

3/24/2021

## Greetings from NDS!

Happy Wellness Wednesday!

### Smart Snacks - All Food Sold in Schools

All foods sold during the school day (including those ordered in advance and consumed at school on a later date) must meet Smart Snack Guidelines.

Is there an item your school would like to sell?

Visit the Smart Snack Calculator [here](#) and enter the nutrition facts.

If the product passes, you may sell it at school.

1. Print out the results page and keep this on file at school.
2. NDS monitors will need to review these sheets when they visit your school

If the product does not pass, you have two options.

1. Do not sell this item or
  2. Use one of your fundraiser exemptions.
- Elementary Schools have 5 fundraiser exemptions per year.
  - High Schools have 10 fundraiser exemptions per year.
  - Fundraisers can last 5 consecutive days.
  - Click [here](#) for the non-compliant fundraiser form. Complete this form and keep it on file at school.

You can order Smart Snack compliant items from NDS. You do not have to run these items through the Smart Snacks calculator.

***At this time of year, school staff and committees start to think about fundraising budgets for the upcoming school year. This information about allowable fundraisers and foods sold at school should be shared with these decision makers.***

*Make sure you have reviewed and submitted the training document on Smart Snacks found [here](#).*

#### More Information

For more information about Smart Snacks, see page 157 of the manual.

**Manual tip:** Hold the "Ctrl" and "F" keys at the same time, a search box will appear in the top right corner; you can then search keywords.

If you have additional questions, please call the office!

3/31/2021

## Greetings from NDS!

Happy Wellness Wednesday!

### April's Harvest of the Month - Leafy Greens

The Pennsylvania Harvest of the Month program was developed to promote a local agriculture product each month in schools, child and adult care centers/daycare homes, and summer feeding sites. The goal of the program is to provide participants with local, healthy products while supporting Pennsylvania farmers and producers.

The Harvest of the Month item for April is leafy greens! Leafy greens can include various types of lettuce such as romaine, bibb, butterhead, arugula, spring mix, as well as spinach, Swiss chard, watercress, collard greens, mustard greens, and kale. Leafy greens are a nutrient-dense food and are a rich source of vitamins such as A and E, B2 and B6, and folate. Leafy greens also provide needed minerals such as iron, calcium, potassium, manganese, and copper.

Although we have not been using fresh salads this school year due to COVID, we look forward to having them back on the menu next year along with entrée salads for select schools.

Click [here](#) for a fact sheet on leafy greens, which includes a recipe. We encourage you to share resources such as these with your school community.



A message from NUTRITIONAL DEVELOPMENT SERVICES

4/14/2021

## Greetings from NDS!

Happy Wellness Wednesday!

### Spring into Action

With spring weather here, now is the perfect time to get outdoors and work on your physical activity! Children ages 6-17 should get at least 60 minutes per day of moderate to vigorous-intensity physical activity. Adults should get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both. While physical activity can be done indoors and outdoors, outdoor physical activity has been linked to several health benefits including improved mental wellbeing, reduced stress, better memory, decreased anxiety, increased vitamin D levels, improved quality of sleep, and boosted immunity.

For 7 simple springtime outdoor activities that can be done anywhere, click [here](#).

4/21/2021

Greetings from NDS!

Happy Wellness Wednesday!

# EVERY KID HEALTHY WEEK

## 2021 SCHEDULE

APRIL 26 MINDFUL MONDAY	APRIL 27 TASTY TUESDAY	APRIL 28 WELLNESS WEDNESDAY	APRIL 29 THOUGHTFUL THURSDAY	APRIL 30 FITNESS FRIDAY
CHILD HEALTH FOCUS				
Social Emotional Health	Nutrition and Food Access	Self-care Strategies	Connectedness, Relationship Skills, Social Awareness	Physical Activity and Active play
				

### Every Kid Healthy Week (4/26 - 4/30)

Next week is “Every Kid Healthy Week,” an annual observance, which celebrates school health and wellness achievements. Each day of the week spotlights one of the great actions schools and families are taking to improve the health and wellness of kids and the link between nutrition, physical activity, mental health, and learning. For ideas and resources to help you celebrate, click [here](#).

Do not forget to track any school-based activities that promote wellness using the [Wellness Activity Tracker](#). You can also include families and community members by hosting virtual events or doing activities at home.

A message from NUTRITIONAL DEVELOPMENT SERVICES

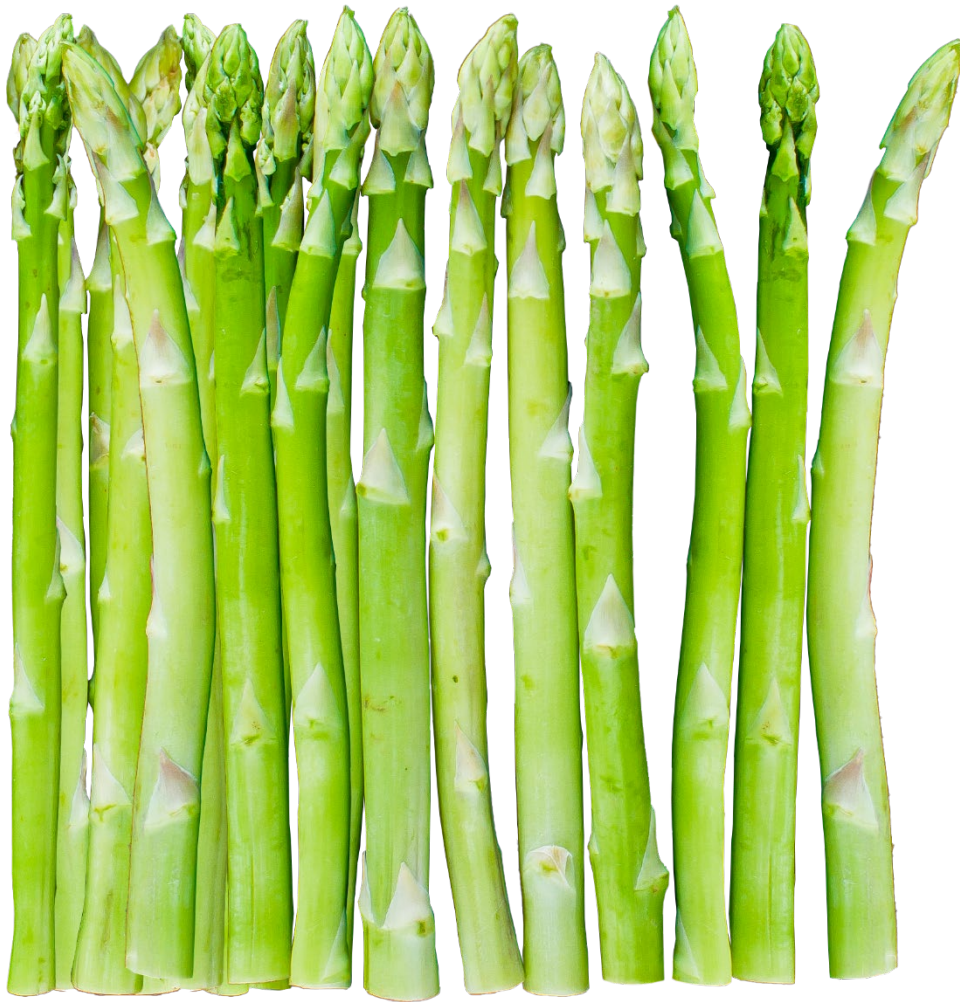
4/28/2021

**Greetings from NDS!**

Happy Wellness Wednesday!

## **May Harvest of the Month - Asparagus**

PA Harvest of the Month highlights asparagus during the month of May. Did you know asparagus can be green, white, and purple? White asparagus is grown in the absence of sunlight. It tends to be a little sweeter and less fibrous when compared to green asparagus. Purple asparagus is specifically bred to be the color purple, but once cooked, it will turn green. Asparagus is an excellent source of vitamin A, vitamin C, vitamin K, and folate. For more information on asparagus including selection, storage, handling, and preparation, click [here](#).



A message from NUTRITIONAL DEVELOPMENT SERVICES

5/5/2021

## Greetings from NDS!

Happy Wellness Wednesday!

As you've learned in trainings, the USDA requires schools who participate in the National School Lunch Program to complete a **triennial Wellness Policy assessment**. This message is to let you that this assessment has been sent via email to each of your principals/administrators. The brief survey focuses on various wellness policies within your school, and should be completed by either the school wellness contact person or principal and should take no longer than 10 minutes to complete.

Due to the unprecedented circumstances of the past year, we have asked the principals to complete the survey based on the school's normal operation or operational plans for the coming school year. This assessment will provide important feedback on areas of wellness that can improve in our schools. To view the NDS Wellness Policy or for more information on wellness click [here](#). Below is the complete message sent to your administration. Thank you for all of your support and partnership!

Dear Principals and Administrators,

As you know, wellness plays a critical role in children's development, ability to learn, and long-term success. During the 18-19 school year, the Wellness Committee at Nutritional Development Services (NDS) updated the wellness policy in an effort to promote and encourage a healthy school environment. This policy may be located under the [wellness page of our website](#).

The USDA requires a triennial assessment of the wellness policy. This assessment is valuable, as it will provide a measure of policy implementation across our schools.

We understand the past school year presented unprecedented circumstances and you may not have operated as normal. We ask that each of our schools complete a wellness assessment based on your school's normal operation. You may access the survey by clicking [here](#). The survey should take 7-10 minutes to complete. Your answers will save automatically and you may exit the survey at any time and return through the original email to complete your responses. We ask that all surveys be submitted by Wednesday May 19, 2021. As a requirement of the USDA, a summary of the results will be posted on our website.

Your participation is critical, as it will provide feedback on areas of wellness that can improved in our schools. We understand your time is value, so as a token of our appreciation, everyone who completes the survey by the deadline will be entered into a drawing for a gift card.

Thank you in advance for your assistance in this project and for your ongoing partnership. It is a pleasure to work with you to support the health and development of students at your school.

If you have any questions or concerns, please contact Jean Falk at [jfalk@ndsarch.org](mailto:jfalk@ndsarch.org).

A message from NUTRITIONAL DEVELOPMENT SERVICES

5/19/2021

## Greetings from NDS!

Happy Wellness Wednesday!

Fundraising is a great way to raise money for your school to put towards school improvements, student scholarships, equipment and other activities. Choosing **healthy fundraisers** shows your schools commitment to promoting health and encouraging healthy behaviors among students, families, and communities. Walkathons, jogathons, and runs are great fundraising activities for this time of the year. It is an opportunity to get everyone outside and to be physically active. If your school hosts a walk or run this year, make sure to track this activity on the **Wellness Tracker**, found [here](#).

If you would like more information on healthy fundraisers visit [here](#).