



School Wellness Report Card

Empower College Prep

OUTSTANDING	SATISFACTORY	NEEDS IMPROVEMENT	Students need healthy food and environments to reach their full potential. This report reviews our progress towards the goals outlined in our Local Wellness Policy to help student's succeed!
☒	☐	☐	All schools participate in the National School Lunch and School Breakfast Programs, and meals meet federal nutrition standards.
☒	☐	☐	Free drinking water is available at all meals, and students may carry water bottles throughout the day.
☒	☐	☒	All foods and beverages sold to students during the school day meet USDA Smart Snacks standards.
☒	☐	☐	Food and beverage marketing on campus is limited to items that meet Smart Snacks standards.
☐	☒	☐	Families are encouraged to participate in school meals, and menus are posted on the school website.
☐	☒	☐	Elementary students receive at least 20 minutes of daily recess, held outdoors when weather allows.
☐	☒	☐	Students receive physical education and have opportunities for physical activity after school.
☐	☒	☐	Parents and teachers receive healthy party ideas, Smart Snacks lists, and non-food reward ideas.
☐	☐	☒	Add more robust goals.
☐	☐	☒	The Wellness Committee meets annually and includes parents, students, and community members.

Highlights

Empower College Prep offers breakfast and lunch through federal meal programs at every school, with free water available at all meals. All foods sold and marketed to students during the school day meet USDA Smart Snacks standards. Students have daily recess and after-school opportunities to be physically active.

Areas for Growth

In the coming year, we will expand nutrition education across grade levels and grow Wellness Committee membership to include more parents, students, and community partners. We will also develop a written implementation plan for each school and use more ways to share wellness updates with families, including email and newsletters.