

Nutrition & Wellness Update 2022-2023



2022-2023	
SCHOOL YEAR:	
National School Breakfast & Lunch	1
Try It Tuesdays	1
Power Pack Program	2
Milk Mustache Dash	2
Events	3
Excellence Award	3
Fresh Fruit & Vegetable Program	4
Live Healthy Employee Wellness	4

WE'RE BBAAACCCKKK!



Crispitos are back in our kitchens by popular demand!

SOME ITEMS WE'VE BEEN COOKING UP THIS YEAR



Salisbury Steak



Banana Split Cup



Tamale Topped with Chili

TRY IT TUESDAYS

Research has shown that repeated food exposure can help increase children's acceptance of disliked foods. 'Try It Tuesdays' were incorporated at Jackson R2 with this in mind.

This year our students have tried Beef Totchos, Popcorn Shrimp, Buffalo Chicken Sliders, Breakfast Hashbrowns, BBQ Beef Nachos, & Swedish Meatballs. Our goal is to expose the students to a variety of foods/ nutrients, encourage trying new items, & to increase participation in the SBP & NSLP.



POWER PACK PROGRAM

This backpack nutrition program was piloted in the 2017-2018 school year. We now are able to help 240+ students weekly. Students are provided with a snack bag to have for snacks at school during the week & sent home with bags on Friday to supply them with some fuel for the weekends.

CHILD NUTRITION DEPARTMENT: FUELING OUR STUDENTS & STAFF

**2022/ 2023 SCHOOL
YEAR MEALS SERVED**



839,658

MILK MUSTACHE DASH 22-23



Our annual Milk Mustache Dash 5 k & 1 mile fun run was held on April 22, 2023 at Orchard Drive Elementary.

We had 146 participants & raised **\$4,909.27** for the Jackson R2 Power Pack program.



2022/2023 Sponsors:

Liberty Utilities- Gold Sponsor
Jones Pharmacy- Gold Sponsor
Rushing Marine- Silver Sponsor
Southeast Health- Gold Sponsor
South Elementary PTO- Platinum Sponsor
North Elementary PTO- Gold Sponsor
Gordonville Elementary PTO- Silver Sponsor
Millersville Elementary PTO- Silver Sponsor
Orchard Elementary PTO- Silver Sponsor
East Elementary PTO- Silver Sponsor
West Lane Elementary PTO- Silver Sponsor
Alliance Bank
Leet Eye Care- Jackson- Silver Sponsor



EVENTS THE CHILD NUTRITION TEAM HOSTED THIS YEAR



Back to School Breakfast
Support Services Luncheon
Veteran's Breakfast
Hope for Christmas
Madrigal Feast
National School Lunch Week
National School Breakfast Week
Chamber of Commerce Breakfast
Princess Dance at Middle School
Football Spaghetti Dinner
Last Day of School All Staff Meeting

EXCELLENCE AWARD: CHILD NUTRITION STAFF

Joni Jones- Kitchen Manager at North Elementary

Joni received an excellence award for making sure her students receive nutritious food, knowing the students all by name, & always checking on them to make sure that they are having a good day. She is known for her kindness & compassion when serving others.



FRESH FRUIT & VEGETABLE PROGRAM

This program is funded by a grant in efforts to combat childhood obesity. The program is currently at Orchard Drive Elementary in hopes of expansion in the next school year. The program has been successful in introducing the students to a variety of produce that they otherwise may not have the opportunity to sample. Some of the items that the students tried this year include cotton candy grapes, rainbow cauliflower, figs, bok choy, & rutabaga.



LIVE HEALTHY WELLNESS PROGRAM

Our employee wellness program just wrapped up a great year.

We had a great turnout!

239 participants

We awarded 203- \$100 gift cards, 30- \$50 gift cards, & 6- \$25 gift cards.

A big thank you to our guest speakers, fitness instructors, & employee wellness champions for their work into this year's program.

Next year we have some exciting new webinars, partnerships with some local fitness clubs, & new challenges for our employee wellness program planned!



Employee Wellness

Champions:

Miranda Wehmeyer-

Nutrition Coordinator

Dr. Jessica Maxwell-

Administration

Angela Roberts- Orchard

Alissa Wessell- Millersville

Morgan Losel- West Lane

Lori Heuring- East

Charlotte Smith- South

Kimber Miller- North

Ali Featherston- Middle School

Jennifer Lipe- Senior High

Julie Richardson- Junior High

Megan Speith- Support Services