CEDARS Pioneers Center

CEDARS

Triennial Assessment Results 2026

Meet our team

- Administrative Support Director
- Program Director
- Assistant Program Director
- Nutrition Services Supervisor
- Nutrition Services Specialist
- Registered Dietitian
- Fitness Instructor

Policy compliance results

Step-1-Model-Wellness-Policy-Comparison-Results

Wellness procedure goals

Step-2-Progress-Toward-LWP-Goals_Compliance-with-LWP

Key achievements

1. **Expanded Nutrition and Wellness Education**
   Clients participate in a six-week rotating educational group focused on nutrition, wellness, and healthy lifestyle choices. Topics have included *Budgeting Calories vs. Dollars* and *Body Image and a Healthy Relationship with Food*, providing opportunities for interactive learning and practical application.

2. **Expanded Opportunities for Physical Activity**
   Clients have daily opportunities for physical activity outside of the school day, including access to a new on-site Activity Center featuring a gymnasium, weight-training equipment, cardiovascular equipment, and a Wellness Studio. The facility provides a variety of opportunities to support active and healthy lifestyles.

3. **Increased Use of Locally Sourced Foods**
   CEDARS expanded its commitment to local foods by using remaining Local Foods for Schools grant funds to purchase locally sourced beef for client meals, while continuing to meet applicable USDA meal pattern and nutrition requirements.

Next Steps

- Finalize and implement the revised Local Wellness Procedure, including updated committee responsibilities, stakeholder involvement opportunities, documentation requirements, and annual review processes.

- Continue to strengthen stakeholder participation by providing opportunities for clients, parents/guardians, Board representatives, and community members to provide input regarding wellness initiatives.

- Enhance documentation and recordkeeping processes to consistently track wellness activities, nutrition education, physical activity opportunities, committee meetings, annual reviews, and public notification efforts.

- Continue collecting and considering client feedback related to meals, nutrition education, physical activity, and wellness programming to support continuous improvement.