

Cuyahoga Valley Career Center
Assessment of Wellness Policy and Status

January 2019

Nutrition Education

The K-12 programs within the school district that specifically instruct students on nutrition within the individual career aspect include: Culinary Arts, Hotels and Resorts, Medical Administration Specialist, Cosmetology, Health Careers, Education Professions and Dental Assisting.

The Associate school districts provide nutrition education for students from kindergarten through the 12th grade on a general basis.

The adult Nursing Program has specific training and education in nutrition to their program.

School Based Activities

The school district has an active Staff Wellness Committee that provides information to staff regarding individual wellness and the wellness of students. Articles and information is disseminated to staff on a regular basis. The school district has activity challenges and sponsors wellness lunch and learn presentations throughout the year.

Nutrition Guidelines for Enhancing Student Health

The school district uses multiple resources to assure that the Child Nutrition Program is complying with the state and federal guidelines. There are also procedures in place to prohibit the sale of minimal nutritional value foods and competitive foods during the course of the school day.