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

This document has been modified from a Montana Office of Public Instruction resource.
• 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