

CORONADO UNIFIED SCHOOL DISTRICT

ANNUAL **UPDATE**

SY 24-25



WHAT IS THE CUSD WELLNESS COMMITTEE?

The CUSD Local School Wellness Committee (LSWP) meets 4 x/ school year to discuss areas of opportunity in strengthening the health and wellness of our students and schools. Our wellness committee is comprised of Child Nutrition Services staff, Registered Dietitians, Educators, students, and parents. Any CUSD stakeholder is welcome to join our committee!



LOCAL SCHOOL WELLNESS GOAL FOR THE 24-25 SY:

For the 2024-2025 school year, our Wellness Committee is committed to increasing the access to nutrition education both in classrooms and school cafeterias—by 50% districtwide.



RESULTS



- Beginning in August 2024, we expanded the amount of age-appropriate, evidence-based nutrition education accessible by providing resources to, and working in close collaboration with district teachers and the district's Registered Dietitian and Child Nutrition Department.
- From August 2024 - May 2025 students participated in live nutrition presentations led by the district's Registered Dietitian and the Child Nutrition Department.
- In October 2024, we elevated awareness of our Harvest of the Month Programs such as our "Try It Tuesday" and "Farm Fresh Friday" promotions through the incorporation of new promotional materials, including flyers and QR codes that offer nutrition facts, farmer profiles, and information about where and how the featured food was grown.
- In October 2024, teachers at the elementary level began to encourage students to actively participate in the Farm to School initiatives and had the opportunity to learn about and sample our harvest of the month food items. This led to students feeling more confident about trying fresh, local, and organic foods in the cafeteria.
- In November 2024, CNS began featuring our local farm partners through videos displayed on the digital menu boards in the cafes, highlighting how crops are planted, cared for, and harvested.
- From November 2024 - February 2025, all second grade students within the district participated in hydroponic farming lessons and activities led by the districts Registered Dietitian, combining educational presentations with hands-on experiences to emphasize the value of farm-to-table practices.
- Starting in September 2024, nutrition education was introduced in the form of hands-on activities at the preschool level throughout the school year to begin building lifelong healthy habits at the earliest age possible.
- In March 2025, all school cafeterias featured the five food groups by introducing new foods, offering take-home recipes, and providing nutrition facts and information at the elementary, middle, and high school levels.



Join our wellness committee! Contact Amanda Tarantino at atarantino@coronadousd.com

Visit us at <https://coronadousd.net/Departments/Child-Nutrition-Services/Wellness/index.html> for more information on our Wellness Policy

This instituion is an equal opportunity provider.