



**Board Update
2017-2018**



Nutrition Expertise



Brownwood ISD was approved for a *Whole-Grain-Rich Exemption* for the 2017-2018 school year. This allowed us to select up to 5 products on our menus that could be replaced with enriched grain products.

The chosen items were:

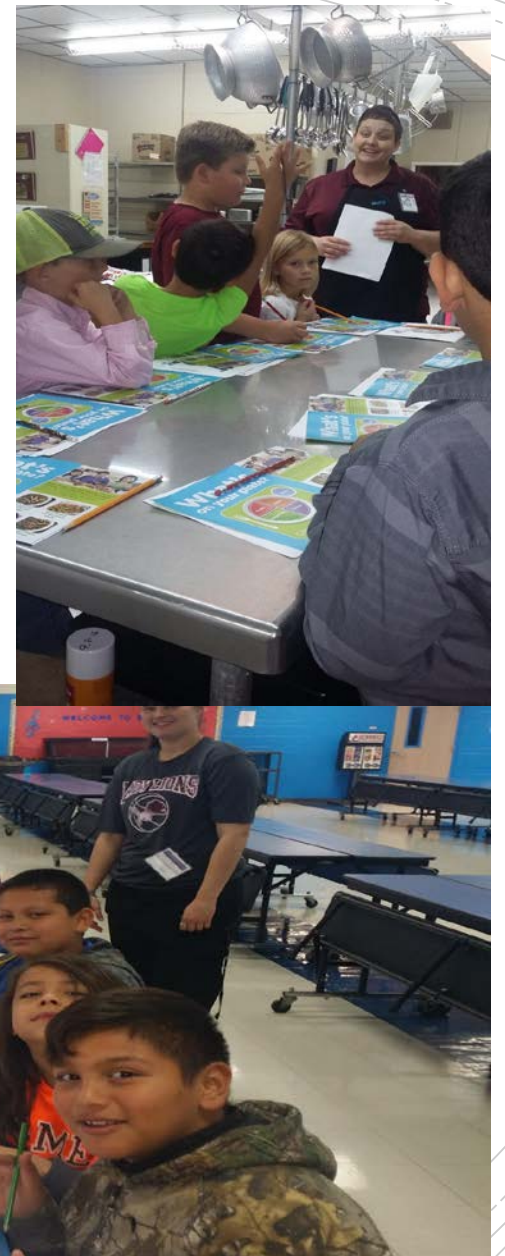
1. *Whole Wheat Hamburger Bun*
2. *Whole Wheat Tortilla*
3. *Whole Grain Biscuit*
4. *Whole Grain Spaghetti*
5. *Whole Grain Macaroni*

This provided tastier options for our students, which increased meal participation while being more cost efficient.



Healthy Helpers

The Healthy Helpers program is an ongoing monthly program which helps educate students to Get Fit and Eat Right. We have monthly topics that are discussed in all the elementary schools as well as Coggin/Intermediate School. In the next phase we will ask the Brown County Extension Agency for their input on ways to make our program more beneficial to the students. This is just another area in which the staff goes beyond the call of duty and an example of how the awesome ladies of the Child Nutrition Department are making our district a better place to learn.





Three E's Grant

Personnel - \$21,560

Supplies - \$8,800

PE Department - \$7,240

Total - \$37,600

- The Healthy Helpers/Get Fit program began solely as a child nutrition program in the 2015-2016 school year and was funded only through the Child Nutrition Department of Brownwood ISD. Since then the program has grown greatly in scope and is even integrating the Physical Education Departments from each campus. The program teaches our children the importance of nutrition combined with physical activity. Due to the success of this program, Brownwood ISD was awarded the Three E's Grant to further develop and promote this program.

Meal Participation

8/16 – 12/16

8/17 – 12/17

Avg Breakfast Participation: 1165

Avg Breakfast Participation: 1535

Avg Lunch Participation: 1566

Avg Lunch Participation: 1918