



WELLNESS POLICY/ TRIENNIAL ASSESSMENT

- Presented by: Jordan Classen, Ethan Larsen
- Consulted with Kathy Beckman

Annual Public Notice
February 12, 2024 BOE Meeting

SCHOOL WELLNESS PROGRAM & UPDATES

Nutrition Promotion and Education

- Promote healthy food and beverage choices to students.
 - *We are continuing to provide new and exciting menu items. This week all students will have the chance to try blood oranges.*
- Health and nutrition will be incorporated into classroom curriculum.
 - *Our teachers incorporate nutrition information into their curriculum as well as around the school with flyers where students gain more exposure.*

Physical activity

- Encourage students to be physically active and healthy on and off premises.
 - *We have great recess excitement, athletic programs, etc.*

School based activities

- District will support staff and student continued learnings and efforts toward overall school health.

Items sold on campus

- USDA Smart Snack compliance

TRIENNIAL WELLNESS ASSESSMENT UPDATE

Wellness Committee

- Kathy Beckman- Food and Nutrition Director
- Ethan Larsen- Continuous Improvement Director
- Jen Molt- Nurse / Parent
- Angie Flinn- Counselor
- Nolan Vandenberg– Phys Ed. Teacher / Parent
- Leann Aldana – Family Consumer Sciences Teacher
- Whitney Paulson– EHA Representative/ Music Teacher / Parent
- Jordan Classen– Business Manager

Meeting Schedule

- The District Wellness Committee will meet twice a year: Once in the fall to review policy and set goals, then again in late spring to evaluate work and prepare for the Board of Education presentation in June.

SY 2023-2024 Meeting Dates

1. Wednesday December 6, 2023
2. Wednesday May 8, 2024 @3:30pm in the art room

CURRENT GOALS & EFFORTS

Staff Focus

- EHA - Wellness Wednesday
- Continuing to make benefits available for staff that assist with other areas of health such as mental health.

Student Focus

- The power of choice only grows each year as students become increasingly independent. Knowledge is a powerful part of students learning to make good choices from lifestyles, to foods and activity. Incorporating good modeling for students and guiding them to solid information about the impact of their choices is a key strategy for helping to build healthy citizens beyond high school.
 - Preschool snacks- compliant with the state, these snacks are encouraging our students to explore new foods and increase their protein.
 - Elementary school- afternoon milk break
 - Secondary grade level classes- Performance Nutrition

Building Focus

- Healthy Smart Snack- vending machines
- Nutrition presentation- cycles in the commons area.
- Well maintained commons area for students to eat breakfast and lunch.

RECORD KEEPING COMPLIANCE

- Located online.
 - Boone Central Home Page > Departments > Food Services > Wellness Policy



Boone Central Schools
Dedicated to Educational Excellence



Our District

Parent/Student

Activities

Community

Food Services

Food Services

Menus

Meet The Cooks

Free & Reduced

Wellness Policy

Accounts and Payments

Wellness Policy



S.W.O.T. ANALYSIS

Strengths

- Staff Knowledge
- Menu Flexibility / Variety

Weaknesses

- Social media
- Harvest of the Month

Opportunities

- Breakfast
- Small appliances- smoothie machine, salad spinner, etc.

Threats

- Vacant positions
- Rising cost of goods

SY 2023-2024 SO FAR

Breakfast

- Number of Operating Days: 107
- Total Reimbursable Meals Served 9,872
 - Free 5,050 /Reduced 1,915 /Paid 2,907
- Averages 92 meals per day

Lunch

- Number of Operating Days: 111
- Total Reimbursable Meals Served 46,932
 - Free 14,233 /Reduced 5,812 /Paid 26,887
- Averages 422 meals per day