School Wellness
Shine the light on what your district is doing right.

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

## School Wellness

### Virtual Training Webinars with PowerPoint Presentations

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
<th>Role</th>
<th>Division</th>
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</thead>
<tbody>
<tr>
<td>General Information</td>
<td>Robbie Scott</td>
<td>Education Specialist</td>
<td>ALSE, Child Nutrition Program</td>
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<tr>
<td>CNP Directory: Organizational Chart, Food &amp; Nutrition Requirements, Technical Assistance Request Form, job Tasks Timeline Calendar, Free &amp; Reduced Application Information, Accessory Materials</td>
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<tr>
<td>School Wellness</td>
<td>Lisa Love</td>
<td>Education Specialist</td>
<td>ALSE, Food Distribution</td>
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<td>RACCP</td>
<td>Lisa Love</td>
<td>Education Specialist</td>
<td>ALSE, Child Nutrition Program</td>
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<tr>
<td>Meal Pattern</td>
<td>Chad Langston</td>
<td>Director, Nutrition</td>
<td>ALSE, Child Nutrition Program</td>
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<tr>
<td>Food Buying Guide, CN Labels, Standardized Recipes, Menu Planner</td>
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<tr>
<td>Production Records/Record Keeping</td>
<td>Shannon Attenso</td>
<td>Education Specialist</td>
<td>ALSE, Child Nutrition Program</td>
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<td>Menu, Civil Rights, Bid Law</td>
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<td>Professional Standards</td>
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<td>Training Requirements, CNP Director Qualifications</td>
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<td>CNP Online Application</td>
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<td>Scheduling &amp; Revisions, Updating Information, Annual Agreement</td>
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<td>User Access: Site Data, Point Cost, Authorizations</td>
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<td>Wellness</td>
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<td>Human Resources</td>
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<td>Program Overview</td>
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<td>Financial Management</td>
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<td>Procurement</td>
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<td>Food Distribution/Statewide Procurement</td>
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<td>Equipment Review</td>
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Click on the link below to access the recorded training:
https://alsde.webex.com/alsde/lsr.php?RCID=84c531f2f92a462b8d2c93eccd32fad2
Help Us Make the Healthy Choice the Easy Choice at School!
#schoolwellness

School Wellness Policy Regulations and Requirements

- 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
GOALS

NUTRITION PROMOTION AND EDUCATION

PHYSICAL ACTIVITY

SCHOOL-BASED ACTIVITIES

HEALTH AND WELLNESS PROMOTION
Standards & Nutrition Guidelines

Nutrition Standards for School Meals and Competitive Foods

Promote student health

Promote reducing childhood obesity.
Follow USDA Rules and Regulations for Reimbursable Meals
### USDA Rules and Regulations for Reimbursable Meals

#### SCHOOL LUNCH

**Final Rule for Flexibilities SY2020**

- **Milk**
- **Whole Grain Rich**
- **Sodium**

**Food Buying Guide**

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<tr>
<th></th>
<th>Preschool</th>
<th>Grade: K-8</th>
<th>Grade: 9-12</th>
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<tbody>
<tr>
<td><strong>Food Components</strong></td>
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<tr>
<td>Fruit (cups)</td>
<td>1% (4)</td>
<td>2% (1)</td>
<td>2% (1)</td>
</tr>
<tr>
<td>Vegetables (cups)</td>
<td>1% (4)</td>
<td>3% (1)</td>
<td>3% (1)</td>
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<tr>
<td>Dark Green</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Red Orange</td>
<td>1/2</td>
<td>1/2</td>
<td>3/4</td>
</tr>
<tr>
<td>Beans and Peas (cup eq)</td>
<td>N/A</td>
<td></td>
<td></td>
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<tr>
<td>Sockey</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
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<tr>
<td>Other</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
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<tr>
<td><strong>Additional Vegetables to Reach Total</strong></td>
<td>1</td>
<td>1</td>
<td>1 1/2</td>
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</tbody>
</table>

| Grains (oz eq, 1% milk, unless otherwise unlimited) | 3/4 (1/2 cup or 6 oz serving) | 8-9 (1) | 8-10 (1) | 10-12 (2) |

| Meat/Meat Alternate (oz eq) | 7% (1/4) | 8-10 (1) | 9-10 (1) | 10-12 (2) |

| Fluid Milk (cups) | 3% (1) | 5 (1) | 5 (1) | 5 (1) |

### Other Specifications: Daily Amount Based on the Average for a 4-Day Week

- **Sodium** (oz eq, 1% milk, unless otherwise unlimited):
  - N/A
  - ≤3,230
  - ≤1,230
  - ≤1,230

- **Potassium** (oz eq, 1% milk, unless otherwise unlimited):
  - N/A
  - <30

- **Sodium Target (oz eq, effective July 1, 2024)**
  - N/A
  - ≤3,080

- **Protein Fat**
  - N/A

Note: Nutrition label or manufacturer specifications must include two grams of protein per serving. (This does not apply to items exceeding three grams per serving.)
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

**Appoint District Wellness Committee**
Have Superintendent appoint a District Wellness Committee.

**Update Wellness Policy**
Make sure your district has an updated policy that meets guidelines.

**Make a plan**
Establish a plan for measuring implementation of the local wellness policy.

**Annual Assessment**
Designate 1 or more persons within the LEA or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy by performing an annual assessment.

**Triennial Assessment**
Designate 1 or more persons to conduct the Triennial Assessment by June 30, 2020.
Model Wellness Policy and Healthy Schools Assessment Guide

https://www.healthiergeneration.org/
* School Grants
* Every Kid Healthy Week
* Game On Program

https://www.actionforhealthykids.org/
Putting Local School Wellness Policies into Action:
Stories from School Districts and Schools

https://www.cdc.gov/healthyschools/npao/wellness.htm
Other resources for School Wellness Assessment

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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