

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☒ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☒ ☐ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☐ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☒ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☐ Competitive sports ☒ Non-competitive sports ☐ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☐ ☒ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
- ☒ ☐ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☒ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☒ ☐ We have a recycling/environmental stewardship program.
- ☐ ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

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VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name

Position/Title

Email

Phone

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name

Reviewer

School Name Oasis Elementary North

Date 3/28/25

Select all grades: PK ☐ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐

Yes	No	I. Public Involvement
☐	☐	We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
		☒ Administrators ☒ School Food Service Staff ☒ P.E. Teachers ☒ Parents
		☒ School Board Members ☒ School Health Professionals ☒ Students ☐ Public
☐	☐	We have a designee in charge of compliance.
		Name/Title: <u>Luz Llerena / Cafe manager</u>
☐	☐	We make our policy available to the public.
		Please describe: <u>Posted online, website, Binders in the Kitchen</u>
☐	☐	We measure the implementation of our policy goals and communicate results to the public.
		Please describe: <u>Emails, website, Verbal + Posters</u>
☒	☐	Our district reviews the wellness policy at least annually.

Yes	No	II. Nutrition Education
☒	☐	Our district's written wellness policy includes measurable goals for nutrition education.
☒	☐	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
☒	☐	We offer nutrition education to students in: ☒ Elementary School ☐ Middle School ☐ High School

Yes	No	III. Nutrition Promotion
☒	☐	Our district's written wellness policy includes measurable goals for nutrition promotion.
☒	☐	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
☒	☐	We have reviewed <u>Smarter Lunchroom</u> techniques and evaluated our ability to implement some of them.
☒	☐	We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
☒	☐	We ensure students have access to hand-washing facilities prior to meals.
☒	☐	We annually evaluate how to market and promote our school meal program(s).
☒	☐	We regularly share school meal nutrition, calorie, and sodium content information with students and families.
☐	☒	We offer taste testing or menu planning opportunities to our students.
☐	☐	We participate in Farm to School activities and/or have a school garden.
☐	☒	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
☒	☐	We price nutritious foods and beverages lower than less nutritious foods and beverages.
☒	☐	We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte
☐	☒	We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
☐	☒	We provide teachers with samples of alternative reward options other than food or beverages.
☒	☐	We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☒ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☒ ☐ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☒ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☐ Competitive sports ☒ Non-competitive sports ☒ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☐ ☒ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☒ Nutrition ☒ Physical Activity
- ☒ ☐ We have a staff wellness program.
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- ☒ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☒ ☐ We have a recycling /environmental stewardship program.
- ☐ ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name

Position/Title

Email

Phone

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LEA/District Name Cape Coral Charter Authority Reviewer Maria

School Name Oasis Elementary South Date 3/27/25

Select all grades: PK ☐ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐

I. Public Involvement

☐ Yes ☐ No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☐ Administrators ☐ School Food Service Staff ☐ P.E. Teachers ☐ Parents
☐ School Board Members ☐ School Health Professionals ☐ Students ☐ Public

☐ Yes ☐ No We have a designee in charge of compliance.

Name/Title: Maria Thomas - CAFE Lead

☒ Yes ☐ No We make our policy available to the public.

Please describe: online, website, binders in the kitchen

☐ Yes ☐ No We measure the implementation of our policy goals and communicate results to the public.

Please describe: Email, Verbal + Posters

☒ Yes ☐ No Our district reviews the wellness policy at least annually.

II. Nutrition Education

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition education.

☒ Yes ☐ No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ Yes ☐ No We offer nutrition education to students in: ☐ Elementary School ☐ Middle School ☐ High School

III. Nutrition Promotion

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ Yes ☐ No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ Yes ☐ No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ Yes ☐ No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ Yes ☐ No We ensure students have access to hand-washing facilities prior to meals.

☒ Yes ☐ No We annually evaluate how to market and promote our school meal program(s).

☒ Yes ☐ No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☐ Yes ☒ No We offer taste testing or menu planning opportunities to our students.

☐ Yes ☒ No We participate in Farm to School activities and/or have a school garden.

☐ Yes ☒ No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ Yes ☐ No We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ Yes ☐ No We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte

☐ Yes ☐ No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☐ Yes ☒ No We provide teachers with samples of alternative reward options other than food or beverages.

☒ Yes ☐ No We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☒ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☒ We operate an Afterschool Snack Program.
- ☒ ☐ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☒ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☐ We require physical education classes for graduation (high schools only).
- ☐ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☐ ☐ We offer before or after school physical activity: ☒ Competitive sports ☒ Non-competitive sports ☒ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☐ ☒ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☒ Nutrition ☒ Physical Activity
- ☒ ☐ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☒ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☒ ☐ We have a recycling /environmental stewardship program.
- ☐ ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name MARY OSSICK Position/Title Director

Email Mary.Ossick@CapeCharterSchools.net Phone 239 945-1999 x7115

Wellness Policy Assessment Tool

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LEA/District Name Cape Coral Charter Authority Reviewer Karen

School Name Oasis middle Date 3/25/25

Select all grades: PK ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☒ 7 ☒ 8 ☒ 9 ☐ 10 ☐ 11 ☐ 12 ☐

Yes	No	I. Public Involvement								
☒	☐	We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: <table border="0"> <tr> <td>☒ Administrators</td> <td>☒ School Food Service Staff</td> <td>☒ P.E. Teachers</td> <td>☐ Parents</td> </tr> <tr> <td>☒ School Board Members</td> <td>☒ School Health Professionals</td> <td>☐ Students</td> <td>☐ Public</td> </tr> </table>	☒ Administrators	☒ School Food Service Staff	☒ P.E. Teachers	☐ Parents	☒ School Board Members	☒ School Health Professionals	☐ Students	☐ Public
☒ Administrators	☒ School Food Service Staff	☒ P.E. Teachers	☐ Parents							
☒ School Board Members	☒ School Health Professionals	☐ Students	☐ Public							
☒	☐	We have a designee in charge of compliance. Name/Title: <u>Karen Berg</u>								
☒	☐	We make our policy available to the public. Please describe: <u>online, + walls, Binder in Kitchen - School website</u>								
☒	☐	We measure the implementation of our policy goals and communicate results to the public. Please describe: <u>Verbal + Posters</u>								
☒	☐	Our district reviews the wellness policy at least annually.								

Yes	No	II. Nutrition Education
☒	☐	Our district's written wellness policy includes measurable goals for nutrition education.
☒	☐	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
☒	☐	We offer nutrition education to students in: ☒ Elementary School ☐ Middle School ☒ High School

Yes	No	III. Nutrition Promotion
☒	☐	Our district's written wellness policy includes measurable goals for nutrition promotion.
☒	☐	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
☒	☐	We have reviewed <i>Smarter Lunchroom</i> techniques and evaluated our ability to implement some of them.
☒	☐	We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
☒	☐	We ensure students have access to hand-washing facilities prior to meals.
☒	☐	We annually evaluate how to market and promote our school meal program(s).
☒	☐	We regularly share school meal nutrition, calorie, and sodium content information with students and families.
☒	☐	We offer taste testing or menu planning opportunities to our students.
☐	☒	We participate in Farm to School activities and/or have a school garden. <u>use Produce Company - Fresh</u>
☐	☒	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
☒	☐	We price nutritious foods and beverages lower than less nutritious foods and beverages.
☒	☐	We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à la Carte
☒	☐	We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
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☒	☐	We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
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- ☒ ☐ We operate the Fresh Fruit and Vegetable Program.
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Yes No **V. Physical Activity**

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- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☒ Non-competitive sports ☒ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
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VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name MARY OSSICHAK Position/Title Director

Email Mary.Ossichak@CapeCharlesSchools.org Phone 239-945-1999

THE HISTORY OF THE UNITED STATES

The history of the United States is a story of growth, struggle, and achievement. From the first European settlers to the present day, the nation has faced countless challenges and triumphs. The story begins with the arrival of the first Europeans in the early 16th century. They found a land of diverse peoples and cultures, each with its own traditions and ways of life. The settlers brought with them the values and beliefs of their European homelands, which they sought to transplant in the New World. Over time, the settlers and the native peoples began to interact, leading to a complex and often painful process of cultural exchange and assimilation. The struggle for land and resources was a constant theme in the early years of the nation. As the population grew, the settlers began to encroach on the lands of the native peoples, leading to conflicts and wars. The quest for independence was a central theme in the history of the United States. The colonies fought for the right to govern themselves, free from the control of the British crown. The American Revolution was a pivotal moment in the nation's history, leading to the birth of a new country. The struggle for independence was not without its challenges and setbacks, but it ultimately led to the creation of a nation that was free and sovereign. The early years of the United States were marked by a period of rapid growth and expansion. The nation's territory grew from a small strip of land along the Atlantic coast to a vast expanse that stretched from the Atlantic to the Pacific. The discovery of gold in California and the opening of the transcontinental railroad were major milestones in the nation's history. The growth of the United States was not without its challenges and setbacks. The nation faced a series of wars and conflicts, both with foreign powers and with its own citizens. The Civil War was a particularly devastating conflict, which led to the abolition of slavery and the preservation of the Union. The struggle for civil rights was a long and difficult process, but it ultimately led to the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. The history of the United States is a story of resilience and perseverance. Despite the many challenges and setbacks, the nation has always managed to overcome its difficulties and move forward. The values of freedom, democracy, and equality have been central to the nation's identity from the beginning to the present day. The history of the United States is a testament to the power of the human spirit and the ability of a nation to overcome adversity and achieve its goals.

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LEA/District Name Cape Coral Charter School Reviewer Caroline

School Name Oasis High School Date 3/24/25

Select all grades: PK ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10 ☒ 11 ☒ 12 ☒

Yes No I. Public Involvement

☒ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☒ Administrators ☒ School Food Service Staff ☒ P.E. Teachers ☒ Parents
☒ School Board Members ☒ School Health Professionals ☒ Students ☐ Public

☒ ☐ We have a designee in charge of compliance.

Name/Title: Jacqueline Collins, Superintendent

☒ ☐ We make our policy available to the public.

Please describe: Website, walls, binder

☒ ☐ We measure the implementation of our policy goals and communicate results to the public.

Please describe: Website, virtual, posters

☒ ☐ Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ ☐ We offer nutrition education to students in: ☒ Elementary School ☐ Middle School ☐ High School

Yes No III. Nutrition Promotion

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ ☐ We ensure students have access to hand-washing facilities prior to meals.

☒ ☐ We annually evaluate how to market and promote our school meal program(s).

☒ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ ☐ We offer taste testing or menu planning opportunities to our students.

☐ ☒ We participate in Farm to School activities and/or have a school garden. We have a Produce Company.

☐ ☒ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ A La Carte

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