

# Shoreline School District

## Local School Wellness Assessment

### May, 2015

#### History:

2005- Shoreline School District adopted nutrition standards to control fat and sugar for competitive foods and beverages.

2011-The Healthy Lifestyles Committee was formed composed of the PTA Council and Kathy Walker, the prior Director of Food & Nutrition Services. This committee worked on making healthy menu changes and networks within the community to bring fresher food to the kids.

Fall, 2013- Jessica Finger was hired as the new Director of Food and Nutrition Services. Information about the new School Wellness Policy regulations that are part of the Healthy Hunger-Free Kids Act of 2010 was gathered as well as a review of best practices.

#### Assessment & Actions Taken:

Healthy Lifestyles Committee: Upon investigation, the PTA members who were key to the committee were no longer interested in taking part as their kids had aged out of the school system and/or the member had other commitments. The committee also did not contain a diverse enough group to comply with USDA regulations. The need to start from scratch and recruit a new team was determined.

Current Policy: Policy established in 2005 did not go far enough to encompass the new Smart Snacks Federal regulations. The school board policies established in 2005 were aligned with new Smart Snacks Federal regulations. The revisions to these policies were adopted June 2, 2014. With current policies compliant with USDA rules, there is still a need for an overall District Wellness Policy that covers a broader range of issues than just competitive foods to comply with USDA regulations.

In February 2015, the process began to establish and recruit a District Wellness Council with the mission of drafting a District Wellness Policy. In February and March 2015, the District Wellness Council was recruited and the first meeting scheduled for June 11, 2015. The goal of the first meeting is to establish a meeting calendar for the 2015-2016 school year and for members to learn about Federal Wellness Policy Guidelines.

Communication: A way to communicate District Wellness work was assessed to be a need. During the summer of 2014, the Food Services Website was created, expanding from a single page to a full web presence. Included on the new site is a tab titled "District Wellness." Under this tab are links to current board policies that pertain to the Food and Nutrition Services Program and Wellness Policies. There is also information about Wellness Council Meetings provided.