Education
Wellness Promotion and Marketing

*To do: Research alignment of nutrition education K-12
Seek promotion through activities at building level*



FOOD DISTRIBUTION PROGRAM

During the closure of schools to students, Northmont Food Service prepared meal packages (5 breakfasts and 5 lunches in each) and distributed them at the High School to students

March 26, 2020: 483 packages

April 30, 2020: 450 packages

April 9, 2020: 445 packages

May 7, 2020: 412 packages

April 16, 2020 : 426 packages

May 14, 2020: 402 packages

April 23, 2020: 432 packages



COMMITTEE MEMBERS

Food Service Director: Pam Pearson (SC)

Health and Physical Education Teacher: Jonathan Billups
(NW/EE)

Mental Health and Social Services: Nikki Tinnerman (DS)

School Health Professional: Amy Phelps (KELC)

Member of Public: Lisa Nussman

School Administrator: Amy Sipes (CO)



MEETING DATES 2020-2021

September 29, 2020

November 11, 2020

January 28, 2021

March 12, 2021



