

Provo School District
Wellness Policy
Triennial Assessment October 2023



The Provo School District Wellness Policy states the following, “The Provo City School District recognizes the link between healthy bodies and productive minds”. With that always in mind, the Child Nutrition Program and members of the Wellness Policy team would like to inform PCSD Patrons of their current activities and plans by way of this Triennial Assessment.

The Wellness Policy addresses three main areas of focus: nutrition, physical education, and Smart Snack compliance for vending and school activities.

The Provo City School District Child Nutrition Department promotes healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, specialty days and social media outreach. All schools participate in Farm to School activities during the Utah growing season, and school menus focus heavily on serving fresh fruits and vegetables throughout the entire school year. Each elementary school now has a salad bar that is available at lunchtime every day, and students really enjoy choosing from a variety of fresh fruits and vegetables that are delicious and beautifully prepared. As required by the current Wellness Policy in the area of Nutrition, the Child Nutrition Program follows all nutrition regulations for the National School Lunch Program (NSLP), National School Breakfast Program (NSB), After School Snacks, and the Fresh Fruit and Vegetable Program (FFVP).

In the area of physical activity, Provo School District curriculum includes classes and opportunities for all students to participate in healthy activities, and the curriculum also provides classes for nutrition education. All elementary students are provided recess on a regular basis. The Wellness Policy also provides teachers with samples of alternative reward options other than foods or beverages, and they are reminded of these other options when they receive information about the Teacher Supply Money. The annual letter sent to teachers now includes verbiage with the following statement, “Please make sure that any purchase follows the District Wellness Policy (i.e. no candy, soda, etc.).

The school district has implemented Smart Snacks nutrition standards for all items sold during school hours and works closely with schools to ensure vending machines are all Smart Snacks compliant. Training is given where needed to school administrators in the use of the Smart Snacks Calculator and for district fundraisers that do not meet Smart Snack regulations.

Provo City School District has implemented a District Wellness Policy for all teachers, staff, and administrators with various challenges for daily steps, exercise times, and water consumption. As part of our Public Involvement, we encourage input from school administrators, school health professionals, school board members, students, and others. Anyone interested in giving in put on the PCSD Student Wellness Policy is invited to email suggestions to Tammy Horger, PCSD Child Nutrition Director, at thorger@provo.edu.