

QUALITY PHYSICAL EDUCATION

POUND FITNESS

7 Teachers Trained - 4 Schools
2,249 Students Participating



POUND: drumming-based fitness program combining cardio, rhythm, strength training, & FUN!



Columbia Heights Public Schools added POUND to the PE curriculum and ENCORE after school programming, providing students with an expanded variety of physical activity opportunities to fit their diverse interests and skills.

TASTE TESTS



Over 800 students at Fridley Middle School "tested their taste" of three apple varieties from Pine Tree Orchards in White Bear Lake, MN. Students are now asking for their favorites at lunch!

CULINARY TRAINING



Nutritional Services partnered with The Good Acre in Falcon Heights, MN to learn new culinary skills and recipes using local vegetables, which are now featured weekly in district-wide lunch menus serving over 2,200 students daily.

LOCAL VEGETABLES



Increased procurement of local vegetables to include sweet potatoes, parsnips, brussel sprouts, cabbage, & delicata squash -- grown mostly by women & immigrant farmers in the metro area.

FARM TO SCHOOL

