

School Wellness Policy Tips

Child Nutrition Programs

The Policy

In 2004, President Bush signed the Child Nutrition and WIC Reauthorization Act, which required all school districts that are part of the School Breakfast Program or the National School Lunch Program to have a Wellness Policy in place by 2006.

The Healthy, Hunger-Free Act Kids Act of 2010 (HHFKA) expanded the law to require all Local Educational Agencies who are participating in the School Breakfast Program or the National School Lunch Program to include:

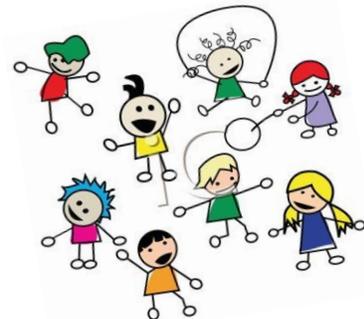
- Goals for nutrition promotion
- Periodic assessment of goals
- Guidelines for reporting to the public about the content and implementation

official
policy



Wellness Policy Helpful Webpages:

- © <http://www.schoolwellnesspolicies.org/WellnessPolicies.html>
- © <http://healthymeals.nal.usda.gov/school-wellness-resources-2>
- © <http://www.actionforhealthykids.org/tools-for-schools>



Requirements for Local School Wellness Policy

1. The 2010 requirements strengthen the current Local Wellness Policy of 2006 by adding requirements for public participation, transparency, and implementation.
2. Local School Wellness policies must include goals for nutrition education, nutrition promotion, physical activity, and other school-based activities that promote student wellness.
3. The Local Education Agency is required to involve the school board, parents, students, foodservice staff, and the general public. Now you can include physical education teachers and health professionals.
4. The Local Education Agency must involve the "stakeholders" in the content, implementation, review, and update of the Policy.
5. The Local Education Agency must make available to the public:
 - Assessment of the implementation
 - Which schools are in compliance
 - Description of the progress that has been made to achieve the goals of the Policy
6. The Agency is required to assign one or more school officials to ensure that every school complies.

Schools can use an existing committee

*All information was gathered from USDA and the US Alliance for Healthier Generation.
This institution is an equal opportunity provider.*