

Wellness Audit

Date: 9/18/23

	Meets	Does not Meet	Comments
<i>School Meals</i>			
▪ Are accessible to all students	X		
▪ Accommodate students with special dietary needs.	X		
▪ Are served at a reasonable and appropriate time of day.	X		
▪ Meet all state and federal food and nutrition standards.	X		
▪ Minimum of 20 Minutes for Breakfast/Lunch	X		
<i>School Snacks</i>			
▪ Meet nutrition standards	X		
<i>Water</i>			
▪ Safe, unflavored drinking water will be available to all students throughout the school day	X		
<i>Nutrition Education</i>			
▪ Is designed to provide students with the knowledge and skills necessary to promote and protect their health	X		
▪ Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking projects or lessons, greenhouse/farm visits and school gardens	X		
▪ Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods	X		

Food and Beverage Marketing and Sales in Schools

- SRMCS does not allow food and beverage marketing or promotions with the exception of approved school- or PTO-sponsored fundraisers X
- SRMCS does not allow the sale of food and beverages with the exception of approved school- or PTO-sponsored fundraisers X

Physical Education

- SRMCS will provide students with physical education, using an age-appropriate physical education curriculum consistent with national and state standards for physical education X
- All enrolled kindergarten through sixth grade students will receive physical education for at least 60 minutes per week throughout the school year X

Recess

- SRMCS offers at least 20 minutes of recess on all days during the school year X