

2022-2023 Dubois K-12 Wellness Goals

05/25/2022

Nutrition Education and Promotion Goals/Implementation

Goal #1: Assist the STUCO with the implementation of a vending machine. This is a STUCO project, our part will be to help with the contents of the vending machine. This will ensure we comply with USDA/WDE guidelines for food sold in schools during school hours.

[All Food Sold in Schools](#)

Date of implementation: Upon purchasing the vending machine.

How will the goal be implemented? Following the above link as guidance to assist with items to be purchased as “smart snack” compliant for the vending machine.

Projected Outcome: Healthy available snacks for the students during the day. This will hopefully deter fewer unhealthy foods from being purchased and brought in by students.

Actual Outcome: TBD

Goal #2: Increase the budget for Food Services and add more variety of fresh fruit and vegetables to the salad bar.

Date of implementation: Fall of 2022

How will the goal be implemented? Requested an increase in the food budget in April 2022.

Projected Outcome: A wide variety and increased amount of fresh fruit and vegetables added to the salad bar and serving line for staff and students.

Actual Outcome: The increased budget was approved for the food service department. The reaction of the students will be recorded upon further monitoring.

Physical Education/Physical Activity Goals/Implementation

Goal #1: Hold a wellness challenge that would involve K-12

Date of implementation: TBD

How will the goal be implemented? The wellness will collaborate on different wellness activities . “walk across Wyoming”, “The Yellowstone National Park Virtual Challenge”, or come up with our own.

Projected Outcome: Fun activities to promote wellness school-wide

Actual Outcome: TB

Other Activities that Promote Student Wellness

Goal #1: The “Lunch Buddy” program or “Be the Nice Kid”

Date of implementation: TBD

How will the goal be implemented? MS/HS students students will eat lunch with an elementary student. Encourage good behavior at a young age. [Be the Nice Kid](#) website has great resources.

Projected Outcome: Students can build relationships while encouraging healthy choices and possibly building trust with other students.

Outcome: TBD