

Ideas to Put Local School Wellness Policies in Action

Thursday August 25, 2016

1:00 PM ET/12:00 PM CT/11:00 AM MT/10:00 AM PT

Webinar

Presented By:

Action for Healthy Kids and USDA TEAM Nutrition



Objectives for Today's Webinar

- **Objective 1:** Review the USDA Local School Wellness Policy Final Rule requirements.
- **Objective 2:** Identify at least three tools or resources to implement aspects of your local school wellness policy.
- **Objective 3:** Describe at least two ways to engage parents and school leaders to support local school wellness policies.



Today's Speakers

Debbie Nigri, MA, RD, Nutritionist, Child Nutrition Division, USDA Food and Nutrition Service

Erica Krepp, MS, CHES
Nutritionist, Nutrition Promotion and Technical Assistance Division, USDA Food and Nutrition Service, Child Nutrition Programs

Jill Camber Davidson, RDN, CD, School Program Manager, Action for Healthy Kids

Local School Wellness Policy (LWP) Implementation
Under the Healthy, Hunger-Free Kids Act of 2010



Debbie Nigri, MA, RD

Nutritionist, Child Nutrition Division,
USDA Food and Nutrition Service

Legislative Background

- **2004 Child Nutrition and WIC Reauthorization Act**
 - Participating LEAs to establish LWP by SY 2006
- **2010 Healthy, Hunger-Free Kids Act**
 - Local School Wellness Policy Implementation

Background

- By SY 2010-2011, 99% of students in public schools were enrolled in a district that had a wellness policy in place.
- Variability exists in the strength and policy enforcement of local school wellness policies.
- The HHFKA strengthens the requirements for the local school wellness policies and puts more emphasis on policy implementation, periodic review, and updates.

Final Rule

Title:	Local School Wellness Policy Implementation under the Healthy, Hunger- Free Kids Act of 2010

Wellness Policy Leadership

New*

- Required to designate one or more LEA officials or school officials to ensure that each school complies with the LWP.
- Required to identify the *position title* of the LEA or school official responsible for LWP oversight.

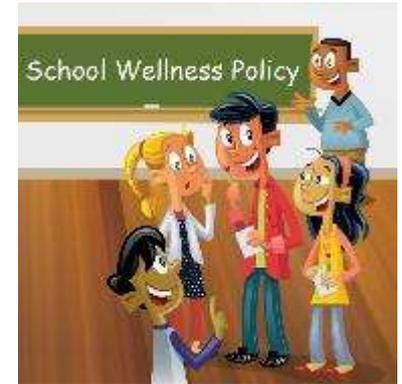


Public Involvement

New*:

LWP must permit: certain groups to participate in LWP development, implementation, review and updates:

- Parents
- Students
- School food authority representatives
- PE teachers
- School health professionals
- School board
- School administrators
- The general public



Nutrition Promotion and Education

LWP include goals for:

- Nutrition promotion (*New)
- Nutrition education



Nutrition Promotion

Activity Ideas:

- Offering contest, surveys, promotions, or taste-testing
- Providing information to families to encourage consumption of healthy foods at home
- Posting nutrition and health posters



Nutrition Education

Activity Ideas:

- Integrating nutrition into health education classes
- Promote skill development
- Integrating nutrition into core subjects

Physical Activity

LWP include goals for:

- Physical Activity



Other School-Based Activities

LWP needs to set goals for:

- Other School-Based Activities

Activity Ideas:

- HealthierUS School Challenge
- Offer staff wellness training to inspire them to serve as role models
- Sponsor health fairs
- Incorporate school gardens, Farm to School...



Evidence-Based Strategies

- Strategies that have been evaluated, studied and peer-reviewed. (*New)



Examples of Evidence-Based Strategies

- Smarter Lunchrooms Movement

www.smarterlunchrooms.org

- Using creative names for fruits and vegetables and targeted entrees
- Training staff to encourage students to select fruits and vegetables
- Placing unflavored milk in front of other beverage choices
- Bundling “grab and go” meals that include fruit and vegetable items

Nutrition Guidelines for all Foods

LWP includes:

- Standards and nutrition guidelines for all foods and beverages available, but not sold.

Wellness policies must be consistent with:

- Meal pattern regulation
- Smart Snacks regulation



Policies for Food and Beverage Marketing

- LWPs must include policies that permit the marketing of only those foods and beverages that are consistent with the Smart Snacks standards. (*New)
- Would **not** apply to marketing that occurs at events outside of school hours.

Examples:

Applies to:

- Exterior of vending machines
- Posters
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

Does not apply to:

- Personal clothing
- Personal items
- Packaging of products brought from home
- Educational tools

Triennial Assessment

- Conduct an assessment of the LWP, at a minimum, every 3 years (*New)
- The results of the assessment must be made available to the public

Assessment should determine:

- Compliance with the LWP
- How the LWP compares to model LWPs
- Progress made in attaining the goals of the LWP

Updates

LEAs must update or modify the local school wellness policy as appropriate (*New)



Recordkeeping

LEAs must maintain records to document compliance.

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement;
- Documentation of the triennial assessment;
- Documentation of public notification

Informing the Public

- LEAs are required to inform the public about the content and implementation of the local school wellness policy. (*New)
- Any updates to the policy must be made available to the public on an annual basis (*New)



State Agency Monitoring and Oversight

- Included as part of the State's administrative review of the LEA.
- At least once every 3 years



State Agency Monitoring and Oversight

LEAs must:

- Provide a copy or appropriate web address of the current local school wellness policy.
- Provide documentation to demonstrate how the public knows about the local school wellness policy.
- Showcase when and how they review and update their local wellness policy.



State Agency Monitoring and Oversight

- Describe who is involved in reviewing and updating the local school wellness policy.
- Demonstrate how potential stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the local school wellness policy.
- Provide a copy of the most recent assessment on the implementation of the local school wellness policy.

Implementation

LEAs must comply with these requirements by June 30, 2017.



Putting Wellness Policy Components in Action

**Jill Camber Davidson, RDN, CD, School
Program Manager, Action for Healthy
Kids**



Action for Healthy Kids Wellness Policy Tool

Action for Healthy Kids.

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What We Do

Tools for Schools

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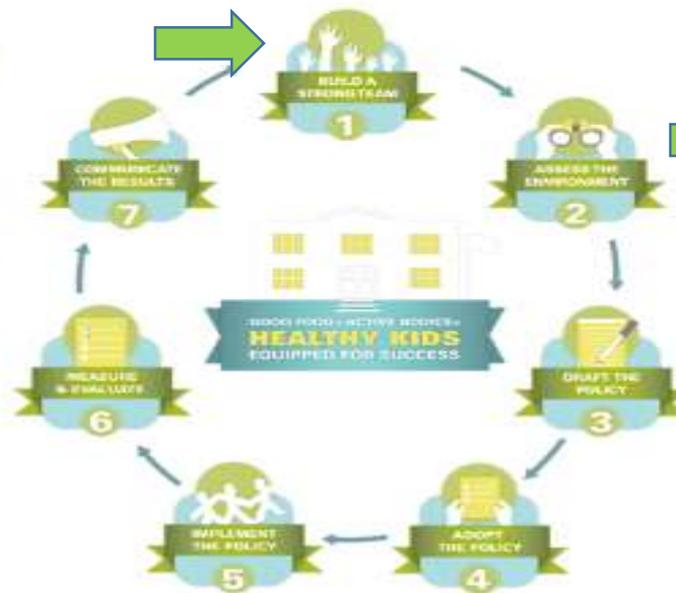
Home > Tools for Schools > Revise District Policy > Wellness Policy Tool

Wellness Policy Tool

Wellness Policy Tool: Seven Steps to Success

School districts across the country recognize that healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential, and that they have a responsibility to provide a healthy learning environment by supporting wellness, good nutrition, and regular physical activity. Wellness policies promote life-long wellness behaviors, and link healthy nutrition and exercise to students' overall physical well-being.

Action for Healthy Kids developed the



Game On Program

Apply for Grants

Volunteer for Healthy Kids

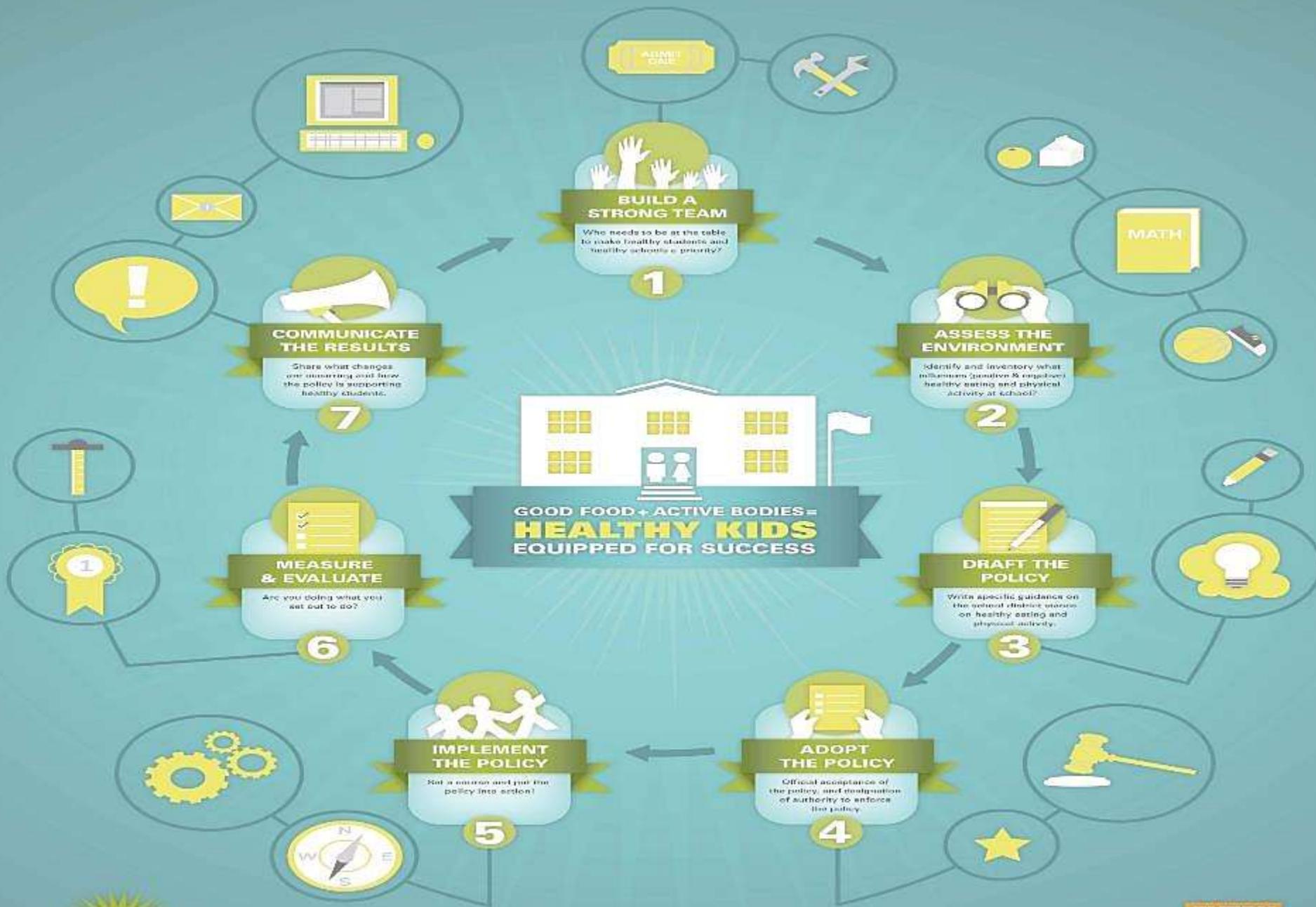
Revise District Policy

Wellness Policy Tool

USDA Rules

Attend a Training

Resource Clearinghouse





Do team members:

- Represent the school/district diversity?
- Include parents, staff, health professionals, students, school nutrition, district and community leaders?
- Have recognized expertise and knowledge about nutrition, physical fitness, and student health and wellness?

Parents: Ask to join the team



What and How to Assess:

- What you are already doing/collecting data on
- Baseline data
- Measurable, related and impactful
- Surveys of parent groups and students



Putting the Practice into Words:

- Include definitions
- Provide clarity and direction
- Meet your district's needs and direction
- Remember, there is no "one size fits all" policy template



Make it Official:

- Educate district/school leaders
- Attend meetings
- Support the policy



Taking Action:

- Take time to complete action plans
- Set short-term and long-term goals
- Consider the Who, When and How of the policy in your actions plans
- Recruit parent and student volunteers



Valuable Feedback:

- Formative
- Process/Implementation
- Outcome/Effectiveness
- Impact

- How will you know your wellness policy is making a difference?



Inform and Update:

- Use multiple communication channels
- Include parent groups in communicating messages out to other parents and community
- Documentation and sharing results



- Webinars
- Slice and Dice eNewsletter
- Presentations
- Resource Clearinghouse
- State Coordinator Support
- Technical Assistance
- Wellness Policy Tool
- School Health Index
- Every Kid Healthy Week

AFHK Tip Sheets



Available for download at www.actionforhealthykids.org

Healthy Fundraisers: Promote Family Health and Well-Being



Fundraising events and activities that don't involve selling foods for immediate consumption provide schools with a powerful opportunity to send consistent, positive health messages, enhancing classroom lessons and promoting healthy living to students and families. Traditional fundraisers often focus on selling low-nutrition foods to families, putting student health and performance in jeopardy. Why not promote healthy eating and raise money for your school at the same time? Active fundraisers go even further, providing students and families with opportunities and positive reinforcement for increasing physical activity.

Are Healthy Fundraisers profitable?

Many non-food and healthy food fundraisers generate profits for schools equal to or greater than profits from fundraisers selling low-nutrition foods.

Sample Profits – Healthier Fundraisers*

\$1,000
A school sells 1,440 water bottles with the name/logo of a local business sponsor

\$4,500

A walk-a-thon with 100 student, parent, and family member walkers each raising 250 in sponsorship

\$8,000

110 families buy scratch cards with discounts at local businesses*

\$30,000/year

100 families belong to a grocery store strip program. National Alliance for Nutrition and Activity, "Smear Deals: School Fundraisers can be Healthy and Profitable."

Selling Food for Immediate Consumption

Fundraisers that involve the sale of foods and beverages intended for immediate consumption during the school day (such as school stores or vending machines) must meet the USDA's Smart Snacks in School Rule. Even though foods and beverages sold outside of the official school day (such as family events or occasions at sporting events) are exempt from these federal standards, encouraging healthier options at these community events sends a strong, positive message about how student health is valued.

For ideas, check out Action for Healthy Kids' *Healthier Fundraising: Food Sales during and After School*.
ActionforHealthyKids.org/fundraising/FoodSales

Fundraisers that Promote Healthy Eating

- Fruit and vegetables boxes, baskets or bundles
- Healthy spices and seasonings
- Cookbook of families' healthy recipes
- Cookware and kitchen utensils
- Herb starter kits
- School seed stores
- Farmers' markets
- Family nights at healthy restaurants



Other Non-Food Fundraising Ideas

- Car washes
- Game night, bingo night
- Auditions (live, silent, or online)*
- Cardsets, lotions, soaps, greeting cards, stationary
- Piñats, towers, umbrellas, seed
- Discount cards/coupon books*
- Magazine subscriptions
- Recycling (cell phones, printer cartridges)
- School spirit apparel and merchandise
- Holiday-themed decorations and grocery
- Rent a special parking spot
- Parents' day/night out – provide childcare with open gym and activities for kids so parents can holiday shop or have an evening out
- Community craft fairs or garage sales – solicit donated items to sell
- Raffle tickets with donated prizes and special items – like a front row "VIP" reserved seat at a school concert

*Look for programs and services that provide health-conscious businesses and services.

How to Create a Healthier School Food Culture



Some do – Action for Healthy Kids step-by-step guide to a healthier school includes "Eat Better" and "Move More" checklists. Healthy Fundraising ideas: <http://www.actionforhealthykids.org/ideas>

Healthy Fundraising: Promoting a Healthy School Environment: Connecticut State Department of Education: http://healthyeats.nh.usda.gov/howto/ConnecticutHealthy_Fundraising.pdf

Alliance for a Healthier Generation – Healthy Fundraising: <http://schools.healthiergeneration.org/fundraisers>

USDA Smart Snacks in School: <http://www.fns.usda.gov/smart-snacks/healthykids-schools-for-smart-snacks>

Action for Healthy Kids: Wellness Policy Tool – A guide to revising your district wellness policy: <http://www.actionforhealthykids.org/WHPT>

HealthierUS School Challenge: <http://www.fns.usda.gov/healthierus>

Smart Snacks in School Rule: <http://www.fns.usda.gov/smart-snacks>

Active Fundraiser:

committed 60 minutes of physical activity every day habits together. Check your district wellness policy guidelines or goals about increasing physical activity.

Fundraisers that Promote Physical Activity

- Fun walks or runs
- Walk-a-thon, bike-a-thon, jump rope or other low-impact, skate-a-thon, hula-hoop-a-thon
- School dances
- Family athletic courses
- Golf or tennis tournaments
- Teacher-student competitions (volleyball, softball, Frisbee...)
- Community garden assistance (weeding, raking for donations)
- Sale and delivery of garden mulch, water coffee salt or other home maintenance items for set p
- 30 day fitness & fundraising challenges
- Sports camps for kids – bring in high school athletic teams to hold introductory classes for 1 or partner with city parks and recreation

The website listed in this document are provided as a service only to identify and assist in the search for resources for creating healthier school cultures. Action for Healthy Kids is not responsible for maintaining the external websites, nor does the listing of these constitute an implied endorsement of content.

Healthy Fundraisers: Food Sales during and after School

When schools promote healthy foods and beverages to fuel their student scholars, artists and athletes, they send a strong, positive message about how much they value student health and success. Food and beverage sales to students during the school day, outside of the school meal program, or after school at family or athletic events, are usually designed to raise funds by offering school groups to support specific student needs and activities.

All competitive foods and beverages sold to students on campus during the school day must meet the United States Department of Agriculture's (USDA) Smart Snacks in School standards. The standards do not cover items served or stored at school (such as celebrations, snacks or rewards), nor do they cover evening, weekend or community events (such as family events or occasions at sporting events).

How Can You Support Healthier Food Sales?

- Even if your school is meeting the national standards for competitive foods, there is still a lot of variation in the nutritional quality of allowed items. Consider the Smart Snacks standards to be the best of "them" when which to add your school's own healthy guidelines for at least once during and after school.
- Review the Smart Snacks in School rule, your school or district wellness policy and any state guidelines. Keep in mind that if your state or district standards are stricter in some areas, those would take precedence. Use your district wellness policy as a platform to build change.
- Survey what snacks and beverages are currently being sold. Find out where and when the sales are taking place, and determine who is responsible at each location. In some cases are usually operated by district nutrition services, concessions, vending machines, snack carts and school stores may be run by the school administration, nutrition services, PTA/PTA, student groups, booster clubs, a sports program or another group.
- Approach groups in charge of the food sales in a friendly and professional manner to discuss the possibility of offering healthier choices. Build consensus by talking about the changes required, and offer to help find products. Cooperative purchasing between groups – and even through the district nutrition services – may be possible if groups develop a plan together.
- Work with the school or district business office to identify which contracts need renewing and begin collecting contact information for vendors. Talk to your vending companies about trading less healthy options for more nutritious ones. Contracts with companies that offer a wider variety of healthier choices. Cooperative purchasing between neighboring school districts may also be a way increase variety and purchasing power.



The Smart Snacks in School rule defines the "school day" as the period from midnight before, to 30 minutes after the end of the official school day.

What are competitive foods?

Sold in schools outside of meal programs, "competitive foods" compete for student dollars with nutritionally regulated breakfast and lunch programs. Foods and beverages sold through vending machines, à la carte lines (foods sold individually in the cafeteria), snack carts, concessions, school stores and other fundraisers are considered competitive foods.

"State agencies may set a number of infrequent food or beverage fundraisers that are exempt from the standards as long they do not take place in direct competition with breakfast or lunch programs in the food service area during meal service."

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Smart Snacks in School Rule: <http://www.fns.usda.gov/smart-snacks>

Healthier Food Sales

for Success

As school groups across the country are swimming in sales (or not-so-good fundraisers) without negative to students health by taking the HealthierUS School Challenge (HUSC). A voluntary certification initiative established in 2004 by the USDA, the Challenge recognizes schools that have created healthier school meal environments through the promotion of nutritious and physical activity. Certified schools receive recognition and monetary incentives at four award levels: <http://www.fns.usda.gov/huscc/>

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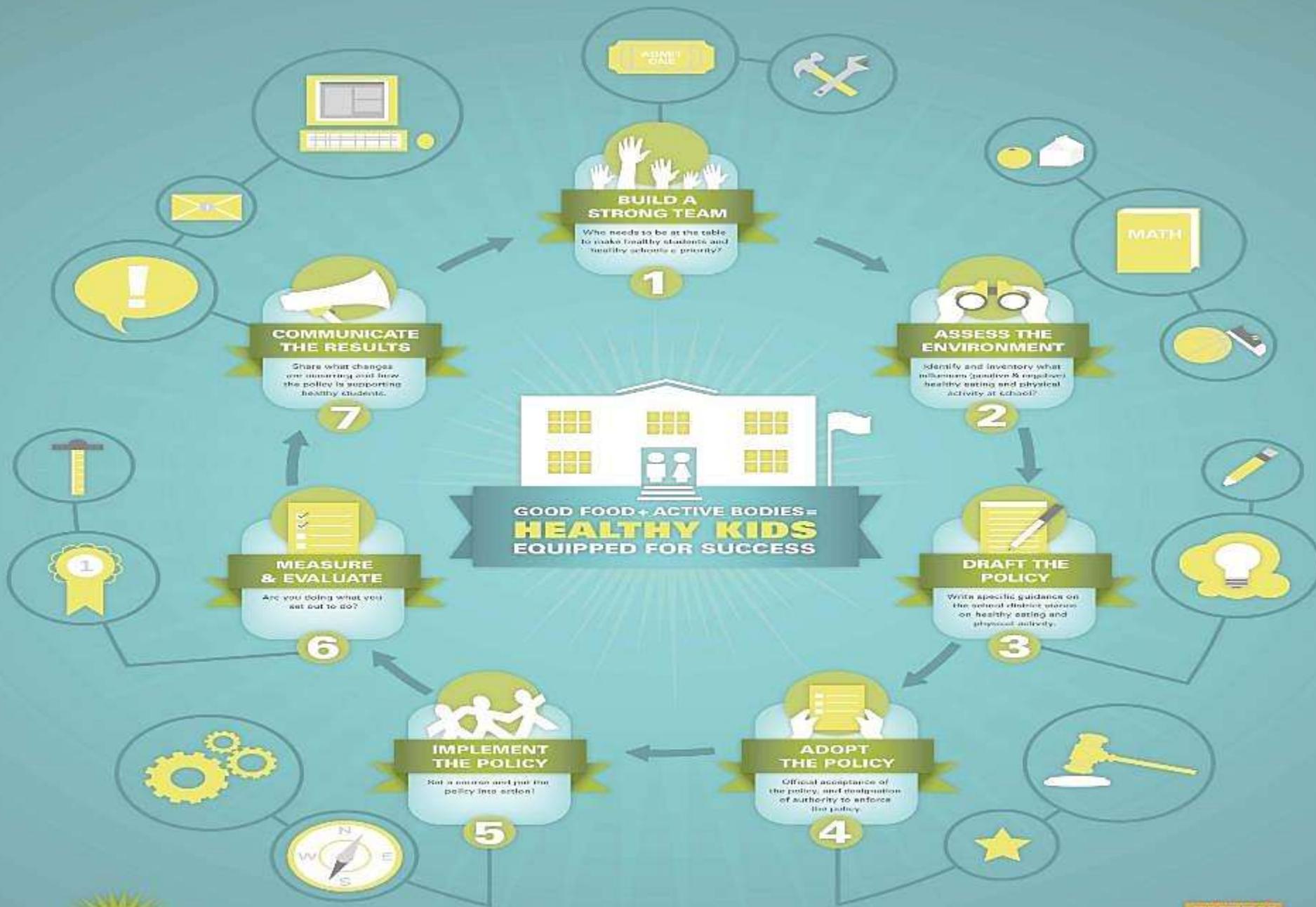
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Team Nutrition Resources



Erica Krepp, MS, CHES
Nutritionist, Child Nutrition Division,
USDA Food and Nutrition Service

Team Nutrition Resources

Erica Krepp, MS, CHES
Nutritionist, USDA/FNS



Initiative of the
USDA's Food and
Nutrition Service to
support the Federal
Child Nutrition
Programs



Provides curricula,
posters, parent
handouts, and other
resources free of
charge to schools

Aims to improve children's lifelong
eating and physical activity habits

Become a Team Nutrition School!

- Show your commitment to helping students make healthier food choices and be more physically active.
- Collaborate with other Team Nutrition Schools.
- Receive special nutrition education and promotion materials.



Become a Team Nutrition School (continued)

- Apply for a **HealthierUS School Challenge: Smarter Lunchrooms** award.
- Promote the great work your school is doing nationally.



Join the Team!

Signing up to be a Team Nutrition School is free and easy using the online form.



The screenshot shows the USDA Food and Nutrition Service website. The header includes the USDA logo and navigation links like "About FNS", "Ask the Expert", "Contact Us", "Other Languages", and "En Español". A search bar is located in the top right. Below the header is a navigation menu with "Programs", "Data", "Newsroom", "Research", and "Forms". The main content area is titled "Team Nutrition" and features a sub-header "Join the Team: Become a Team Nutrition School". Below this is a photograph of three children looking at a poster that says "5 years under the ground" and "Leaves". To the left of the main content is a sidebar with a "Home » How To Apply" breadcrumb. The sidebar contains a "Team Nutrition Home" section with a "How To Apply" link (highlighted by a blue arrow) and a "Become a TN School" link. Below this are "Popular Topics" such as "About Team Nutrition", "MyPlate", "Resource Library", "Resource Order Form", "HealthierUS School Challenge", "Graphics Library", "Training Grants", and "Local Wellness Policy". At the bottom of the sidebar are "Other Useful Links" including "Best Practices Sharing Center", "Healthy Access Locator", "Healthy Meals Resource System", and "Healthier School Day". The main content area also includes a "Print" button and a list of links: "Sign Up", "Search the Team Nutrition Schools Database", and "Search for Your School to Update the Information".

<http://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>

Find a Team Nutrition School!



Search using a variety of terms

Once you search, you can also submit a request to update your school's contact information.

USDA United States Department of Agriculture Food and Nutrition Service

About FNS | Ask the Expert | Contact Us | Other Languages | En Español

Programs | Data | Newsroom | Research | Forms

Home | How To Apply

Site Map | Advanced Search | Help | Search Tips | A to Z Map

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Team Nutrition Schools

This is a database of schools that have signed up to be a Team Nutrition School. Find out more about Team Nutrition Schools at <http://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>. To find a Team Nutrition School, enter search terms in the fields below. If your school is listed, but information is outdated, click the "Update School" link and send us your updated information.

Keyword Zip Code School Name School Region

School State

- Alabama
- Alaska
- American Samoa
- Arizona
- Arkansas
- California
- Colorado
- Connecticut

County School City Food Service Manager

TN Leader First Name TN Leader Last Name

Search Reset

Select any filter and click on Apply to see results.

FNS | CNPP | FNCS | USDA | FOIA | Accessibility Statement | Privacy Policy | Nondiscrimination Statement | No Fear Act | Information Quality | USA.gov | Whitehouse.gov

<http://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>

Summary



Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule

What is a local school wellness policy?

A local school wellness policy ("wellness policy") is a written document that guides a local educational agency (LEA) or school districts efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and updating a wellness policy is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed.

Provisions of the Final Rule

On July 29, 2016, the USDA Food and Nutrition Service (FNS) issued regulations to establish a framework and guidelines for writing a wellness policy as established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

Content of the Wellness Policy

A minimum policy is required to include:

- **Specific goals** for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- **Standards and nutrition guidelines for all foods and beverages** sold to students on the campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards, and the
 - Smart Snacks in Schools nutrition standards.
- **Standards for all foods and beverages provided, but not sold, to students** during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- **Policies for food and beverage marketing** that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in Schools nutrition standards.
- **Description of public involvement, public updates, policy leadership, and evaluation plan.**

Wellness Leadership

LEAs must establish **wellness policy leadership** of one or more LEA and/or school staff who have the authority and responsibility to ensure that others comply with the policy.

Public Involvement

A minimum LEA must:

- **Permit participation** by the general public and the school community (including parents, teachers, and representatives of the school food authority, teachers of physical education, other health professionals, the school board, and school administrators) in the wellness policy process.



Triennial Assessments

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general review of the submitted site review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy.
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.



Documentation

The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy.
- Documentation on how the policy and assessments are made available to the public.
- Triennial assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Updates to the Wellness Policy

The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

Regulation

The proposed rule was published in the Federal Register, and the 60-day public comment period closed on April 28, 2015. FNS received 67,829 public comments that were considered in developing the final rule.

The final rule was published on July 29, 2016 and can be found online at: <http://www.fns.usda.gov/tn/local-school-wellness-policy>.

Resources

USDA Food and Nutrition Service's "School Nutrition Environment and Wellness Resources" Web site has information and resources on:

- Local school wellness policy process.
- Wellness policy elements.
- Resource lists.
- Grants/funding opportunities, and
- Training.

Check out <http://healthynuts.nal.usda.gov/school-wellness-resources>



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USDA Food and Nutrition Service

[Local Wellness Policy Resources](#) >

School Nutrition Environment and Wellness Resources

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all local educational agencies participating in federal nutrition programs to establish and implement, for all schools under its jurisdiction, local school wellness policy standards designed to promote sound nutrition, student health, reduce childhood obesity, and protect the public on the school nutrition environment.

This Web site is dedicated to helping local educational agencies find the resources they need to meet these areas. View the 'school nutrition environment and wellness resources' site map [here](#).



Local School Wellness Policy Process

Follow these steps to put your local school wellness policy into action to impact student health.



Wellness Policy Elements

Looking for resources to help implement some of the wellness policy elements? You'll find them here.



Success Stories/Best Practices

Looking for samples or more ideas? Check out these examples and stories to boost your school's wellness efforts.



Grants / Funding Opportunities

Find information on specific grants related to child nutrition and physical activity as well as grants and information on the grant writing process.



Trainings

Find trainings that will assist you in developing, implementing, and monitoring your school's wellness policy.

Model and Sample Policy Language

Model Policies

Explore these resources when preparing to draft your local school wellness policy, and revisit them when putting the policy to action. You can also use these resources to compare your policy against model policies.



UConn Rudd Center Model District School Wellness Policy (PDF | 83.09 KB) [↗](#)

UCONN Rudd Center for Food Policy and Obesity.

Sample Model Wellness Policy language from which other school districts can get ideas and tailor to their own district.



State School Health Policy Matrix (2014) (PDF | 1.43 MB) [↗](#)

National Association of State Boards of Education.

The State School Health Policy Matrix outlines relevant state-level policies, and links directly to the policy, in the areas of: competitive foods and beverages, physical education and physical activity, and administration of medication in the school environment. It also indicates which political entity or agency adopted the policy or issued guidance, helping to answer the question – Who has historically had the authority to make policy changes in the areas of competitive foods and beverages, physical education and physical activity, and administration of medication in each state?



Policy Continuum for Comprehensive School Physical Activity Programs (February 2012) (PDF | 377 KB) [↗](#)

American Alliance for Health, Physical Education, Recreation and Dance.

This resource can be used when creating wellness policies and goals on physical activity in school. The continuum shows policies from basic to very strong, and includes options for monitoring accountability.



Model Local School Wellness Policy (DOC | 164 KB) [↗](#)

Alliance for a Healthier Generation.

This Model Local School Wellness Policy has been thoroughly reviewed by the USDA, Food and Nutrition Service and is in compliance with the statutory requirements for local school wellness policies, as per the proposed regulation, "Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010." This model wellness policy can be used by local educational agencies to help create their local school wellness policy and meet the minimum Federal standards for local school wellness policy implementation.



Kansas School Wellness Policy Model Guidelines (September 2014) [↗](#)

Kansas State Department of Education.

This guideline can serve as the foundation for establishing a local wellness policy by selecting which policy statements to include in the local wellness policy.



Model Wellness Policy (September 2012) [↗](#)

South Dakota Board of Education.

Local agencies may choose to use the following model policies as written or revise them to meet local needs and reflect community priorities.

Model Wellness Policy

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

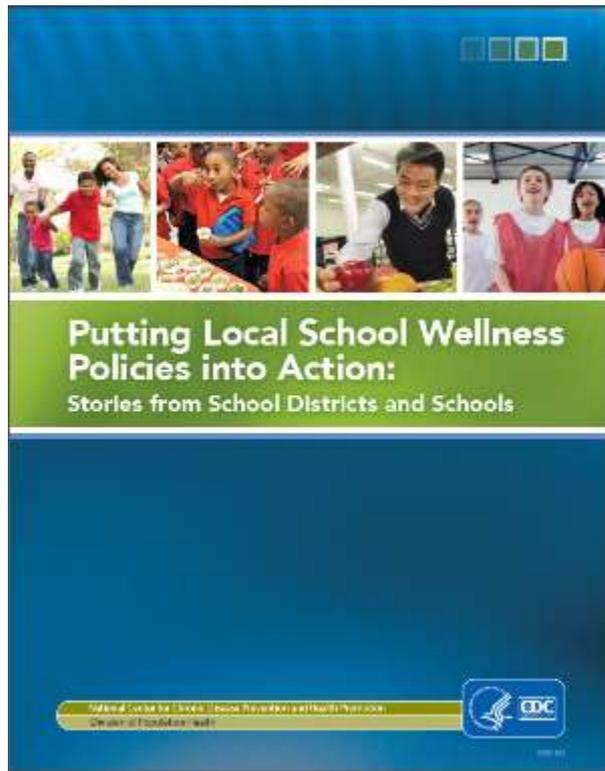
[School District] Wellness Policy

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- Developed by Alliance for a Healthier Generation
- Customizable
- New version consistent with Final Rule coming soon!

Putting Local School Wellness Policies Into Action: Stories from Districts and Schools



- 11 success stories
- Replicate in your school!

New Team Nutrition LWP Resource

- Currently in development
- Expected Fall 2016 (check Team Nutrition Web site)
- Customizable templates!
- Contains:
 - Letter to principal
 - Parent flyer (English and Spanish)
 - Presentation for staff
 - Presentation for parents
 - Newsletter article and social media posts



New Team Nutrition LWP Toolkit

- **Customize** then **circulate**
- Post the parent flyers around cafeteria
- Distribute parent flyer at school events
- Show presentations at PTA meetings and staff trainings
- Share social media posts



Healthier Middle Schools: Everyone Can Help



Healthier Middle Schools
Every principal can help.

Lead the way, but don't go it alone.

It's not always easy to change what's been done for years. But you can lead your school to a healthier future. That's why LSDA has developed this guide to help middle school principals lead the way. It's a guide for principals, teachers, food service managers, students, and parents. It's a guide to help you create a healthier school environment. It's a guide to help you create a healthier future.

You don't have to start from scratch.

Or the best of both worlds. You can start from scratch or build on what you already have. It's up to you.

Healthier Middle Schools
Every teacher can help.

Two changes. Countless benefits.

There are so many benefits to having a healthier school. Regular physical activity can help your students:

- Help kids concentrate better in class
- Strengthen academic performance
- Reduce behavioral problems
- Build healthier habits for life
- Lower obesity rates

It takes a community.

Remember, it's not just you who can help. It's the whole school community. Teachers, parents, food service managers, and students. All of them.

Healthier Middle Schools
Every food service manager can help.

It takes a community.

It's not just you who can help. It's the whole school community. Teachers, parents, food service managers, and students. All of them.

Now's the time to share what you know.

Share your knowledge with other food service managers. It's a great way to help other schools. It's a great way to help your community.

It's worth the effort.

It's worth the effort. It's worth the effort. It's worth the effort. It's worth the effort. It's worth the effort.

Healthier Middle Schools
Every parent can help.

Your child needs your involvement at home and school.

As a parent, you can help your child become a healthier student. You can help your child become a healthier student. You can help your child become a healthier student.

Physical activity and healthier foods can help your kids do better in school.

As a parent, you can help your child become a healthier student. You can help your child become a healthier student. You can help your child become a healthier student.

Parents have the power.

Parents have the power. Parents have the power. Parents have the power. Parents have the power. Parents have the power.

Healthier Middle Schools
Every student can help.

You're not a little kid any more.

You're not a little kid any more. You're not a little kid any more.

It's your school. Help to make it healthier.

It's your school. Help to make it healthier. It's your school. Help to make it healthier. It's your school. Help to make it healthier. It's your school. Help to make it healthier.

Do You...

- Coordinate school fundraisers,
- Manage a school store or snack bar,
- Sell food during the school day on campus,
- Manage school vending machines, or
- Want healthier foods on your school's campus?



Help make the healthy choice
the easy choice for kids at school

A Guide to Smart Snacks in School



Best
Practices
for
Healthy
School
Fundraisers

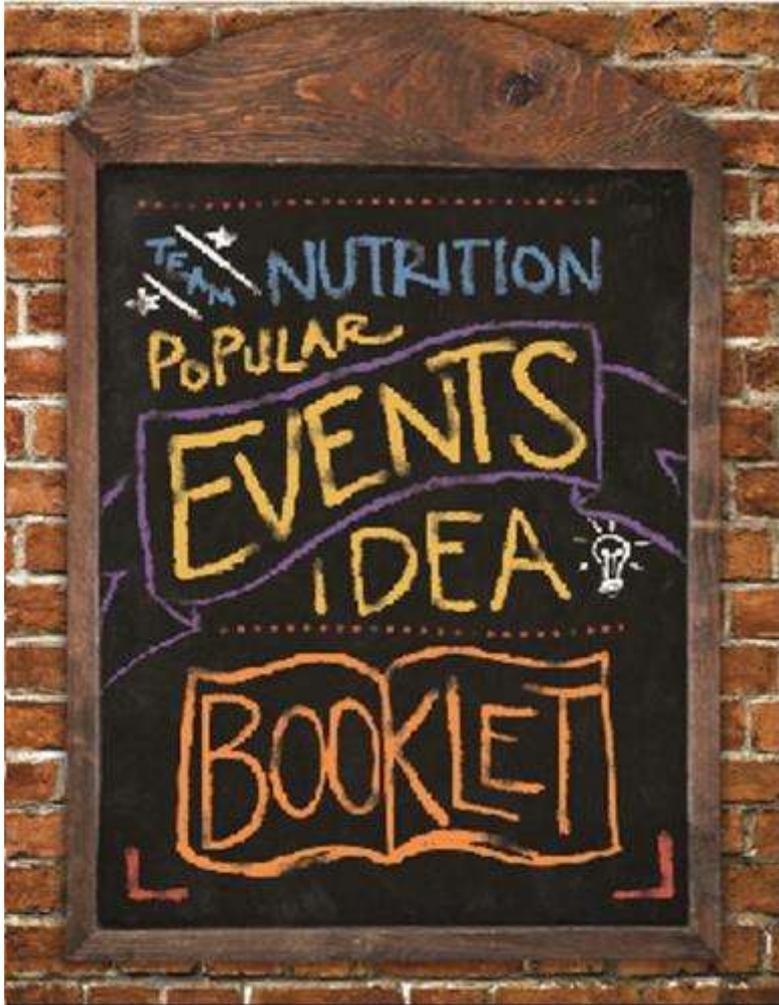
Resources and Ideas to
Make Your Next Fundraiser
Healthy and Successful

Healthy School Fundraisers

- Ideas using Smart Snacks Standards and non-food ideas
- Learn from other school's success stories!



Team Nutrition Popular Events Idea Booklet



Fun ways to promote nutrition and physical activity at your elementary or middle school

- Ideas for 20 themed events
- Spotlights of real-life events
- Ways to team up for success

Popular Events Idea Booklet Templates

- Letter to Community Members
- Letter to Family Members/Guardians (English)
- Letter to Family Members/Guardians (Spanish)
- Letter to Other Schools
- Sample Press Release



Free Materials

Team Nutrition

- Team Nutrition Home
- How To Apply
 - Become a TN School
- Popular Topics
 - About Team Nutrition
 - MyPlate
 - Resource Library
 - Resource Order Form
 - HealthierUS School Challenge
 - Graphics Library
 - Training Grants
 - Take Up
 - Local Wellness Policy
- Other Useful Links
 - Best Practices Sharing Center
 - Healthy Access Locator
 - Healthy Meals Resource System
 - Healthier School Day

Team Nutrition Home

How To Apply

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Other Useful Links

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Team Nutrition

MyPlate for Kids

Free songs, posters, lessons, books, handouts, and more.

Spotlights

- Recent HUSSC/SL Award Winners from AK, DE, FL, IL, IN, MD, MI, MO, NH, NJ, OH, SC, TN and WA
- Team Nutrition's School Breakfast Materials
- Nutrition and Wellness Tips for Young Children: Spanish version now available in print!
- Team Nutrition MyPlate videos are now available!

<http://teamnutrition.usda.gov>

Contact Team Nutrition



Email: TeamNutrition@fns.usda.gov

Follow Us on [twitter](#) @TeamNutrition

<http://teamnutrition.usda.gov>

Questions?

