

LOCAL WELLNESS POLICY TRIENNIAL ASSESSMENT - JUNE 2023



01

Goals Met:



- Activity and Assessment Tool completed for all AESD schools.
- All AESD schools provide age-appropriate physical education.
- All AESD schools participate in the School Breakfast Program and National School Lunch Program.
- All AESD eligible schools provide two fresh fruit/vegetable items per week through the Fresh Fruit and Vegetable Program (FFVP)
- All AESD schools serve breakfast and lunch that meet the new meal pattern requirements.
- All AESD schools operate the Offer vs. Serve (OVS) meal pattern to ensure student choices and reduce waste.
- All AESD menus include nutrient content posted online.



Activity and Assessment Tools for AESD Schools and District can be found on our website [HERE!](#)

02

Smarter Lunchroom Techniques:



At least 2 kinds of fruit offered at lunch daily

Salad bars with fresh produce options available to all students at lunch daily

Chocolate milk limited to twice per week at lunch

White milk available at breakfast and lunch daily

Prepackaged salads and “grab and go” options available at lunch

At least 2 kinds of vegetables offered at lunch daily



03

Celebrations:



- AESD has a Farm to School collaboration with Arizona Microgreens through the Fresh Fruit and Vegetable Program (FFVP)
- Nutrition education is taught to students in collaboration with dietetic interns at Maricopa County Department of Public Health and Grand Canyon University.
- 3 AESD schools host a school garden.

For more Local Wellness Policy Resources, visit our website [HERE!](#)

The Local Wellness Policy Committee is recruiting new members - administrators, teachers, parents, students, staff, community members, and more! Email elizabethbiggs@alhambraesd.org if you are interested.

Educate, serve & celebrate the foods of our community

This institution is an equal opportunity provider.

