## Wellness Plan
### Triennial Evaluation

<table>
<thead>
<tr>
<th>Committee Role &amp; Membership</th>
<th>Not Listed</th>
</tr>
</thead>
<tbody>
<tr>
<td>School compliance with the Wellness policy</td>
<td>The District is in compliance with the Wellness Policy.</td>
</tr>
<tr>
<td>Comparison to the Alliance for a Healthier Generation's model wellness policy</td>
<td>Met requirements</td>
</tr>
<tr>
<td>Description of the progress made in attaining the goals of the District wellness policy</td>
<td>The policy was reviewed annually by the Superintendent/Principal, the Cafeteria Manager and School SITE Council and adjusted to meet goals.</td>
</tr>
<tr>
<td>Revisions and updating the Wellness policy</td>
<td>Done Annually</td>
</tr>
<tr>
<td>Community involvement, outreach, and communication</td>
<td>School SITE Council reviews the Wellness policy annually to ensure that the District is following the plan.</td>
</tr>
</tbody>
</table>

### Goals

<table>
<thead>
<tr>
<th>Participation in federal school meal program</th>
<th>All students are eligible to receive free breakfast and lunch through the Community Eligibility Provision (CEP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal options are offered that are culturally sensitive and address special dietary needs</td>
<td>DES provides a varied menu utilizing commodities &amp; local vendors to provide culturally sensitive meal options. Meal options are made to meet the needs of students with special dietary needs.</td>
</tr>
</tbody>
</table>
Offer vs Serve

DES utilizes offer to reduce food waste and encourage students to make healthy selections.

DES changed to serve as a more effective way to ensure that all students are provided healthy meal choices.

Meet or exceed current nutrition requirements

Training has been provided to the cafeteria staff to improve menu selections to meet/exceed current nutrition requirements.

Meal environment

• Meal timing & scheduling encourage participation in the school nutrition program
• The district will provide students with at least 10 minutes to eat breakfast and 15 minutes to eat lunch after sitting down.
• The physical environment is conducive to proper eating habits
• The meal environment will meet, at a minimum, nutrition requirements established by local, state, and federal statutes & regulations

Added to 2017-2020 policy

• Promote healthy food and beverage choices by using (1) sliced or cut fruit is available daily; (2) daily fruit options are displayed to students can see them (3) a serving of vegetables is incorporated into an entree item at least once a month--usually happens twice a week (4) a menu board is utilized that feature's the days meals and snack options (5) the cafeteria employees are friendly and open (6) two varieties of milk are available at all meals (7) a self-service salad bar is available at
• The district will provide students with at least 10 minutes to eat breakfast and 20 minutes to eat lunch after sitting down.
• The physical environment is conducive to proper eating habits
• The meal environment will meet or exceed current nutrition requirements established by local, state, and federal statutes & regulations

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• Meal timing & scheduling encourage participation in the school nutrition program--Students are served lunch at a reasonable and appropriate time of the day
• The district will provide students with at least 10 minutes to eat breakfast and 20 minutes to eat lunch after sitting down.
• The physical environment is conducive to proper eating habits
• The meal environment will meet or exceed current nutrition requirements established by local, state, and federal statutes & regulations

Added to 2017-2020 policy

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The After-School Program is made aware of nutrition related components and/or physical activity in line with our wellness policy:

- The After-School Program provides after school sport activities for 4th-8th grade students and at least 30 minutes of physical activity on a daily basis for all students.
- Snacks provided to students in the After-School Program meet nutritional requirements.
- Healthy snacks and/or meals are provided to students participating in long distant field trips or competitions.
- The After-School program utilizes Harvest of the Month to promote healthy food choices.

The sale of food items as fundraisers is not allowed on campus during school hours. Concession stands at sporting events are encouraged to have healthy options for sale.
All classes meet the minimum minutes of physical education participation--200 minutes in K-6th grade every ten days and 400 minutes in 7th & 8th grade every ten days. Students also have two additional 15-20 minute recess opportunities during the school day. Teachers go on numerous hiking field trips throughout the school year as part of the Watershed Curriculum.

Snacks provided to students meet the nutritional requirements set forth in this Wellness Policy.

Food and beverage companies are not advertised at Dunsmuir Elementary School.

Non-food rewards and incentives are utilized to promote good behavior, good attendance, and good grades. Such as field trips (bowling and ice skating), medals, prizes from the prize box, certificates, movies, etc.