



2026 Triennial Assessment & Policy 533

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Child Nutrition

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- Completed undergraduate education at UMN and graduate education at Northern Arizona University
- Previous school nutrition experience working as a dietetic intern at Flagstaff Unified School District



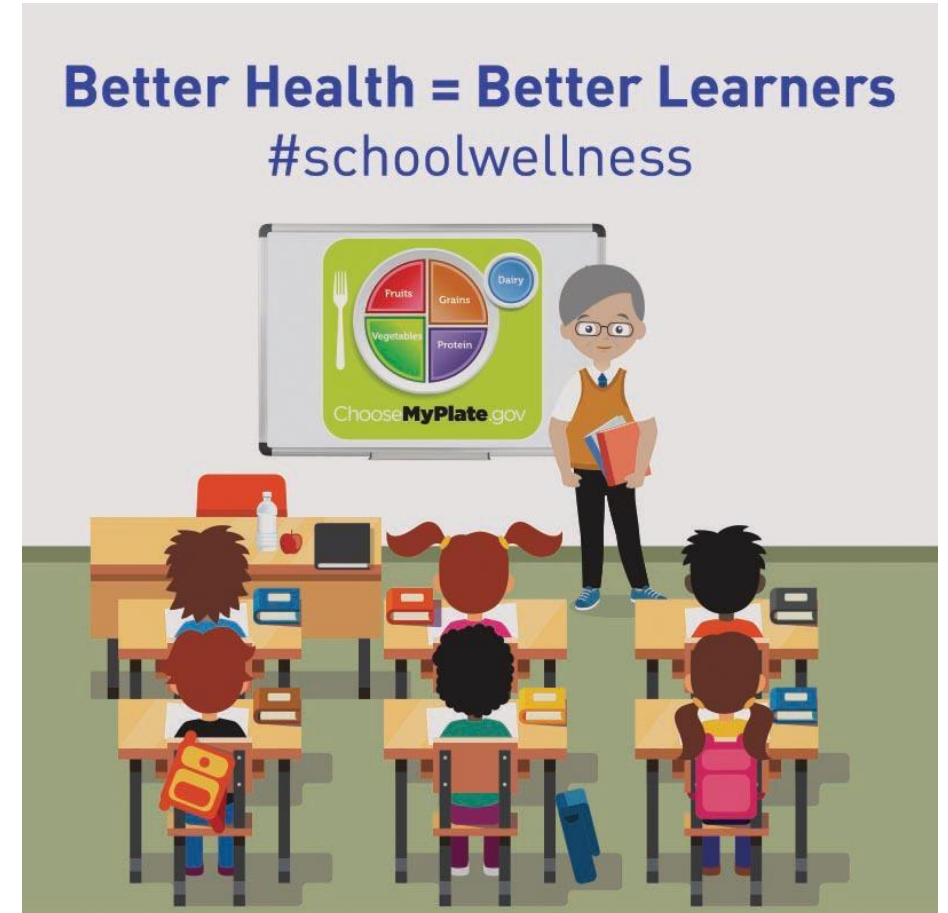
Updates

- Student feedback survey
- Spring taste testing-plant based tacos
- 2026-27 MDE's Mastering Menu Planning Training program



2026 Triennial Assessment

- Mandatory review conducted at least once every three years to evaluate compliance, progress, and updates to a district's wellness policy, as required by [USDA](#).
- Measures extent to which the district is implementing student nutrition, physical activity, and wellness goals.
- WellSat assessment completed Spring 2026.



Summary of 2026 Triennial Assessment Results – ISD 197

Section 4. Compliance with the Wellness Policy and Progress towards Goals	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Nutrition Promotion and Education Goal(s)	x		
Physical Activity Goal(s)	x		
School-based activities to promote student wellness goal(s)	x		
Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and smart snacks)	x		
Guidelines for other foods and beverages available on the school campus, but not sold	x		
Marketing and advertising of only foods and beverages that meet Smart Snacks	x		

District Compliance with Wellness Policy

Compliance with the Wellness Policy	Requirements	Evidence of Compliance	Meets Goals (Y/N)
Nutrition Promotion and Education Goal(s)	Offer a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.	<ul style="list-style-type: none"> The district offers a comprehensive approach to student nutrition promotion and education through multiple approaches, programs, curriculum implementation, and experiential opportunities. 	Yes
Physical Activity Goal(s)	All students in grades PreK-12 will have opportunities to be physically active.	<ul style="list-style-type: none"> The district offers a comprehensive approach to student physical activity through multiple approaches, programs, curriculum implementation, and experiential opportunities. 	Yes
School-based activities to promote student wellness goal(s)	The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.	<ul style="list-style-type: none"> The district aims to ensure equitable access to and participation in USDA school meals regardless of circumstance, including support for unpaid meal charges and individualized dietary needs, amongst robust district programming to support student health and wellbeing. 	Yes
Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and smart snacks)	All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum.	<ul style="list-style-type: none"> The district has clear practices such as limiting vending machine access to before and after the school day and only offering Smart Snack–approved items in vending machines, and in cafeteria snack bars during lunch. 	Yes
Guidelines for other foods and beverages available on the school campus, but not sold	Student wellness will be a consideration for all foods offered. The district will provide a list of Smart Snack foods and beverages and non-food celebration ideas.	<ul style="list-style-type: none"> The district promotes and encourages healthy role modeling and behaviors and supports access to primary resources such as free and unrestricted access to clean and safe water. 	Yes
Marketing and advertising of only foods and beverages that meet Smart Snacks	The school district shall designate an appropriate person to be responsible for the school district’s food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Guidelines.	<ul style="list-style-type: none"> All foods sold, including those in school-sponsored vending machines, meet Smart Snack standards and are the only food items “promoted” to students. 	Yes

Nutrition Promotion and Education Goal(s)

Policy Section: Nutrition Promotion and Education Goal(s)	Goal Status <i>(Meets/Partially/Does Not Meet)</i>	Progress, Goals, & Evidence	Next Steps
Policy 533, Section 3A: Nutrition Promotion & Education (#1-2)	Meeting Goal	<p>A primary goal for the district is to continue to support healthy meal access at school that reflects the needs of the district's student population, through access to:</p> <ul style="list-style-type: none"> • School gardens, green houses and paired curriculum. • Taste Test Events and menu development focused on culturally diverse options (tamales, pupusas, etc.). • Implementing age-specific designated health curriculum within the district. • Providing plastic-free lunch daily (reducing microplastics exposure to support human health). 	<p>Next steps for the school district are to:</p> <ul style="list-style-type: none"> • Implement the Full Tray Grant (depart of Ag.) to incorporate menu items that are locally grown, including produce and proteins (cheese, meat). • Assess menu adaptations based on the new sodium and added sugar recommendations (USDA). • Incorporate food from the school garden at Two Rivers into the salad bar.

Physical Activity Goal(s)

Policy Section: Physical Activity Goal(s)	Goal Status <i>(Meets/Partially/Does Not Meet)</i>	Progress, Goals, & Evidence	Next Steps
Policy 533, Section 3B: Physical Activity (#1-3)	Meeting Goal	<p>A continued effort within the district is to support a diverse number of opportunities for Physical Activity through programs such as:</p> <ul style="list-style-type: none"> • Physical Education Curriculum (K-12) • Safe Routes to School <ul style="list-style-type: none"> • 2025-2026 Grant to increase biking infrastructure <i>(elements, bikes, locks, etc.)</i> • Bike Fleet program taught by PE teachers. • Walk! Bike! Fun! • Girls on the Run • Community and Family Nights that focus on physically active activities. • Walk/Bike to School Day (Spring). • Athletic Department <i>(hosts various school sports teams and recreation opportunities)</i>. • Club sports available for participation <i>(Ski club, etc.)</i>. • Select schools offer access to various physical activity equipment <i>(free weights, yoga mats, snowshoes, bikes, etc.)</i>. • ADA compliant Picnic Tables & Playground equipment implementation at select schools <i>(Dakota County Community Partner Award Grant 2025-2026)</i>. • Support select school programs: American Heart Kids Challenge <i>(Heritage Elementary)</i>. 	<p>Next steps for the school district are to:</p> <ul style="list-style-type: none"> • Collect building recess practices across the district/grade levels. • Increase ADA Playground equipment and space accessibility.

School-based Activities to Promote Student Wellness Goal(s)

Policy Section: School-based activities to promote student wellness goal(s)	Goal Status <i>(Meets/Partially/ Does Not Meet)</i>	Progress, Goals, & Evidence	Next Steps
<p>Policy 533, Section 4A: School Meals (#1-10)</p> <p>Policy 534, Section 3E: Low or Negative Account Balances – Notification</p>	<p>Meeting Goal</p>	<p>A primary goal for our district is to continue to support access and utilization of USDA school meals regardless of circumstance (Policy 534: Unpaid Meal Charges), and individualized needs such as allergies or special food preparation needs. ISD 197 strives to continue to expand access and utilization of food distribution programs such as Second Chance Breakfast and healthy food taste tests in addition to:</p> <ul style="list-style-type: none"> • Locally grown and produced foods through First Bite Grant. • All you can eat salad bars with protein options available daily. • Vegetarian and plant-based chicken patty (halal and kosher) available. • Expanding scratch cooking menu offerings. • Reduced sugar in breakfast items (16g or less). • Menu's clearly outline allergens and nurses work with students for direct care on special diet conditions (<i>diabetes, etc.</i>). • Periodic announcements to students to promote new foods available, provide visuals to support interest and engagement to increase participation in school meals. • Collect periodic feedback from staff and students from taste tests to assess interest in offered foods. • Staff at elementary schools are required to cut whole fruit for student consumption ability. <p>In addition to the above district goals, ISD197 continues to learn and expand opportunities to integrate school-based programming for wellness. ISD197 partners annually with Dakota County Public Health to integrate school wellness across the district with programming focused on: Healthy Food Access, Physical Activity, Commercial Tobacco Free Living and Mental Health Well-Being.</p>	<p>Next steps for the school district are to:</p> <ul style="list-style-type: none"> • Evaluate sit-time for meals at the school level. • Apply for Dakota County SHIP Community Partner Award Grant Funding for the 2026-2027 school as it becomes available.

Nutrition Guidelines - Competitive Foods & Beverages

Policy Section: Guidelines for other foods and beverages available on the school campus, but not sold	Goal Status <i>(Meets/Partially/ Does Not Meet)</i>	Progress, Goals, & Evidence	Next Steps
Policy 533, Section 4D: Other Foods and Beverages Made Available to Students (#1-2)	Meeting Goal	<p>District 197 has been strong advocates for all staff, school members, and students to model healthy eating behaviors during the school day through applying USDA standards for healthy choice foods offered or made available through non-school meal program opportunities such as, but not limited to: non-food related celebrations, potlucks, and rewards. In addition, the district supports healthy access through:</p> <ul style="list-style-type: none"> • Unrestricted access to free and safe water at water fountains and water bottle filling stations during lunch at all school locations. • Select schools have access to taste tests of school garden produce. 	<p>Next steps for the school district are to</p> <ul style="list-style-type: none"> • Communications within schools for no-treat guidance for students. • Assess district practice to provide Smart Snack compliant celebration recommendations. • Following environmental efforts assessing options to encourage use of reusable water bottle.

Marketing and Advertising

Policy Section: Marketing and advertising of only foods and beverages that meet Smart Snacks	Goal Status <i>(Meets/Partially/Does Not Meet)</i>	Progress, Goals, & Evidence	Next Steps
Policy 533, Section 4B: School Food Service Program/Personnel (#1)	Meeting Goal	<p>A primary goal for our district is to continue to communicate, market, and educate healthy meal choices and access to USDA compliant Smart Snack food selections.</p> <ul style="list-style-type: none"> All food that is sold during the school day and in school sponsored vending machines contain only Smart Snack compliant items. 	<p>Next steps for the school district are to:</p> <ul style="list-style-type: none"> Assess exemptions to before/after Childcare programs. Assess PTO/PTA sponsored activities to provide additional Smart Snack compliant options.

Thank You!

Questions & Comments

