



MDCPS DEPARTMENT OF FOOD AND NUTRITION

Wellness, Personnel, Training, &
Professional Development



Building a Stronger
Foundation
2025-2026





WELLNESS UPDATES

- ▶ Board Policy 8510, *Wellness and Physical Education Policy*
- ▶ Fresh Fruit and Vegetable Program Grant (FFVP)
- ▶ Food and Nutrition Procedure B-17
- ▶ Share Tables
- ▶ Healthy School Teams





BOARD POLICY 8510, WELLNESS AND PHYSICAL EDUCATION POLICY

policy

THE SCHOOL BOARD OF
MIAMI-DADE COUNTY

OPERATIONS
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WELLNESS POLICY

Introduction

In November, 2005, the District, as a result of the 2004 Child Nutrition and WIC Reauthorization Act, was tasked with developing a District Wellness Policy. On May 10, 2006, by School Board action, the Wellness Policy for the District was established. The *Healthy, Hunger-Free Kids Act of 2010* continues to require that the District Wellness Policy be reviewed by the District Wellness Advisory Committee, and if necessary, be revised annually. Its focus is to promote wellness and address current health issues facing our students and staff.

Preamble

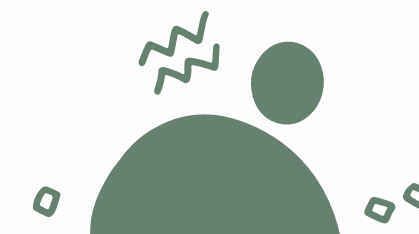
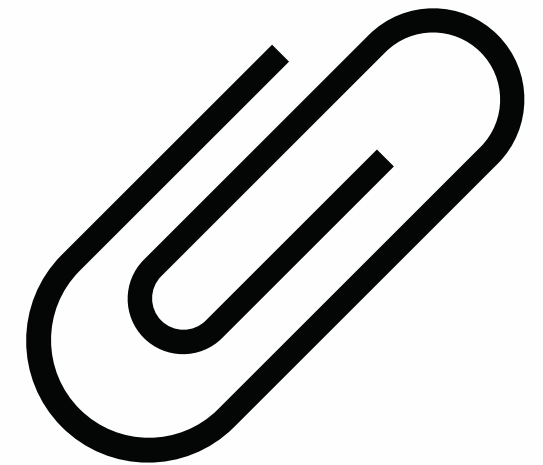
The District is committed to providing a healthy environment for students and staff within the school environment, recognizing that individuals must be physically, mentally, and socially healthy in order to promote wellness and academic performance.

The District will focus on achieving five (5) goals:

- A. Nutrition – All students and staff will have access to and be encouraged to take advantage of high-nutrient food options served at school and District/Region office cafeterias.
- B. Physical Education – All students will be encouraged to participate in the recommended levels of physical education.

Requirements of the Wellness Policy:

- Managers **MUST** post a copy of the wellness policy in a visible location in the school kitchen.
- Examples include:
 - Bulletin Boards
 - Manager's Office Board
 - Office Window
- A digital copy of the wellness policy **MUST** be posted on the school's website.



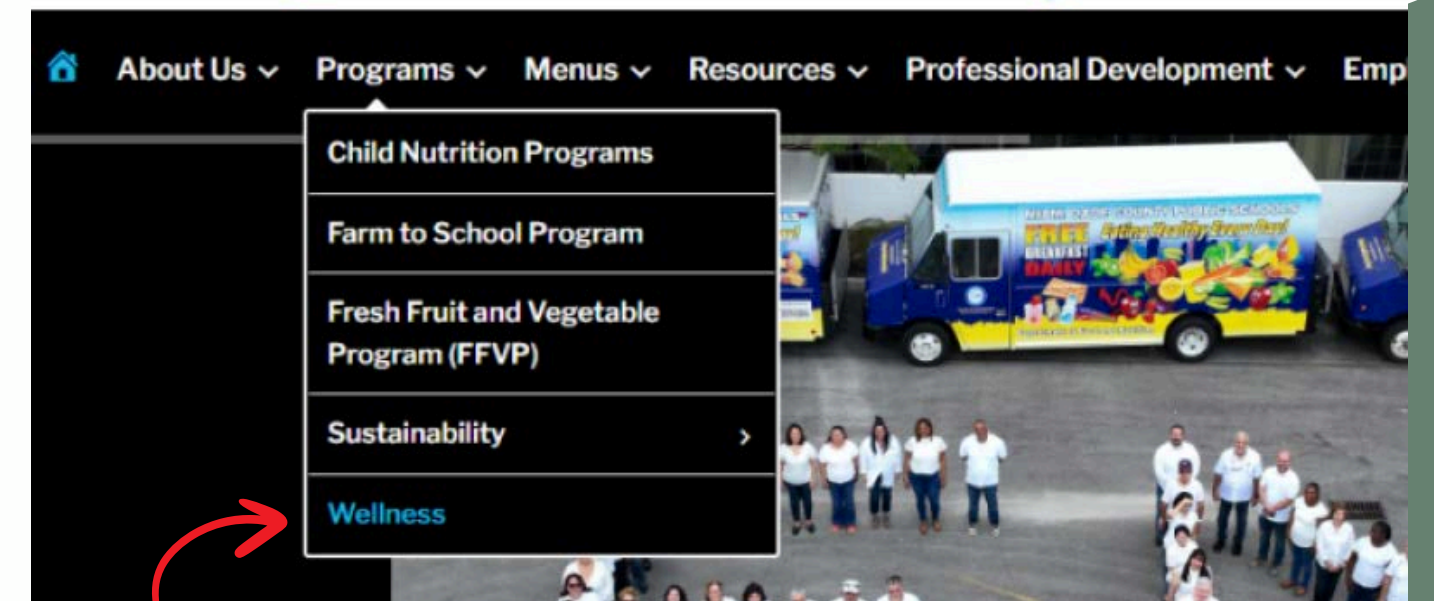


WHERE TO LOCATE THE WELLNESS POLICY?

- Visit the Department of Food and Nutrition website at mdcpsnutrition.net.
- Click **Programs**
- Under the **Wellness** tab, you will find the *Wellness and Physical Education Policy*.



MIAMI-DADE COUNTY PUBLIC SCHOOLS Department of Food and Nutrition



Wellness

- Wellness Policy (Board Policy, 8510 Wellness Policy)
- Healthy Celebrations at School
- Healthy Holidays
- Healthy Fundraising Recommendations
- Alternative to Food Rewards
- Wellness Contacts
- School Wellness Council Tool Kit
- Mental Health and Wellness Resources
- Afterschool Care Activity Manual
- Brain Break Resource Manual



FOOD SERVICE PROCEDURE B-17

Requirements of Procedure B-17:

- Schools **MUST** adhere to the Rule on Food and Beverages Sold on Campus and in Vending Machines one hour before the start of the school day up until one hour after dismissal of the last class.
- Vending machines must adhere to Smart Snack guidelines 24 hours a day.
- No signage advertising food sales should be posted around the school.

FOOD AND NUTRITION PROCEDURES Miami-Dade County Public Schools

B17

Subject: **DISTRICT WELLNESS POLICY RULE ON FOOD AND BEVERAGES SOLD ON CAMPUS AND IN VENDING MACHINES DISTRICT-WIDE**

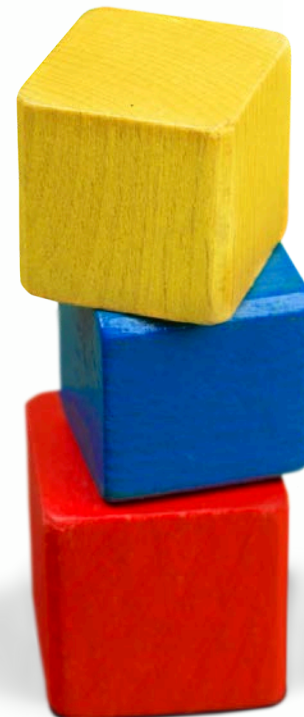
PURPOSE

The purpose of this procedure is to provide information to school administrators, teachers and the community on the District's rule on Food and Beverages Sold on Campus and in Vending Machines District-wide per [Board Policy 8510, Wellness and Physical Education Policy](#).

The District is committed to providing a healthy environment for students and staff within the school environment recognizing that individuals must be physically and socially healthy in order to promote wellness and academic performance.

Rule on Food and Beverages Sold on Campus and in Vending Machines District-Wide

The District is committed to providing an environment in which all students and staff can make healthy food choices for lifelong health. As such, the following Rule on Food and Beverages Sold on Campus and in Vending Machines District-Wide will be implemented for all sites, for **all** food sales beginning one (1) hour before the start of the school day and up until one (1) hour after dismissal of the final class of the day. This rule shall be applicable to all food and beverages sold in vending machines twenty-four (24) hours a day.

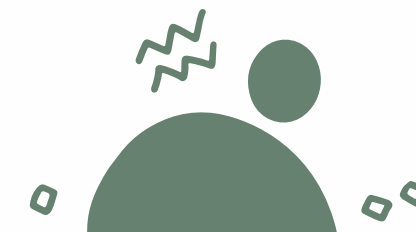




HEALTHY SCHOOL TEAMS

Healthy School Team Requirements:

- Each school should have an active Healthy School Team with an assigned leader.
- Schools **MUST** have the Healthy School Team Action Plan and Wellness Policy posted on the school's website.





HEALTHY SCHOOL TEAM ACTION PLAN SAMPLE



Miami-Dade County Public Schools School Wellness/Healthy School Team Committee Action Plan

School Name & Location Number:	
Principal:	
Phone Number:	
School Wellness/Healthy School Team Leader:	
School Wellness/Healthy School Team Committee Members: (please provide names for the following)	<ul style="list-style-type: none">• Students• School administrators• School food service manager/supervisor• Parent(s)• School health professionals• Physical education teacher(s)• School volunteer
Committee Meeting Dates:	9/2019 (Plan garden date), 10/2019 (EESAC meeting), 11/2019 (EESAC meeting), 1/2020 (Faculty meeting), 2/2020 (EESAC meeting)
ACTION PLAN	
School Wellness/Healthy School Team Goal: (Select all that apply)	<input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Education <input type="checkbox"/> Physical Activity <input type="checkbox"/> Health and Nutrition Literacy <input type="checkbox"/> Preventive Healthcare
Steps to Achieve School Wellness/Healthy School Team Goal:	Nutrition <ul style="list-style-type: none">• Promote the free breakfast and good eating habits, especially as testing approaches• Provide healthy meals and snacks daily to students, facility, and staff through the cafeteria Physical Education <ul style="list-style-type: none">• Fitnessgram Testing Physical Activity <ul style="list-style-type: none">• Goat Yoga/Cardio Zumba

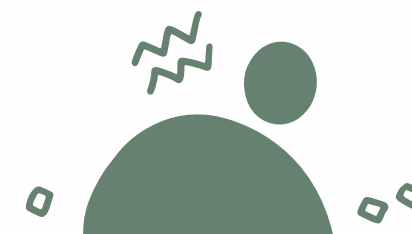
	Health and Nutrition Literacy <ul style="list-style-type: none">• Implementing a garden to table program• Bring awareness to the nutrition value of the school garden by putting more on our social media sites Preventive Healthcare <ul style="list-style-type: none">• Wellway Wellness Program• Organize a health fair on campus that will provide free health screenings available to students, families and neighboring schools• Bring in a few more teachers/employee into the school wellness activities
Sustainability Practices:	<ul style="list-style-type: none">• Posting environmental advocacy and educational flyers and information throughout the school• Monthly recycling challenges• Encourage the use of re-usable items such as; water bottles• Incorporating education on composting at school gardens
Community Engagement:	<ul style="list-style-type: none">• School health professional to select fruit or vegetable to highlight during meetings• Sending home harvested school garden produce• Health Fair on school campus: Including partnerships with Baptist Health, Keiser University, Miami-Dade Fire Rescue, West Coast University, Miami Dade Medical, FIU, Miami Dade College and Mercy Hospital• Increase business partnerships in the local area
Monitoring and Evaluation:	<ul style="list-style-type: none">• Committee Meeting sign-in sheets• School Health Fair attendance• Designated teacher responsible for monitoring and distributing harvested school garden produce• Start the EESAC and social media advertisements earlier in the following school year• Have more organized meeting agendas and set times for the following year• Advertise more to increase future volunteers as we begin to project next school year
Other Activities: If applicable, attach supporting documentation (e.g. event flyer)	<ul style="list-style-type: none">• Afterschool activities: swimming, rowing club, golf, tennis• Quarterly Family Health and Literacy workshops



FRESH FRUIT AND VEGETABLE PROGRAM GRANT (FFVP)



- FFVP operates from October through May of each school year.
- FFVP features a fresh fruit or vegetable twice a week.
- Schools are provided with nutrition education lessons for students.
- Principals of awarded schools will be notified, and food service staff will receive FFVP training before beginning the program.





SHARE TABLES

- School Administrators **MUST** identify a Share Table monitor outside of the food service staff.
- Only non-perishable food items are placed on the Share Table. No temperature-controlled items are permitted, such as:
 - Milk/juice
 - Sandwiches
 - Pre-cut fruits
- Share Tables are to be cleaned daily, and any items leftover are discarded at the end of each lunch period.
- 101 Active Share Tables
- If your school is interested in establishing a Share Table or Food Donations, contact Ms. Nathalie Montenegro at **NMontenegro@dadeschools.net** or **786-275-0464 (Office)**.

THE SHARE TABLE  Department of Food and Nutrition
Eating Healthy Every Day!

HOW IT WORKS:
Students may place certain uneaten food items from their cafeteria meal on the table.
Students may choose food items from the table at no cost.

FOOD ALLOWED: *ALL share table items **MUST** be **UNOPENED***

Packaged Food ✓
Craisins, Cereal Bars, Cereal Boxes, Crackers, Pita Chips

Whole fruits that need to be peeled AND those that are pre-wrapped ✓
Apples, Pears, Oranges, Bananas

FOOD NOT ALLOWED:

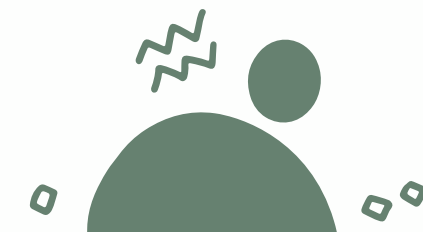
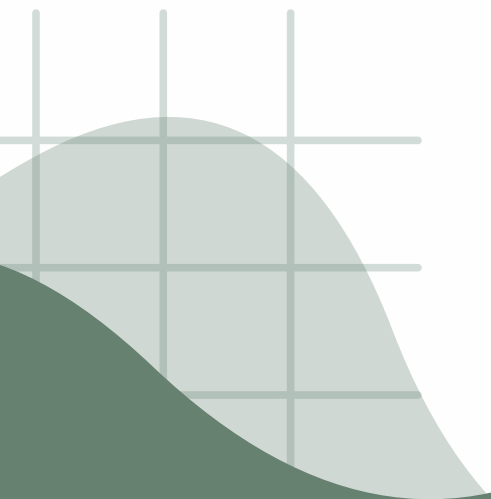
- Food brought from home ✗
- Hot & Cold Food ✗
- Unpackaged fruits and vegetables with edible peels ✗
Apple slices, Grapes
- Fruit cups that aren't commercially packaged ✗
- Food that's been partially eaten or opened ✗

This institution is an equal opportunity provider.





PERSONNEL, TRAINING, & PROFESSIONAL DEVELOPMENT





PERSONNEL, TRAINING, & PROFESSIONAL DEVELOPMENT

- ▶ Summer Trainings
- ▶ Food Service Manager Intern Training Program
- ▶ Job Fair
- ▶ School Vacancies
- ▶ Professional Development



FOOD AND NUTRITION SUMMMER TRAININGS

Food and Nutrition offered eight training courses, to which approximately 285 individuals attended.



Hurry Space is limited! Scan the QR Code to complete and submit your request today. Last Day to register is Friday, June 6, 2025



SUMMER TRAINING OPPORTUNITY AT THE DEPARTMENT OF FOOD & NUTRITION
OPEN TO ALL FOOD SERVICE EMPLOYEES

CPR/AED Training & Certification

Class Overview: CPR training is an invaluable skill that can mean the difference between life and death in an emergency situation.

With CPR training, you'll learn how to recognize the warning signs of a heart attack, perform chest compressions and rescue breaths, and use an automated external defibrillator (AED).

This training not only prepares you to save the life of a loved one but also equips you to make a difference in your community.

By investing in CPR training, you'll be empowered to act with confidence and make a lifesaving difference in the lives of others.

Sessions: One (4-hour) session
Dates offered: July 24, 2025, July 28, 2025

American Heart Association
Eating Healthy Every Day!
FAST TRAINING AND CERTIFICATION

Please contact Ms. Barbara Cardenas at (786) 275-0473 or via email at bcardenas@dadeschools.net for additional information and registration.

Hurry Space is limited! Scan the QR Code to complete and submit your request today. Last Day to register is Friday, May 30, 2025



SUMMER TRAINING OPPORTUNITIES AT FOOD & NUTRITION
OPEN TO ALL FOOD SERVICE EMPLOYEES

L.E.A.D. (Leadership, Empowerment, Advancement, and Development)

Class Overview: Focus on developing leadership skills; interpersonal communication, multi-tasking, and team building strategies.
Sessions: One (4-hour) session
Dates offered: 6/10/25, 6/12/25, 6/26/25, 7/9/25, 7/10/25

TrakNow Basics (Part-time Staff Only)

Class Overview: Basic training on menu planning, ordering and receiving, production records, and inventory.
Sessions: One (4-hour) session
Dates offered: 6/17/25, 6/18/25, 7/16/25, 7/17/25

Nourish to Flourish for a Healthy School Environment

Class Overview: Workshop focuses on practical wellness resources, nutrition education, and mindfulness techniques to support your health and well-being in the school and the community.
Sessions: One (4-hour) session
Dates offered: 6/11/25, 6/18/25, 7/15/25, 7/17/25, 7/23/25

C.O.R.E. (Cafeteria Operations, Resume Building, & Effective Interviewing)

Class Overview: How to build an effective resume, develop interview strategies, and effective communication skills in cafeteria operations.
Sessions: One (4-hour) session.
Dates offered: 6/23/25, 6/24/25, 7/29/25, 7/30/29, 7/31/25

Cashier Training & Online Food Ordering (Part-time Staff Only)

Class Overview: Training in the operation of the Point-of-Sale System and various functions of the Online Grocery Ordering System.
Sessions: One (4-hour) session
Dates offered: 6/13/25, 6/26/25, 6/27/25, 7/15/25, 7/29/25

Food Service Operational Functions

Class Overview: Operating procedures for FastTrak Point-of-Sale System: opening/closing, overlay, itemization, and Outlook. Basic food service principles, preparation of recipes, inventory control, complete production schedules, safety and sanitation, and customer service.
Sessions: One (4-hour) session.
Dates offered: 6/23/25, 6/24/25, 7/8/25, 7/9/25, 7/29/25

Satellite Asst. Basics/Refresher

Class overview: Menu planning, Production Records, daily tasks, and job responsibilities.
Sessions: Two (4-hour) sessions
Dates offered: 6/16/25 & 6/17/25, 7/21/25 & 7/22/25

Please contact Ms. Barbara Cardenas at (786) 275-0473 or via email at bcardenas@dadeschools.net for additional information and registration.

Department of Food and Nutrition
Eating Healthy Every Day!



L.E.A.D. (LEADERSHIP, EMPOWERMENT, ADVANCEMENT, AND DEVELOPMENT)



NOURISH TO FLORISH FOR A HEALTHY SCHOOL ENVIRONMENT





C.O.R.E. (CAFETERIA OPERATIONS, RESUME BUILDING, & EFFECTIVE INTERVIEWING)





FOOD SERVICE OPERATIONAL FUNCTIONS





CPR/AED TRAINING & CERTIFICATION



Building a Stronger
Foundation
2025-2026





FOOD SERVICE MANAGER INTERN TRAINING PROGRAM GRADUATES



Sherline Fleurestil



Yamile Garcia



Tracy Jones



Viviana Martinez



Rachel Olivares



Yailen Sanchez



Natacha Vazquez



Tanya Williams



UPCOMING MANAGER INTERN TRAINING PROGRAM CLASS

2025-2026

- The Department of Food and Nutrition will begin accepting applications on August 22, 2025, for the Food Service Manager Intern Training class that will begin in Fall 2025. Qualified internal and external candidates may apply.
- Interested applicants ****must submit a completed application packet**** via email to Ms. Barbara Cardenas at BCardenas@dadeschools.net or hand-delivered (by appointment only) no later than Friday, September 5, 2025, by 4:00 p.m.
- Applicants must collect and submit all required documents together. Incomplete packets will not be accepted by the deadline date of Friday, September 5, 2025.

JOB FAIR

Southwest Miami Senior High School
Saturday, July 19, 2025



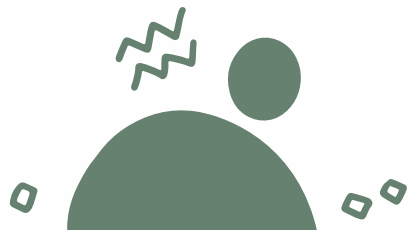


SCHOOL VACANCIES (PART-TIME)

Employment Opportunities



School Food Service Part-Time Vacancies			
School Name	Address	Manager's Name	Phone Number
Alonzo and Tracy Mourning	2601 NE 151 STREET, MIAMI, FL 33160	Niurka Alvarez	305-919-2012
Arcola EL	1037 NW 81 STREET, MIAMI, FL 33150	Alina Stanley	305-696-2481
Aventura Waterways K-8	750 IVES DAIRY ROAD, MIAMI, FL 33179	Glennie Thompson	305-654-2138
Benjamin Franklin K-8	13100 NW 12 AVENUE, NORTH MIAMI, FL 33168	Denene Sylvestre	305-688-4432
Charles Drew K-8	1775 NW 60 ST, Miami, FI 33142	Latasha Steadman	305-635-6984
David Fairchild Elementary	17615 NW 82 AVENUE, HIALEAH, FL 33015	Rocio Bortolin	305-822-8323





PROFESSIONAL DEVELOPMENT



SCHOOL FOOD HANDLER

School Lunch Program Offer vs. Serve



Eating Healthy Every Day!

School Breakfast Program Offer vs. Serve



Eating Healthy Every Day!



Civil Rights Training

DEPARTMENT OF HEALTH
FOOD SERVICE
INSPECTIONS



THANK YOU

