

School Wellness Policy Progress Report

Cedar Rapids Community School District Local Wellness Policy Progress Report

Wellness Policy Contact: Jenny Hook, Food & Nutrition Department Manager

Date Completed: May 2023

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals.	List next steps that will be taken to fully implement and/or expand on goal. Or identify barriers of implementation
Goal 1. Nutrition Education and Promotion Goals					
1. Provide age-appropriate nutrition education that is offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.	44%	12%	44%	Schools have nutrition education curriculum and/or are expanding opportunities for extra-curricular nutrition education	Continue to explore ways to incorporate nutrition education into curriculums
2. Provide a healthy eating environment that schedules meal periods at appropriate times of day, and allow students to have at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.	100%	0%	0%		
3. Provide a healthy eating environment that prohibits forcing a child to eat or drink against their wishes or withholding food or beverages as a punishment.	100%	0%	0%		
4. Discourages using food or beverages as a reward for academic performance, compliance or good behavior.	20%	68%	12%	School buildings and teachers continue to develop creative ways to reward students	Increase awareness of wellness expectation throughout the district
Goal 2. Physical Activity Goals					

1. Provide physical activity that is based upon state/federal guidelines and is consistent with National Physical Education Standards.	100%	0%	0%		
2. Provide students with an opportunity for at least 30 minutes of physical activity daily.	84%	16%	0%		
3. Ensure physical activity is not used for or withheld as punishment.	44%	44%	12%	<i>Increase awareness of wellness expectation throughout the district</i>	When students require additional assistance, assistance is commonly provided during non core-curriculum time
Goal 3. Promote Wellness through other school based activities					
1. Provide communication with staff and parents that increase awareness of District Wellness Policy progress and goals.	100%	0%	0%	<i>Information and updates provided on CRCSD District Website and school handbooks</i>	
2. Provide nutrient analysis information of school menus on the district website.	100%	0%	0%	<i>Nutrislice menu platform provides nutrient analysis information</i>	
3. Limit marketing of food and beverages to the promotion of foods and beverages that meet the Districts Nutritional Guidelines.	100%	0%	0%		
4. Encourage physical activity opportunities before and after school.	40%	40%	20%	<i>Schools continue to explore new and expand upon opportunities</i>	
District Nutritional Guidelines and Standards					
1. All schools within the District are committed to offering school meals through Federal Child Nutrition Programs that meet current nutrition requirements established by local, state, and federal regulations.	100%	0%	0%	<i>CRCSD participates in many Federal meal programs to ensure students have access to healthy meals/snacks</i>	

2. Foods and beverages offered/sold outside the reimbursable meal program (including those sold through a la carte lines, vending machines, student stores or fundraising activities) during the school day meet nutrition standards as required by state or federal law.	36%	56%	8%	<i>District Nutrition Guidelines are posted on the District Website and non food related celebrations are encouraged</i>	<i>Increase awareness of wellness expectation throughout the district</i>
3. Foods that compete with Federal Meal programs (offered 30 minutes prior, during, 30 minutes after scheduled meal services) are not allowed without prior approval.	92%	8%	0%	<i>National School Lunch and School Breakfast Program are prioritized to ensure students have access to healthy meals</i>	
4. If food is brought to school to be shared, it must meet the District Nutritional Guidelines, be prepackaged and prepared by a vendor, with the exception of whole fruits and vegetables.	36%	56%	8%	<i>Non food related celebrations are encouraged.</i>	<i>Increase awareness of wellness expectation throughout the district</i>