**Does Your Wellness Policy Measure Up**?

Local Wellness Policy Checklist

A local school wellness policy is a written plan that includes methods to promotes student health and wellness. This optional checklist can be used to review and update a local educational agency’s (LEA) wellness policy to ensure it meets all requirements 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:

 Specific goals for:

o nutrition promotion

o nutrition education

o physical activity

o other school-based activities to promote student wellness

 Standards for all foods and beverages *provided*, but not sold, to students during the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.).

 Standards and nutrition guidelines for all foods and beverages *sold* to students during the school day that are consistent with current NSLP, SBP and Smart Snack guidelines.

 Permit food and beverage marketing of only those foods and beverages that meet federal Smart Snack guidelines.

 Identify 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*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 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

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