

# WELLNESS POLICY TRIENNIAL ASSESSMENT: SUMMARY OF FINDINGS



For the Wellness Policy Triennial Assessment, the district hosted a Wellness Committee meeting in October of 2023, conducted an assessment of the federal and state Wellness Policy standards using the Rudd Center's WellSAT 3.0 Scoring tool, and updated the Wellness Policy to reflect the required changes that the WellSAT revealed.

The Child Nutrition Department at Woodland Joint Unified School District adheres to the rules and regulations of the National School Lunch Program and School Breakfast Program, offering nutritious, free meals to all students. They have a physical education program that aligned with national and state standards, and staff is encouraged to model healthy eating and physical activity behaviors in front of students.

Due to the nature and complexity of the Triennial Assessment, Woodland Joint USD hired a Registered Dietitian to assist in conducting the Triennial Assessment, interview the director of Child Nutrition, and to provide an independent assessment and wellness policy guidance based on Federal and State guidelines.

With Covid and other factors, the Wellness Policy had not been updated for some time. During School Year 2022-2023, the Child Nutrition Department hosted a Wellness Committee meeting, and in SY2023-2024, hosted another Committee Meeting and conducted the Triennial Assessment, re-launching the district's wellness program.

During the last Wellness Committee meeting, the members were given an opportunity to ask questions and provide input. Spencer Springer, Director of Nutrition Services, led the meeting which included the topic of food insecurity among students. Other concerns of the district include special diets, carb counts,

and gluten and dairy free meals. This led to the purchase of Titan LINQ Menu Planning software for recipe analysis and menu standardization.

In School Year 2023-2024, the district also committed to 40% scratch cooked meals qualifying for KIT grant funds. Popular ethnic dishes include Pozole Soup which was featured in the fall. New scratch cooked recipes are being tested monthly.

The Rudd Center's WellSAT 3.0 Scoring Tool revealed that the previous Board Wellness Policy needed to be updated with federally required language. A new Wellness Policy, separate from the Board policy, was created. While focusing on Federal Standards in its latest revision, the intention of separating the Child Nutrition Department's Wellness Policy from the Board Policy was to enable the department to create a living vision document, outlining the district and the nutrition department's combined goals towards school wellness.

Future goals include Titan software training and building a comprehensive, flourishing database of scratch recipes for the district to utilize, implementing electronic production records, and training staff to master cooking delicious, nutritious foods that fuel student success.

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