**Dawson Springs School**

**Physical Activity and Nutrition Report**

**Findings and Recommendations**

Findings

Nutrition Environment:

* Continue to implement Meal Standards with new sodium guidelines
* Continue to encourage school breakfast and lunch to students

* Continue to offer education to students and faculty with handouts, bulletin boards.
* Continue to offer more training to nutrition staff
* Continue to work with School Wellness Committees

Recommendations

* Find products with lower sodium.

* Use herbs and spices instead of salt/sodium

* Offer breakfast on grab and go cart in different areas

* Display in cafeteria visual ads to encourage fruit and vegetable daily