



St. Mary’s Catholic School Wellness Goal for 2024-2025 School Year

Nutrition Education Goals

1. Maintain lunch participation from SY 23 24.

Measurements and outcomes:

| Goal | Date of Implementation | How the goal will be implemented | Outcome |
|---|-------------------------------|---|--|
| <p>1. Maintain 80-85 daily student lunch participation from SY 23-24.</p> | <p>8-17-2024 - .</p> | <p>Implementing new lunch menus, introducing new fruit and vegetables. More nutrition education within the classroom of healthy eating. Improve our Staff Wellness.</p> | <p>59 days out of 164 days we served lunch we had over 80 students eating hot lunch for the 24-25 school year. This came to 36% for the year.</p> <p>We had several days that were in the high 70’s, however we fell short of our goal. Yearly average came to 76 students eating per day.</p> <p>-We provided healthy eating habits options to all.</p> <p>-Healthy eating table at our Wellness Fitness Night</p> <p>We also Introduced new veggies and fruits during lunch.</p> |

