

## Local Wellness Policy Checklist

A Local Wellness Policy (LWP) is written document that guides a SFA's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The U.S. Department of Agriculture released a final rule on wellness policies in August 2016 that defines required content areas. To be compliant with the final rule, School Food Authorities (SFAs) are required to have language in their LWP that are related to all the content areas listed below

- Policy Leadership – SFAs are required to identify the official responsible for LWP oversight in the written policy. SFAs may elect to include the position/title of the individual instead of a specific name.

*Each Campus Principal is responsible for implementation of FFA (Local). The assistant superintendent for student services shall oversee the implementation of the policy and the development and implementation of the wellness plan and appropriate administrative procedures.*

- Public Involvement – SFAs are required to include language related to permitting the public to participate in LWP development, implementation, and review in the written policy.

*The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy:*

- \* Administrator
- \* School Nurse
- \* Classroom teacher
- \* Community Member/Parent
- \* Student
- \* Physical Education teacher
- \* Medical/health care professional
- \* SFA representative

- School Meals – SFAs are required to adhere to meal regulation and include language related to this in the written policy.

*All meals meet or exceed current nutrition requirements established under the Healthy Hunger- Free Kids Act of 2010 ([www.fns.usda.gov/sites/default/files/dietaryspecs.pdf](http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf))*

- Foods sold outside of school meals program\_ SFAs must adhere to Smart Snacks and include language related to this in the written policy.

***Nutrition Standards for All Foods Sold in Schools (Smart Snack) Rule.***

- Foods provided but not sold – USDA has not defined specific guidelines. The SFA is responsible for defining guidelines to include in their written policy.

*The district will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function.*

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- Nutrition Education – SFAs must include, at minimum, one goal for Nutrition Educations in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals.

*The district's food service staff, teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.*

- Physical Activity – SFAs must include, at minimum, one goal for Physical Activity in the LWP, SFAs must explore the use of evidenced based strategies when identifying goals.

*The district will implement, in accordance with law, a coordinated health program with physical activity components and will offer at least the required amount of physical activity for all grades.*

- School – Based Strategies Activities – SFAs must include one goal for school-based strategies for Wellness in LWP.

*The district has established goals as part of its student wellness policy to create an environment conducive of healthful eating and physical activity and to promote and express a consistent wellness message.*

- Update/Inform the Public – the SFA is required to inform and update the public about the content and implementation of the policy.

*The district will actively inform families and the public about the content of and any updates to the policy through the school website and SHAC website pages.*