

**WELLNESS POLICY EVALUATION CHECKLIST**

Local Education Agency (LEA) PRINCETON CHARTER SCHOOL  
AGREEMENT # 08007540 School year 2014-2015

**Evaluation should be completed at least once per school year. It is not all-inclusive.**

**1. Meal Service**

YES NO

- Students have been given an adequate amount of time to eat.
- Meal periods are scheduled at appropriate times. Lunch periods must be between 10:00 AM and 2:00 PM.
- All reimbursable meals offered meet federal standards.
- Students receive a consistent nutrition message in the classroom and cafeteria.
- All food preparation areas have had health inspections and received satisfactory approvals.

**2. A La Carte Sales**

YES NO

- Foods of minimal nutritional value, as defined by USDA, are not sold, served or given away anywhere on school property before the end of the school day.
- Foods and beverages having sugar, in any form, as the first ingredient, are not sold, served or given away anywhere on school property prior to the end of the school day.
- Candy is not sold, served or given away anywhere on school property before the end of the school day.
- All snacks and beverages sold, served or given away anywhere on school property during the school day meet the standards set forth in the adopted nutrition policy.

**3. School Store**

YES NO

- N.A.   - Any food or beverage item sold in the school store during the school day meet the standards set forth in the adopted nutrition policy.
- N.A.   - A copy of the adopted nutrition policy is in the school store.

**4. Fundraising**

YES NO

- Fundraising encourages healthy eating habits by promoting the sale of healthy food/beverage items or non-food products.
- All fundraising involving the sale of food/beverage items takes place outside of the regular school day.
- Parent groups and other organizations have been advised of the adopted nutrition policy and refrain from using restricted items as fundraisers.

**5. Curriculum**

YES NO

- State and district health education curriculum standards and guidelines include nutrition and physical education.
- Recess is scheduled before lunch whenever possible.

**6. Beverages**

YES NO

- N.A.   - All beverages offered for sale do not exceed 12 ounces, except water.
- N.A.   - In elementary schools only water, milk (non-fat or unflavored 1%) and 100% fruit or vegetable juice is offered for sale.
- N.A.   - In middle and high schools, at least 60% of all beverages, other than water and milk (non-fat or unflavored 1%) must be 100% fruit or vegetable juice.
- N.A.   - In middle schools and high schools the 40% "other" beverages that are offered meet the standards set forth in the adopted nutrition policy.
- N.A.   - The adopted nutrition policy is implemented correctly for each area beverages are offered, including vending machines and the school store.

**7. Celebrations**

YES NO

See attached

- Classroom celebrations do not include any foods defined by USDA as foods of minimal nutritional value.
- Occasional classroom celebrations and curriculum related activities are exempt from this policy, however, strong effort is made to include healthy choices when planning these activities.

**8. Personnel**

- | YES                                 | NO                       |  |
|-------------------------------------|--------------------------|--|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - There is an active committee comprised of teachers, parents, coaches, school administration, and community partners working to promote awareness of the adopted nutrition policy requirements. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - The LEA is committed to providing support for staff so they have the skills and knowledge to implement the adopted nutrition policy.   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - The LEA will work to integrate nutrition education throughout the school day and after school programs to provide a consistent message to parents and students.                                |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - Households are provided information that supports the adopted nutrition policy and promotes awareness of healthy choices.  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - Food is not used as a reward for academic performance or behavior, unless noted as part of a student Individual Education Plan (IEP).  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - The adopted nutrition policy has been reviewed with all staff members and all staff are following the guidelines.  |

Answering **NO** to any of the questions indicates areas where improvement is needed.

Date Evaluation completed: 2/4/15

Completed by: Gail G. W. \_\_\_\_\_  
Name of Person responsible for evaluation as listed on SNEARS) Signature

Reviewed with Gail G. W. on 2/4/15  
Wellness Coordinator Date

Copy of adopted nutrition policy is attached

## Healthy Snack Choices

- Fruit (whole or pieces): apples, oranges, mandarin oranges, bananas, pear, peaches, plums, grapes, kiwi, strawberries
- Prepackaged fruit in its own juices
- Individual no sugar added applesauce
- Vegetables: carrot sticks, baby carrots, celery sticks
- Small boxes of raisins
- Pretzels
- Goldfish
- Low sugar cereals: Kix, Cheerios, Chex
- Whole grain crackers or whole grain pretzels
- Rice cakes or mini rice cakes
- Mini whole grain muffins
- Yogurt
- Pudding
- String or cubed cheese
- Rolled slice of ham, turkey or cheese
- Graham crackers
- Popcorn

## Healthy Party Ideas

Class parties do not have to be all about the food. They should be an enjoyable social time to mark a special date or holiday. Food will certainly be a part of the celebration but should be offered with *restraint*. A "Make-Your-Own" treat allows more parents to participate with a donation and keeps the treat reasonable. Fruit smoothies with popcorn and vegetables or baked chips and salsa, hummus or low fat dressing offer a variety of choices without over-feeding. Following are some ideas to assist you in planning healthy parties.

- Play a party game such as a specialized Bingo that fits the theme. Stores sell these now.
- Research party games on line. One game is to pick up themed shapes with a straw and dropping them in a bag. The winner (with the most pieces in their bag) gets a prize: theme pencil, pencil sharpener, healthy snack pack, etc.
- Check with teacher and see if students could have some outdoor time.

- Have a simple holiday craft
- **Foods:**
  - Trail mix: pretzels, dried fruit, whole grain low sugar cereals, sunflower seeds, etc. Students could make their own from central bowls of ingredients on each table group.
  - Fruit kabobs. Students could make their own.
  - Fresh apple slices with yogurt or caramel dip
  - Fruit smoothies
  - Popcorn
  - Baked tortilla or pita chips with salsa or hummus
  - Angel food cake with fresh fruit
  - Yogurt parfaits with yogurt, granola and fruit
  - Berries with low fat whipped topping (Cool Whip)
  - Bananas or strawberries with chocolate syrup as a dip
  - Raw vegetables with hummus or ranch dressing
  - "Ants on a Log": celery that students fill with whipped cream cheese and top with raisins
  - Whole grain crackers like Triscuits that students top with cheese (They love spray-on cheese.)
  - Low fat fruit or whole grain muffins