



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation

# Champions for School Wellness

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**ANDF**  
**Iowa Head RDN**



# Project Overview

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- 11 districts receive RDN Wellness Coach assistance
    - Improve school wellness policies
    - Work with school wellness teams
    - Assure school wellness policy implementation
  - Assessment & Evaluation
    - District wellness policies
    - Pre & Post principal & teacher questionnaire
    - Changes made
  - Contractor assistance
    - Provide school with application and project description
    - Obtain completed applications
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# Timeline

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- By Nov 1 consultant provide application and project plan
- 1<sup>st</sup> visit with district (by RDN Wellness Coach)
  - Complete “Does Your Wellness Policy” checklist together
  - Provide teacher & principal compliance pre-questionnaire
  - Form action plan with district contact
  - District contact distributes progress reports to schools
- Ongoing support (by RDN Wellness Coach)
- 2<sup>nd</sup> visit with district (by RDN Wellness Coach)
  - District wellness committee meeting
    - Review action plan
  - Collect/review progress reports (email to evaluator)
- Ongoing support (by RDN Wellness Coach)
- 3<sup>rd</sup> visit with district (by RDN Wellness Coach)
  - Completed action plan
  - Provide teacher & principal compliance post-questionnaire
  - Collect/review updated progress reports (email to evaluator)
- Nov.-May-HUSSC assistance (for 10 schools by RDN)

# Make the Contact

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**Who?**

**How?**

**When?**

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