



Florida Local School Wellness Policy Triennial Assessment

Sponsor Name: Hernando County School District (27)

Date Policy Implemented: June 13, 2017 (last revised November 19, 2024)

Reporting Time Period: 2023-2024

Introduction and Comparison of the Hernando County Schools Wellness Policy to a Model Policy

Compliance: The Hernando County School Board Wellness Policy was modeled closely on the Florida Model Local School Wellness Policy, provided by the Florida Department of Agriculture and Consumer Services (FDACS). It is based on the FDACS version and addresses all federal requirements as outlined by the USDA and is designed to comply with provisions set forth in section 204 of the Healthy, Hunger-Free Kids Act as well as the USDA's final rule. "Local School Wellness Policy Implementation under the Hunger-Free Kids Act of 2010.

1. Local School Wellness Policy Committee

The Director of Food and Nutrition Services shall develop the district wellness committee that includes parents, students, representatives of the school food authority, educational staff, mental health and social services staff, school health professionals and school administrators to assess the current environment of each districts schools, measure the implementation of district wellness policy in each school, review the current policy, recommend revisions as necessary, and present the wellness policy, with any revisions, to the Board for approval or re-adoption if revisions are necessary.

Each school year, the wellness committee will submit to the Superintendent a report for any changes or revisions to the current policy.

2. Nutrition Promotion

Hernando County School Food and Nutrition utilizes a food service software called Linq EMS (formerly known as Titan) which is a state-of-the-art menu program that allows students, parents and guardians to view menus, nutrient analysis and meal combinations. It also allows parents to see ala carte items as well as set limits to what their students can

purchase. Menu items have pictures show ingredients as well as allergen information. Parents can download an app. This can also be viewed through the parent portal at: <http://lingconnect.com/main>

Hernando County School District has its own Facebook page: **Hernando School Food** This page is designed to highlight the work that food and nutrition is doing including showcasing menu options, spotlighting special events and pop-ups as well as highlighting staff and training. We also post our menu every month as well as include tips for healthy eating and recipes.

Hernando County School has a food and nutrition section on the main school page at hernandoschools.org/departments/food-nutrition/index This page explains who we are and what we do. Visitors can access nutrition information, allergy information, dietary modification forms as well as staff that work for food and nutrition and contact information.

Nutrition education is taught during physical education class.

Hernando County School District has a section on the school district website: hernandoschools.org/departments/food-nutrition/index This page is available to the public to access nutrition information.

4. Physical Activity

Hernando County School District provides developmentally appropriate physical activity for the students who participate in physical education as well as in before and after school programs. Physical activity is integrated where possible throughout the school day, when possible.

The athletic department encourages after school sports for middle and high school including volleyball, baseball, football, wrestling and track.

5. Other School Based Activities

After school programs will encourage healthy snacking and physical activity. Hernando County Food and Nutrition Services offers an afterschool snack and a supper meal sponsored by the department of health for all children in an activity or tutoring.

6. Guidelines for all Food and Beverages Available During the School Day

General:

- All reimbursable meals meet the state and USDA nutrition standards.
- School meals include a variety of foods including fresh fruits, fresh vegetables, and whole grains.
- Meals for students with allergies or special dietary needs are accommodated.
- Hernando County Schools participates in the SBP, NSLP, AMP, CACFP, and SSO.
- Free, potable water is available to all students in the district during each meal service period.
- Schools encourage healthy options for class parties.
- Teachers are encouraged NOT to use food as a reward in the classroom.

Competitive Foods:

- All foods and beverages sold on school campuses outside of reimbursable school meals are in compliance with the nutrition standards for competitive food as defined in 7 CFR 210.11.
- No schools are allowed to sell ready-to eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-2.002).
- All non-reimbursable meals and beverages sold to students during the school's day meet the Smart Snack in Schools guidelines.
- Competitive food and beverage standards may be exempted for the purpose of conducting infrequent school sponsored fundraisers up to five (5) days per school year in the elementary schools, ten (10) days per school year in middle and combination schools and fifteen (15) days per school year in high schools. Each school is responsible for maintaining records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with this policy.
- No school sponsored fundraisers, which include the sale of food items, will be permitted to occur until thirty (30) minutes after the conclusion of the last designated meal service period.

8. Evaluation and Implementation of the Wellness Policy

The Triennial Assessment document fulfills the requirement to assess the school's Wellness Policy as to how Hernando County School District's Wellness Policy compares to a model policy and the extent to which the school is in compliance with it.

9. Informing the Public

The Hernando County School District's Wellness Policy is located on the district website under policies: [Welcome - 919 N. Broad Street, Brooksville, FL, 34601, \(352\)797-7000 BoardDocs® PL](#)

It can also be found under the Food and Nutrition Department web page under Wellness Policy: <https://www.hernandoschools.org/departments/food-nutrition/wellness>

10. Community Involvement

Community members, parents, staff, and students are all encouraged to participate in the district Wellness Committee.

The Director of Food and Nutrition Services attends several School Advisory Council meetings to discuss the District's Wellness Policy. The location, date, and times of the Wellness Committee meetings are posted on the district website.

The Director of Food and Nutrition Services attends the School Health Advisory Committee meetings where the Wellness Policy is reviewed and approved. The Hernando County Schools' School Wellness Policy and the Triannual assessment will be available online on the districts website under Food and Nutrition Services.

Approved by Hernando County School Board 11/19/2024