

# Assessment Tool for Child Nutrition Director

## EMSISD Wellness Policy

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

**Child Nutrition Director:**   Aaron Wylie   **School Year:**   2015/2016  

<b>Wellness Policy Goals</b>	<b>On Target</b>	<b>Needs Improvement</b>
<b>NUTRITION GUIDELINES:</b> The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]		
1. Comply with all policies in Healthy Hunger Free Kids Act as well as any applicable Texas regulations. Examples <ul style="list-style-type: none"> <li>• Held principal meetings (AP's on 8/6/15 &amp; P's on 7/29/15) before the school year to cover Wellness Policy, HHFKA, SMART Snacks, and other CN policies and procedures</li> </ul>	X	
2. Encourage healthy food and beverage options at concessions at school-related events outside of the school day. Method <ul style="list-style-type: none"> <li>• Child Nutrition Director provides a healthy snack list for principals to make available to appropriate school groups and organizations at their yearly summer meeting.</li> </ul>	X	
3. Continued implementation the following: <ul style="list-style-type: none"> <li>• No utilization of deep fat frying in schools</li> <li>• No Sodas (diet or regular) can be sold during any part of the school day</li> <li>• All food related fundraisers done during the school day must be compliant with "Competitive Food Restrictions" listed in wellness policy</li> </ul> Method <ul style="list-style-type: none"> <li>• Held principal meetings (AP's on 8/6/15 &amp; P's on 7/29/15) before the school year to cover Wellness Policy, HHFKA, SMART Snacks, and other CN policies and procedures</li> <li>• Continued monitoring by CN Supervisors during school visits</li> </ul>	X	
4. Communicate Wellness Policy information on Birthday Party Celebrations: Method <ul style="list-style-type: none"> <li>• Held principal meetings (AP's on 8/6/15 &amp; P's on 7/29/15) before the school year to cover Wellness Policy, HHFKA, SMART Snacks, and other CN policies and procedures</li> </ul>	X	
<b>NUTRITION EDUCATION:</b> The District shall implement, in accordance with the law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.		
1. Nutrition messages promoted throughout the school, including the cafeteria and classrooms. Examples <ul style="list-style-type: none"> <li>• CATCH Program being utilized on the on line menu's, and menu app for computers and smart phones</li> <li>• New Elementary Marketing Signage being installed at all elementary campuses.</li> <li>• Harvest of the Month program highlighting a new fresh fruit or veggie every month in our elementary schools to expose students to new fruits or veggies. These items are given away free of charge to all students even if they do not purchase a lunch.</li> <li>• Dietitian visits to schools to give classes about MyPlate and other healthy eating topics. Each year we alternate between elementary and secondary schools.</li> <li>• Participate in NSLW and NSBW at all levels, and utilize their marketing materials promoting these events.</li> <li>• Participate in the Local Products Challenge at all grade levels and promote this within the district on the web site and in schools.</li> </ul>	X	

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<ul style="list-style-type: none"> <li>• Salad Bar is on the menu at all grade levels each Tuesday as part of a reimbursable meal</li> </ul>		
<p>2. Nutrition education available to families, including healthy food preparation, risk factors for poor nutrition, and inactivity.</p> <ul style="list-style-type: none"> <li>• School lunch and breakfast nutrition education available through our lunch app where parents can determine all nutritional value of our Type A Menu and Snack Bar items.</li> <li>• Menu app also provides opportunity for parents and students to give feedback on different items offered in the cafeteria.</li> <li>• CN Dietitian is available to all families in the district to discuss special diets, the healthy school/home environment, and any other issues we can assist with.</li> <li>• Schools are encouraged to hold family events that will promote the benefits of physical activity and healthy lifestyle choices.</li> <li>• My Plate, Catch guidelines, new dietary guidelines, and various Team Nutrition materials are used/discussed during physical education class time and materials are sent home</li> </ul>	<p style="font-size: 2em;">X</p>	