



Goal 1: Modify School Meal Program.		
<i>Objective 1: To increase the nutritional value and satisfaction of the school lunch program.</i>		
Action Steps	Person Responsible	Timeline/Evaluation
1. Collect menus from other schools.	Wellness Committee and School Health Coordinator	Jan. 2013; completed
2. Visit local school cafeterias to observe, look at menus, food service and pricing.	Wellness Committee and School Health Coordinator	Jan. 2013; completed
3. Create a survey for parents.	Wellness Committee and School Health Coordinator	Mar. 2013; completed
4. Meet with Administration to present survey and update Nutrition Committee findings.	Wellness Committee and School Health coordinator	Mar. 2013; completed
<i>Objective 2: Based on the results of the parent survey and food service observations, make recommendations for changes in the meal program.</i>		
Action Steps	Person Responsible	Timeline/Evaluation
1. Review results of parent survey and food service observations with administration.	Wellness Committee and School Health Coordinator	Spring 2013; completed
2. Preview caterers and current lunch staff proposals.	Wellness Committee and Administration	Spring 2013; completed
3. Determine the need for St. Luke's participation in the free/reduced Federal lunch program; discuss alternatives ways to assist families who qualify.	Wellness Committee and Administration	Spring 2013; completed
4. Meet with the current food service manager to discuss current lunch program and alternatives.	Wellness Committee and Administration	Spring 2013; completed
5. Investigate the possibility (reference, Parent Survey) of providing breakfast for students who arrive early to school.	Wellness Committee, Cafeteria Manager, & Administration	Spring 2014; completed
6. Consider the possibility of parents pre- choosing meals, using the current lunch cards for payment, and being aware of their child's "choice" of what they are eating.	Wellness Committee, Cafeteria Manager, and Technology Representative	Fall 2014; in process



Goal 2: Increase knowledge of nutrition and healthy living for school community.

Objective 1: Provide opportunities to educate teachers, staff, students, and families on healthier life styles.

Action Steps	Person Responsible	Timeline/Evaluation
1. Include “Wellness Corner” in the <i>St. Luke Light</i> once a month.	School Health Coordinator and P.E. Teacher	Fall 2014/on-going
2. Provide opportunities for organized physical activities for students and parents through special events.	Wellness Committee and P.E. Teacher	Fall 2016
3. Have educational programs and speakers for the school community twice a year.	Wellness committee and PTC	Fall 2016