

Does Your Wellness Policy Measure Up?

A local school wellness policy is a written document that guides a local educational agency (LEA) efforts to establish a school environment that promotes students' health, well-being, and ability to learn. This optional checklist can be used to review and update your district's wellness policy to ensure it meets all requirements as written in *7CFR 210.31*.

A copy of the local wellness policy can be found online:

Date the local wellness policy was last updated:

Content of the Policy

At a minimum, the local wellness policy must contain:

- Measurable goals for:
 - nutrition promotion
 - nutrition education
 - physical activity
 - other school-based activities to promote student wellness
 - Nutrition standards for all foods and beverages *sold* to students during the school day
 - Nutrition standards for all foods and beverages *provided*, not sold, to students during the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.).
 - Permit food and beverage marketing of only those foods and beverages that meet federal smart snack guidelines
 - At least one school official with the authority and responsibility to ensure that each school within the district complies with the policy.
- Name/Title of Designated Official: _____
- District permits involvement of the following people in the development, implementation, review, and update of the wellness policy:
 - Parents Students School Food Service Teachers of Physical Education
 - School Health Professionals School Administrators School Board Members
 - General Public
 - A description of the plan for measuring the implementation of the wellness policy and reporting policy contention and implementation to the public, as required.

Public Involvement and Notification

- District informs and updates the public on the content and implementation of the wellness policy including progress made in attaining the goals of the policy.

Triennial Assessment

- At least once every three years, district completes an assessment of their wellness policy including progress towards policy goals. The assessment must measure:
 - Each schools' compliance with the local wellness policy
 - How the local wellness policy compares with model local wellness policies

- A description of the progress made in attaining the goals of the local wellness policy

Recordkeeping

Records must be kept to document compliance with local wellness policy requirements including:

- a copy of the local wellness policy
- documentation demonstrating compliance with community involvement requirements
- documentation of the requirement to make the local wellness policy and triennial assessments available to the public
- documentation of the triennial assessment of the local wellness policy for each school under the jurisdiction of the LEA