

Nutrition Education and Promotion:	Success looks like...	2022-2023 Action Steps:	Impact Report / Evidence:	2023-2024 Next Steps:
Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.	Every elementary child would self-select to try new healthy foods without reminders	<ul style="list-style-type: none"> *Visuals throughout service area to promote food variety *Utilize TV monitors to promote more food choice and nutritional awareness *5210 posters throughout building *Verbal encouragement from staff to try new foods *Taste Test Tuesday *Staff supervision of individual student eating habits *Optional food items at the point of sale to encourage well rounded meal choices *Option if grant funded - mobile greenhouse (hydroponics) 	*April / May - data collection as students go through serving line (HS student volunteers?)	
Physical Activity: Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.	Every student will participate in physical activity without prompting	<ul style="list-style-type: none"> *HS PE classes take field trips to gyms / YMCA to show students how to get a membership, use facilities, etc. *Health / PE classes provide information about adult rec leagues to promote physical activity after HS *Alternative PE options such as Zumba, yoga, kickboxing, etc. *Additional visual aids in elementary to promote movement *Promote idea that you don't have to participate as a student-athlete to be considered active *Promote morning stretches in daily routine 	*April / May - PE participation rate	
Other School Based Activities that Promote Wellness: As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.	Multiple pathways to information about health and well-being, informal and formal	<ul style="list-style-type: none"> *Wellness Wednesday newsletter to staff *Promote district EAP *Highlight department specific newsletter articles on program pages of website *Implement new FCCLA program 	*HumanEx surveys?	