



School Wellness

Shine the light on what your district is doing right.

**Triennial Assessment due June 30, 2020 or 2021 w/COVID-19 waiver

Julie Autrey
Education Specialist,
ALSDE CNP School Programs

School Wellness

New Directors' Training Summer 2020

presented by
Alabama State Department of Education



AGENDA

Virtual Training
Webinars

with

PowerPoint
Presentations



General Information	Robbie Scott , Education Specialist ALSDE, Child Nutrition Program
CNP Directory, Organizational Chart, Food & Nutrition Resource List, Technical Assistance Request Form, Job Tasks Timeline Calendar, Free & Reduced Application Information, Accessing Materials	
SDE Accounting Functions	LaKecia Love , Education Specialist ALSDE, Food Distribution
Setting Meal Prices, PLE, Reimbursement Rates, Severe Need, Safety Net, Cost Centers	
Meal Accountability	Devin Williamson , Nutritionist ALSDE, Child Nutrition Program
Counting & Claiming, POS Systems, School Review Forms - Breakfast, Lunch, Snack	
Meal Pattern	Chad Langston , Senior Nutritionist ALSDE, Child Nutrition Program
Reimbursable Meals/Afterschool Snacks/Fundraisers/Smart Snacks	
Food Production	Sharon Allison , Education Specialist ALSDE, Child Nutrition Program
Food Buying Guide, CN Labels, Standardized Recipes, Menu Planner	
Production Records/Record Keeping	Devin Williamson , Nutritionist ALSDE, Child Nutrition Program
HACCP	LaKecia Love , Education Specialist ALSDE, Child Nutrition Program
Memos, Civil Rights, Bid Laws	Robbie Scott , Education Specialist ALSDE, Child Nutrition Program
Professional Standards	LaKecia Love , Education Specialist ALSDE, Child Nutrition Program
Training Requirements, CNP Director Qualifications	
CNP Online Application	Chad Langston , Senior Nutritionist ALSDE, Child Nutrition Program
Schedule A Revisions, Updating Information, Annual Agreement	
User Accounts, Site Data, Plate Cost, Openings and Closings	Sharon Allison , Education Specialist ALSDE, Child Nutrition Program
Wellness	Julie Autrey , Education Specialist ALSDE, Child Nutrition Program
Human Resources	Julie Autrey , Education Specialist ALSDE, Child Nutrition Program
Summer Programs	Kim Ruggles , Education Specialist ALSDE, CACFP Section
Financial Management	Debbie Harris , Auditor ALSDE, Child Nutrition Program
Procurement	Joel Evans , Auditor ALSDE, Child Nutrition Program
Food Distribution/Statewide Procurement	Brantley Tucker Surplus Commodity Administrator ALSDE, Child Nutrition Program
Equipment Review	June Barrett , Program Coordinator ALSDE, Child Nutrition Program

Click on the link below to access the recorded training:

<https://alsde.webex.com/alsde/lsr.php?RCID=84c531f2f92a462b8d2c93eccd32fad2>

School Wellness Policy AGENDA



WELLNESS POLICY REGULATIONS and REQUIREMENTS



GOALS: Nutrition Promotion/Education, Physical Activity, AND School Based Activities that promote wellness.



NUTRITION GUIDELINES



IMPLEMENTING THE LOCAL WELLNESS POLICY



PUBLIC NOTIFICATION AND ASSESSMENTS OF THE LOCAL WELLNESS POLICY

USDA – Wellness Policy Resources

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

**Help Us Make the
Healthy Choice the
Easy Choice at School!**
#schoolwellness





Nutrition Education, Physical Activity and School-based Activities



Nutrition Guidelines for all food/beverages available on school campus



Smart Snacks in Schools



Meetings, Public Notification, Assessments and other requirements

School Wellness Policy Regulations and Requirements



NUTRITION PROMOTION
AND EDUCATION



PHYSICAL ACTIVITY



SCHOOL-BASED
ACTIVITIES



HEALTH AND WELLNESS
PROMOTION

GOALS

Standards & Nutrition Guidelines

Nutrition Standards for School
Meals and Competitive Foods

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graph TD; A[Nutrition Standards for School Meals and Competitive Foods] --> B[Promote student health]; B --> C[Promote reducing childhood obesity.];
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Promote student health

Promote reducing childhood
obesity.

MYPLATE GUIDE TO SCHOOL BREAKFAST

for Families

AVAILABLE IN ENGLISH & SPANISH!

Fruits
A 1/2 cup of fruits available every day, providing nutrients that contribute to our body health, such as potassium, dietary fiber, vitamin C, and more (like acid).

Vegetables
Every breakfast plate needs a side vegetable. Your school may offer them in place of fruit.

Protein Foods
Some breakfast meals may offer items such as eggs, nuts, or meats to pair with whole-grain options.

Milk
Kids and teens need the calcium, protein, and vitamin D that are only found in strong bones, teeth, and muscles.

Grains
Starting every day with whole grains may give kids confidence, learning, energy, and fuel to fuel their bodies so they can learn in tomorrow's schools.



Follow USDA Rules and Regulations for Reimbursable Meals

PROMOTE SCHOOL BREAKFAST

USDA Rules and Regulations for Reimbursable Meals

SCHOOL LUNCH

Final Rule for Flexibilities SY2020

Milk

Whole Grain Rich

Sodium

Food Buying Guide



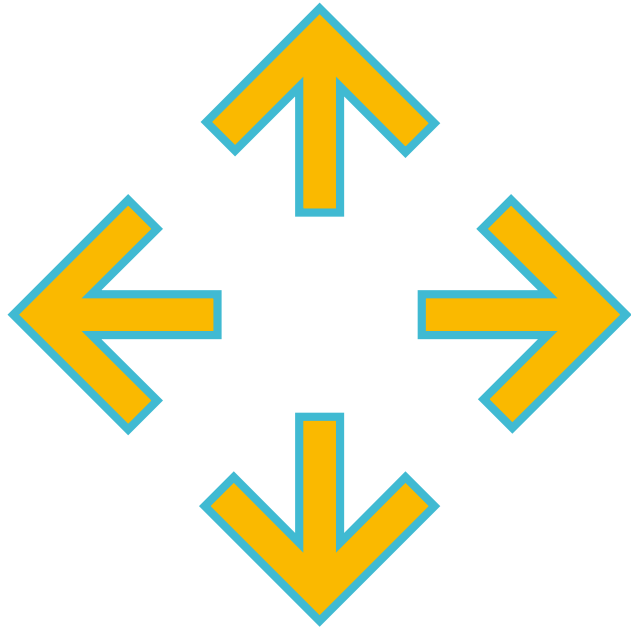
Lunch Meal Pattern

	Preschool	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food per Week (minimum per day)			
Fruits (cups)	1½ (¾)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	1½ (¾)	3¼ (¾)	3¼ (¾)	5 (1)
Dark Green	N/A	½	½	½
Red/Orange		¾	¾	1¼
Beans and Peas (Legumes)		½	½	½
Starchy		½	½	½
Other		½	½	¾
Additional Vegetables to Reach Total		1	1	1½
Grains (ounce equivalents (oz. eq.), unless otherwise indicated)	1 ¼ slices/servings (½ slice/serving) or 1¼ cup (¼ cup)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.)	7½ (1½)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	3¼ (¾)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-Max Calories (kcal)	N/A	550-650	600-700	750-850
Saturated Fat (% of total calories)	N/A	<10	<10	<10
Sodium Target 1 (mg) (through SY 2023-24)	N/A	≤1,230	≤1,230	≤1,230
Sodium Target 2 (mg) (effective July 1, 2024)		≤935	≤1,035	≤1,080
Trans Fat	N/A	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving. (This does not apply to naturally occurring <i>trans</i> fats, present in some meat and dairy products.)		

Child Nutrition and School Wellness

Clemestine Chandler was interviewed as CNP Manager in Perry County and she is now CNP Director.





IMPLEMENTING THE LOCAL WELLNESS POLICY

- Establish a District Wellness Committee
 - Who is in charge?
- Wellness Committee Meetings
- Public notification of
 - Policy
 - Meetings
 - Assessments

Plan of Action and Assessments



ALLIANCE FOR A
**HEALTHIER
GENERATION**



Model Wellness Policy and Healthy Schools Assessment Guide

<https://www.healthiergeneration.org/>



<https://www.actionforhealthykids.org/>

- * School Grants
- * Every Kid Healthy Week
- * Game On Program

Putting Local School Wellness Policies into Action:

Stories from School Districts and Schools



bridging the gap

Research Informing Policies & Practices
for Healthy Youth

<https://www.cdc.gov/healthyschools/npao/wellness.htm>

Other resources for School Wellness Assessment

LIVE WELL ALABAMA

Follow Live Well Alabama:



Facebook Twitter Print More

Alabama Extension Service
SNAP-Ed Program

Quest for Healthy Schools
Initiative Helps Support
Alabama



<https://www.aces.edu/blog/topics/in-schools/quest-for-healthy-schools-initiative-helps-support-alabama/>

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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