

Montgomery County Schools

Physical Activity and Nutrition Report

Recommendations for January 2024

- Continue efforts to increase student breakfast participation in all schools.
- Fundraising requests are evaluated before Board Approval to be compliant with the USDA Smart Snack Compliance Regulations.
- Schools will continue to support staff in modeling healthy eating and physical activity behaviors.
- Continue providing health care to students by staffing each school with a district nurse and partnering with Sterling Health Care.
- Physical activity is promoted in all schools by licensed Physical Education teachers.
- Continue student involvement with nutrition education at health and fitness fairs, school sponsored events and at Summer Sizzle Cooking Camp. Newsletters will be posted on the School Nutrition webpage.
- The district will continue to communicate wellness discounts and promotional opportunities when they are available.
- All menus will continue to meet federal and state requirements and nutritional guidelines for the meal programs.
- Drinking water is accessible throughout the school district and cups are provided during meal services.
- The Wellness Committee comprised of nutrition and health professionals, as well as parent and student representatives, will meet on an annual basis to update Wellness Guidelines.