

Muskegon Catholic Central Wellness Policy Assessment 2017-18

GOAL: Improve nutritional quality of meals and a la carte items.

Rationale: *Proper nutrition aids mental acuity. It is a scientific fact that nutrition has a profound effect on short term memory.*

- **Intervention:** Nutrition Services (director) will nutritionally analyze all school menus by March 2018, and develop menu templates for elementary and MS/HS by March 2018 for the next school year which meet/ exceed the nutritional standards established by the USDA (Dietary Guidelines for Americans 2010 & Healthy, Hunger Free Kids Act).
- **Intervention:** Serving **fresh fruits and vegetables** daily in both cafeterias. Rationale: Increasing fiber and vitamin intake will provide greater satiety.
- **Intervention:** Nutrition Services will eliminate use of canned vegetables by September 30, 2017. This does not apply to black beans, garbanzo beans, and refried beans as these items are required part of the USDA meal patterns. Rationale: Canned vegetables are high in sodium content.
- **Intervention:** Nutrition Services will seek to include lower sodium options in all areas of food service operation (reduced sodium condiments, potatoes, meats, breads). This will be a continuous process as new products become available to assist in meeting/exceeding sodium standards.
- **Intervention:** Nutrition Services will increase the amount of fiber in each meal by swapping out simple carbs for complex carbs. Rationale: Fiber promotes greater satiety and improves gastrointestinal motility.
 - **OUTCOME: GOAL MET.** Evidenced by...
 - The USDA/NSLP meal pattern/nutritional analysis was completed and met/exceeded USDA guidelines.
 - 87% of all bread products at the MS/HS are whole grain, and 100% are whole grain at the elementary.
 - Exceeding weekly requirement offerings for “dark green” and “orange/red” vegetables. Elementary participated in “Apple Crunch Day” to promote healthy eating practices.

- Sodium: Required to supply no more than 1230 mg per day, MCC school lunch is below this limit at all grade levels .
- Sat fat: Not to exceed 10% of calories derived from fat. MCC School lunch is below this limit at all grade levels.
- Calories (kcal): MCC School lunch averages meet calories per meal as per USDA guidelines.
- All a la carte items sold to students meet Smart Snack guidelines, including vending.

GOAL: Develop an atmosphere of nutritional/physical activity awareness in order to promote lifelong learning.

- **Intervention:** Nutrition Services (director) will promote physical activity (60 minutes per day) and provide real-life examples of physical activities for elementary students to connect to their lives. Rationale: Information provided at an age appropriate level for understanding will increase likeliness of lifelong learning.
 - **OUTCOME: MET.** Evidenced by...
 - Director added real life activity examples in the cafeterias with corresponding pictures of those activities. Director also displays educational materials in all cafeterias depicting exercise opportunities and sends home nutrition/exercise tips via the elementary newsletter (see attached). Director makes nutrition/exercise handouts available to elementary teachers as part of classroom nutrition education.
 - Wellness Committee discussed starting an aerobics/yoga program for staff next school year(2018-19) initiated by Jacquie Robinson(dance instructor).
 - Wellness Committee discussed sponsoring open gym time for students in the morning before school(2018-19).

Spiritual Wellness - Catholic Identity (Faith):

GOAL: Nutrition Services (director) will relate the menus to support Catholic holiday traditions and figures.

- **OUTCOME: MET.** Evidenced by...
 - Director incorporated meals that corresponded with Lent (i.e. Fish)

GOAL: Nutrition Services will promote and demonstrate good stewardship.

- **Intervention:** Director will identify at least three ways in which “good stewardship” can be demonstrated and/or promoted to students.
 - **OUTCOME: MET.** Evidenced by...
 - Promoted the need for students to clear lunch tables after lunch service and assist other students if needed.
 - Promoted student service at the end of lunch to assist cafeteria workers with sweeping floor and straightening lunch trays.
 - Provided recycling containers in both cafeterias and the front lobby (pop bottles and cans).

Other Goals:

GOAL: Replace failing kitchen appliances and equipment by June 30, 2018.

Rationale: *New equipment will decrease total kitchen cost for service and repairs, while increasing efficiency and ensuring employee safety.*

- **Intervention:** Director will develop a plan for purchasing new equipment by June 30, 2018.
 - **OUTCOME: MET.** Evidenced by...
 - Devise a plan to have existing equipment serviced each summer to avoid costly repairs later (coolers, freezers and dish washer).
 - Continue to paint, beautify kitchen environment each summer.