



Deer River School Nutrition Action Plan, Goals, and Action Steps Worksheet Get Fit Itasca/SHIP

Updated by Meghan Bown, June 21, 2011

<u>Action Items</u>	<u>Individuals/Entities Involved</u>	<u>Implementation Steps</u>	<u>Timeframe</u>	<u>Status</u>
Goal 1: Deer River Schools will adhere to district wellness policy.				
<p>1.1 Assess current school wellness policy, edit to be more specific and determine enforcement plan.</p>	<p>Minnesota Public Health Law Office Wellness Committee Coordinator Administration School Board Community</p>	<p>1. Coordinator will send the current wellness policy to the MN Public Health Law Center. They will send back legal ideas of what can be done to strengthen and evolve the current policy. 2. The coordinator will present the suggestions to the wellness committee for added thoughts and revisions. 3. The wellness committee will present the changed policy to the superintendent of schools. 4. The superintendent will make recommendations to bringing the policy to the school board. 5. The policy will be brought to the school board and be voted on.</p>	<p>January 2011 to September 2011</p>	<p>January 2011- The policy has been given to the Public Health Law Offices and suggestions have been made. June 2011 redrafted the policy</p>

<p>1.2 <i>Foods and beverages available during the day should minimize the use of trans and saturated fats, as well as sodium and sugar.</i></p>	<p>Food service staff Administration Students Teachers Parents</p>	<ol style="list-style-type: none"> 1. Identify which items are high in trans and saturated fats, as well as sodium and sugar 2. Work with food staff to determine the consequences of eliminating such items. 3. Determine appropriate substitutions for items that violate the policy 4. Make changes to the options with products that meet policy guidelines 5. Provide opportunities for students to try the new products 6. Implement new items into the regular food options 7. The price of the foods will be raised of those that remain available that contain higher trans and saturated fats, as well as sodium and sugar. 8. It has also been discussed in the committee that open campus allows students access to foods that are high in trans and started fats. A closed campus policy would prevent this. 	<p>Spring 2011 Foods to be implemented fully into the Fall 2011 school year</p>	<ol style="list-style-type: none"> 1. Talking points for a closed campus have been developed. 2. Inquired with Minnesota Public Health Law Office regarding liability of open campus.
<p>1.3 <i>Nutrition information for products offered in snack bars, a la carte, vending and school stores, fundraising and at physical activity events should be readily available at the product display. Items offered should reinforce the importance of healthy choices.</i></p>				

1.4 More drinking fountains will be added to the High School to make drinking water more accessible to students	Administration maintenance staff wellness committee	1. Wellness Committee will contact maintenance and figure out feasibility. 2. Explore other options beyond	Spring 2011	
1.5 Develop guidelines on celebrating healthy birthdays and celebrations in the classroom.	Coordinator Wellness Committee Administration	1. Create a plan for moving this forward 2. Who plans the celebrations (teachers, parents)?	2013	
Goal 2: Deer River schools will educate staff, students and parents about health, including nutrition and physical activity.				
2.1 Incorporate nutrition lessons into daily curriculum.	University of MN Extension, Leech Lake Band of Ojibwa Nutrition Education/ Diabetic Education Principle Teachers Wellness Committee	1. King Elementary will work with Gail Pollard of Extension to schedule the teaching of Go Wild with Fresh Fruits and Vegetables in the second grade classrooms. 2. The Wellness Committee will explore other opportunities for healthy lifestyles teachers to come into the other grades to teach healthy eating and active living. (principle and staff have expressed that it is easier for them to have someone else come in rather than them learn another curriculum)	Continuous	*Gail Pollard taught 6 weeks of Go Wild With Fresh Fruits and Vegetables to the 3 2nd grade classrooms in fall of 2010
2.2 Electronic Board Info at the Deer River High School will have wellness information in it	Wellness Committee High School Administration & office staff	1. Identify who is responsible for the writing and printing of the daily bulletin. 2. Research a 365 day wellness tip quote or data 3. Submit the data to be added to the bulletin 4. Get approval for the addition 5. Make the additions	Spring 2011	Completed.

<p>2.3. All students will be continuously exposed to new healthy, nutritious sound food products. To increase their palate to include these foods.</p>	<p>Coordinator Wellness Team Kitchen staff Food Service Director Volunteers</p>	<p>1. Work with food service staff to create a sampling schedule and budget at the Senior High School 2. Expose the students to new products repeatedly and encourage them to try them 3. Incorporate these products into the school food menu</p>	<p>Continuous</p>	<p>Completed.</p>
<p>2.4. Work with the Western Itasca and Deer Path Shopper to allow wellness information to be published regularly in the newspaper</p>	<p>Community Members Coordinator Get Fit Itasca Superintendent</p>	<p>1) Schedule a meeting with the owner operator of the newspaper 2) express concerns about the current way that the paper works with people to let the community know what is happening 3) Try to allow them to let us do a weekly/monthly wellness article</p>	<p>Apr-11</p>	
<p>2.5. Monthly newsletters will be sent home (via Tuesday Folders) that highlight health, nutrition and physical activity.</p>	<p>Coordinator secretarial staff teachers</p>	<p>1) Coordinator will prepare a monthly newsletter that highlights health, nutrition, physical activity, and school wellness updates monthly 2) Community Education Programmer will make copies for Tuesday Folders 3) Teachers will place materials in the Tuesday Folders to be sent home to students 4) Families will receive the information</p>	<p>2010/2011 School Year</p>	<p>* Newsletter Sent out * October 2010 * November 2010 * December 2010 * January/February 2011 * April 2011 * May 2011</p>
<p>Goal 3: Deer River school foodservice will continue to meet and exceed USDA nutrition requirements for school meals.</p>				

<p>3.1. All school food offerings will be nutritionally defensible; prohibit foods of low nutritive value (e.g. donuts, potato chips, cookies.) *Donuts are not currently on the menu, ala carte potato chips have been downsized in size, Sun Chips remain on the lunch menu because they count as a whole grain product.</p>				
<p>3.2. Only low fat milk (skim, 1%)</p>	<p>Administration Food Service Staff Coordinator</p>	<p>1. Food service staff will remove 2% from the menu 2. Food Service staff will create a plan to phase chocolate milk out of the menu</p>	<p>2010 to 2012</p>	<p>2010/2011 school year- Chocolate milk is served 1X weekly at the King Elementary School. Only Skim and 1% are offered at both schools</p>
<p>3.3. The food service staff will have the equipment needed to supply students with low trans and saturated trans fats, reduced sodium and sugar foods (including a stove top)</p>	<p>Coordinator Food Service Director Administration Maintenance</p>	<p>1. Maintenance and Toni will look for a location in the kitchen for the stove. 2. Coordinator will search for funding to purchase and install the stove. 3. Stove will be purchased and added to the high school kitchen. 4. Stove will give the kitchen the ability to create dishes that are lower in trans and saturated fats, sodium and sugar using cooking methods such as sauté, boiling, and stir fry</p>	<p>2010/2011 School Year</p>	<p>The grant was submitted to the region by the February deadline. We did not get the grant approved until the April grant review. The check was received in May, but the previously used stove that it was written for had been sold. We are currently waiting on another used stove.</p>

3.4. Breakfast choices will be limited to only healthy choices.				
3.5. The school will continue to search for outside financial resources to enhance the food service budget to incorporate nutritionally sound foods into the school day (for example: The Fresh Fruits and Vegetables Grant)	Wellness Committee Administration Get Fit Itasca Coordinator Staff Community		Continuous	* FFVP Grant in School 2010/2011 School Year *The School applied for the FFVP grant for the 2011/2012 school year
Goal 4: Deer River schools will maintain an environment that enables and promotes children to eat healthy and be physically active.				
4.1. The school will hold activities (e.g. health fairs, diabetic walk) that educate and engage students in healthy behaviors.	Wellness Committee Administration Coordinator Staff Community	1. The Wellness Committee will host the annual health fair during a PIE Night at King Elementary School. 2. The Wellness Committee will work with Community Educaiton and coordinate events which focus on activie living and healthy foods choices.	Continuous	Deer River Health Fair January 2011, Candle Light Skiing February 2011, Family Roller Skating Night April 2011, Family Prom May 2011, Senior Citizens Prom May 2011, Walk for Diabetes May 2011

<p>4.2. Staff will advocate for state/federal legislation that promotes health, physical activity and nutrition.</p>	<p>Coordinator Staff</p>	<p>1. The Coordinator will communicate with staff about upcoming opportunities to promote health, physical activity, and nutrition at a state and federal level.</p>	<p>Continuous</p>	
<p>4.3. Foods and beverages will only be eaten in designated areas (commons area and/or with teacher permission)</p>	<p>Wellness Committee Administration Staff Coordinator</p>	<p>1. Find out the rules from administration. 2. Enforce the existing rules with the students</p>	<p>2010/2011</p>	<p>Still in progress</p>
<p>4.4. Start a school community garden, to educate on where food comes from, and incorporate the fresh produce into the school's food supply</p>	<p>Wellness Committee (Garden Committee) Coordinator Boys and Girls Club staff and students Maintenance 4th and 5th grade teachers & students Food Service Volunteers 4H Coordinator</p>	<p>1. Interested member of the Deer River Wellness Committee will recruit others to participate in a garden committee 2. Committee will work with staff, maintenance and administration to determine the logistics of the garden 3. Connections will be made with those that could help with organizing, planning, curriculum, and sustainability of the garden 4. Finances of the garden will be explored 5. Garden will be developed by staff, students and volunteers 6. 4th grade will plant the garden 7. Boys and girls club will help with continued maintenance throughout the summer 8. produce will be given to the school food service to be implemented into the summer feeding program and the school lunch program</p>	<p>2010/2011</p>	<p>January 2011- Garden Committee has been formed February 2011 applied for SHIP funds June 2011 received SHIP funds</p>

Action Item	Desired Outcome	Evaluation Measures/Methods	Progress Towards Outcomes
Goal 1: Deer River Schools will adhere to district wellness policy.			
<i>1.1 Assess current school wellness policy, edit to be more specific and determine enforcement plan.</i>	Strengthened wellness policy	(I will track a bullet point document of what has been changed if it is needed to promote the new policy within the media or to describe to staff what the specific changes are)	

<p>1.2 <i>Foods and beverages available during the day should minimize the use of trans and saturated fats, as well as sodium and sugar.</i></p>	<p>The price of the foods that are higher in trans and saturated fats as well as sodium and sugar will cost more than those that are lower in trans and saturated fats as well as sodium and sugar.</p>	<ul style="list-style-type: none"> -Documenting in monthly Activity and Outcomes Report -Photographing -Sales Tracking 	
<p>1.3 <i>Nutrition information for products offered in snack bars, a la carte, vending and school stores, fundraising and at physical activity events should be readily available at the product display. Items offered should reinforce the importance of healthy choices.</i></p>	<p>Student and staff have access to the nutritional information</p>	<ul style="list-style-type: none"> -Document in the monthly reports -Photograph any new signage 	

1.4 More drinking fountains will be added to the High School to make drinking water more accessible to students	Drinking water is more available	Document in the monthly Activity and Outcomes Reports Photography	
1.5 Develop guidelines on celebrating healthy birthdays and celebrations in the classroom.	could be: 1) A policy or guideline is developed that ensures all birthdays and celebrations are recognized with healthy foods and activities 2) Options for healthy birthdays and celebrations will be provided to all staff and party planners	Document in the monthly Activity and Outcomes Reports	
Goal 2: Deer River schools will educate staff, students and parents about health, including nutrition and physical activity.			
2.1 Incorporate nutrition lessons into daily curriculum.	Increase student knowledge of healthy eating	-Evaluation results from Extension and their tools documentation (How many students have been reached, what grades, How often) in monthly Activity and Outcome Report	
2.2 Electronic Board Info at the Deer River High School will have wellness information in it	Increase student knowledge of healthy eating	-Document in the monthly Activity and Outcomes Reports	A list of quotes was submitted to the high schools Secretary and they will be incerted weekyl starting the 2011 - 2012 school year.

<p>2.3. All students will be continuously exposed to new healthy, nutritious sound food products. To increase their palate to include these foods.</p>	<p>1) Students are exposed to new foods 2) Food service staff will gain knowledge about students acceptance of healthier food options 3) New foods will be implemented into the school menu</p>	<p>-Like/dislike spread sheet photo documenting -Documentation of the menus (this can be done through the actual menus or by tracking the schools purchasing</p>	<p>-1) King school received a FFVP Grant for the 2010/2011 School Year, A like/Dislike spread sheet as been created 2) Get Fit Staff did a kiwi demo with King students in September 2010 (see photos) 3) Kiwi appears regularly on 2010/2011 school lunch menus. 4). A fresh fruit and/or vegetable was offered two to four times weekly for 6 weeks for the students and staff at DRHS to sample. Most items sampled were added to the month of May menu</p>
<p>2.4. Work with the Western Itasca and Deer Path Shopper to allow wellness information to be published regularly in the newspaper</p>	<p>Increase community knowledge of healthy eating</p>	<p>Document in the monthly Activity and Outcomes Reports</p>	
<p>2.5. Monthly newsletters will be sent home (via Tuesday Folders) that highlight health, nutrition and physical activity.</p>	<p>Increase family knowledge of healthy eating</p>	<p>-Document in the monthly Activity and Outcomes Reports</p>	<p>* Newsletter Sent out * October 2010 * November 2010 * December 2010 *January/February 2011 * April 2011 * May 2011</p>
<p>Goal 3: Deer River school foodservice will continue to meet and exceed USDA nutrition requirements for school meals.</p>			

<p>3.1. All school food offerings will be nutritionally defensible; prohibit foods of low nutritive value (e.g. donuts, potato chips, cookies.) *Donuts are not currently on the menu, ala carte potato chips have been downsized in size, Sun Chips remain on the lunch menu because they count as a whole grain product.</p>	<p>Deer River schools food offerings will support nutritious food selections</p>	<p>-Document in the monthly Activity and Outcomes Reports -Photographing -Sales Tracking</p>	
<p>3.2. Only low fat milk (skim, 1%)</p>	<p>The menu will only serve skim and 1% milk</p>	<p>-Document changes in the monthly Activity and Outcomes Report</p>	<p>2010/2011 School year -High School removes 2% milk (only choc, 1% and skim are served daily) King School removes 2% and chocolate is only served 1 day a week (1% and skim served daily)</p>
<p>3.3. The food service staff will have the equipment needed to supply students with low trans and saturated trans fats, reduced sodium and sugar foods (including a stove top)</p>	<p>The kitchen staff will have an increased access to healthier food preparation equipment</p>	<p>-Document in the monthly Activity and Outcomes Reports -Photographing -Interviews with food service staff</p>	<p>January 2010 -Photos have been taken of the existing kitchen and a baseline interview has been done with Food Service Director</p>

<p>3.4. Breakfast choices will be limited to only healthy choices.</p>	<p>Deer River schools breakfast offerings will support nutritious food selections</p>	<p>-Document in the monthly Activity and Outcomes Reports -Photographing -Sales Tracking</p>	<p>2010/2011 School year-King School switches to Notables 3 days a week this breakfast is free for all students, 2 days a week the students must pay for a hot breakfast that includes items such as pancakes, breakfast pizza, ect.</p>
<p>3.5. The school will continue to search for outside financial resources to enhance the food service budget to incorporate nutritionally sound foods into the school day (for example: The Fresh Fruits and Vegetables Grant)</p>	<p>Additional funding has been secured for the Deer River School Service</p>	<p>,-Document in the monthly Activity and Outcomes Reports</p>	<p>July 2010 -Fresh Fruits and Vegetables Program Grant was awarded to King School</p>
<p>Goal 4: Deer River schools will maintain an environment that enables and promotes children to eat healthy and be physically active.</p>			
<p>4.1. The school will hold activities (e.g. health fairs, diabetic walk) that educate and engage students in healthy behaviors.</p>	<p>1) Events are held in Deer River Schools 2) There is participation in the events that are held</p>	<p>-Document in the monthly Activity and Outcomes Reports</p>	<p>February 9, 2010 Candle Light Skiing Event, April 8, 2010 Deer River Health Fair, 266 attended January 13, 2011 Deer River Health Fair, 114 attended February 3, 2011 Candle Light Skiing Event 211, April 5 & 12, 2011 Family Rollar Skating Night 120 attended between each nights, May 8, 2011 Family Prom 102 attended, May 9, 2011 Senior Citizens Prom 100 attended, May 19, 2011 Walk For Diabetes, 250 attended.</p>

<p>4.2. Staff will advocate for state/federal legislation that promotes health, physical activity and nutrition.</p>	<p>Staff will be notified when the state and federal legislation is making decisions around school wellness</p>	<p>-Document in the monthly Activity and Outcomes Reports</p>	
<p>4.3. Foods and beverages will only being eaten in designated areas (commons area and/or with teacher permission)</p>	<p>Deer River High Schools will have a policy in place that states food and beverages (excluding water) will be consumed in designated areas.</p>	<p>-Document in the monthly Activity and Outcomes Reports</p>	<p>Still in progress.</p>
<p>4.4. Start a school community garden, to educate on where food comes from, and incorporate the fresh produce into the school's food supply</p>	<p>1) Students are engaged in the creation and maintenance of a school garden. 2) Produce from the garden is incorporated into the food service program</p>	<p>-Log Book/Tracking -Document in the monthly Activity and Outcomes Reports -Photographs -Weighing of foods brought to the school food service program from the garden (Tracking of products harvested)</p>	<p>Grant submitted and dollars received. Project still in progr</p>

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