

The Healthy Schools Program Helps You Put Your Wellness Policy into Practice

The Healthy, Hunger-Free Kids Act of 2010 Final Rule for local wellness policy provisions requires districts and schools to:

- Identify wellness policy leadership and engage a diverse group of stakeholders in the revision and monitoring of the wellness policy
- Set goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness
- Meet standards for nutrition guidelines for foods sold and establish standards for foods provided, but not sold, to students
- Establish policies for food and beverage marketing of only Smart Snacks-compliant foods
- Measure and publicly report wellness policy implementation progress
- Triennially assess your progress, compare your wellness policy to a model policy and provide documentation of your wellness policy implementation

The Alliance for a Healthier Generation's Healthy Schools Program is your go-to source for all of your wellness policy implementation needs.

**CLICK HERE TO
LEARN MORE**



Join today at Schools.HealthierGeneration.org or 1 888 KID HLTH

Visit our **WELLNESS POLICY PAGE** to learn more about how your school or district can begin putting your local wellness policy into action.

The USDA requires districts to:

Engage a diverse group of stakeholders in the development and monitoring of your wellness policy

Set goals for:

- Nutrition: education, promotion, nutrition guidelines
- Physical activity
- Other school-based activities leading to student wellness

Assess and monitor progress of your wellness policy

Publicly report on your wellness policy progress by providing:

- A copy of your current wellness policy
- Documentation of your district's efforts to review and update your policy
- A copy of your district's most recent assessment on implementation of your policy
- Documentation on how the policy, implementation progress and assessments are made available to the public

Healthy Schools Program Tools you can use:

- [Healthy Schools Program Dashboard](#)
- [School Wellness Toolkit](#)

- [Healthy Schools Program Framework of Best Practices](#)
- [Healthy Schools Program Action Planning Tool](#)

- [Healthy Schools Program Assessment Tool and Dashboard](#)
- [Healthy Schools Program Action Planning Tool](#)

- [Communication Checklist](#)
- [Resources to promote your program](#)
- Annual updates to action planning tool
- Access to online district reports bi-annually
- [America's Healthiest Schools National Award](#)

CHECK OUT THESE ADDITIONAL RESOURCES TO HELP YOU IMPLEMENT YOUR WELLNESS POLICY:

- **Smart Food Planner***—An online tool to help you identify products that meet the USDA's Smart Snacks standards. You can search products by keyword, category or company, and find healthy, kid-friendly menu plans and recipes.
- **Model Wellness Policy***—A comprehensive wellness policy template for you to compare to your current local policy and/or use to guide your revisions.
- **America's Healthiest Schools Guide**—A guide that mirrors our Framework of Best Practices, providing guidance for evidence of implementation.
- **Member Engagement and Support Team**—Healthier Generation staff who can assist you as you navigate our program and website, as well as utilize our tools.
- **Virtual Training Center**—Online platform that hosts numerous opportunities for professional development and trainings to support implementation of your local wellness policy.
- **Connect Communities**—Online communities moderated by our National Advisors that provide a space for conversation and idea sharing around key content areas of your local wellness policy.

* verified by the USDA

The Healthy Schools Program guides and supports schools across the country to implement policies and practices that meet federal requirements and further health and wellness goals. Any adult in the school building can get involved and create change that improves the health of students and staff.

USDA Administrative Review: Local Wellness Policy
Requirements and Tips for Districts and Schools

Requirements	District Level Tips	School Level
Copy of current local school wellness policy is made available to the public	Post current LWP on district website, distribute with other important information, district newsletter, etc. https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit	Share district level wellness policy (and any school level wellness policies) with the parents and teachers
The name and title of the school official responsible for developing, implementing, and monitoring the wellness policy	Post information re: designated LWP school official with LWP on district website	
Documentation of review and update, including those involved & methods used to make stakeholders aware of their ability to participate	Post on district website CSHAC meeting announcements and minutes re: LWP review and update Hold regular CSHAC meetings and invite stakeholders to participate. Review and update the district wellness policy (at least annually)	Form a school level wellness committee and hold regular meetings. Invite community stakeholders to participate as well. Review your school's Assessment and Action Plan (recommended annually)
A copy of the district's most recent assessment on the implementation of the local school wellness policy. School compliance with LWP, implementation and progress in meeting goals and comparison of district LWP to model LWP (triennially at a minimum)	Assess the implementation of the district school wellness policy (triennially at a minimum). USDA recommended tool - Healthy Schools version of the School Health Index assessment for schools https://schools.healthiergeneration.org/ , for districts https://schools.healthiergeneration.org/districts/	Implement the district wellness policy at the school level. Complete the Healthy Schools version of the School Health Index assessment and action plan- https://schools.healthiergeneration.org/
Documentation demonstrating the district's most recent assessment on the implementation of the local school wellness policy has been made available to the public	Post (district level and aggregate school level) implementation assessment results on district website, distribute with other important information, district newsletters, etc.	Share your school's wellness assessment and action plan with parents and teachers.



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's (LEA) or school district's 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 evaluating 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) finalized regulations to create a framework and guidelines for written wellness policies 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

At a minimum, policies are 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 school campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards, and the
 - Smart Snacks in School 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 School nutrition standards.
- **Description of public involvement, public updates, policy leadership, and evaluation plan.**

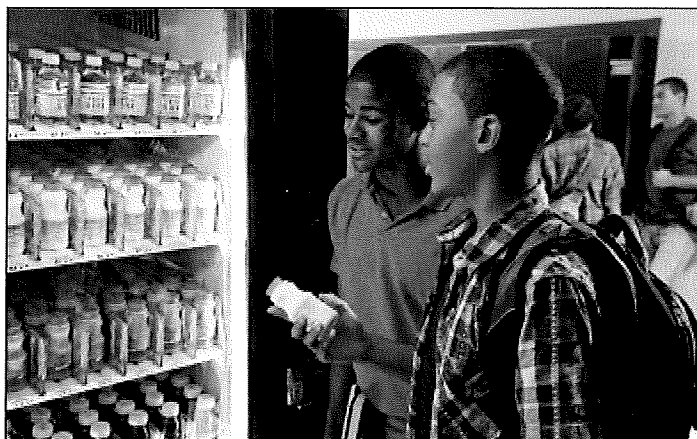
Wellness Leadership

LEAs must establish **wellness policy leadership** of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Public Involvement

At a minimum, LEAs must:

- **Permit participation** by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school 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 areas of the administrative 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,
- The most recent 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, 2014. FNS received 57,838 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,
- Success stories,
- Grants/funding opportunities, and
- Trainings.

Check it out! <http://healthymeals.nal.usda.gov/school-wellness-resources>

Model Wellness Policy – Thoroughly reviewed by USDA FNS, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the proposed rule and will be updated per the final rule.

Putting Local School Wellness Policies Into Action: Stories From School Districts and Schools – The Centers for Disease Control and Prevention and USDA developed a compilation of 11 stories to help LEAs and schools implement wellness policies.

National Wellness Study Briefs – Bridging the Gap's research briefs highlight areas of opportunity for State agencies, LEAs, and schools to strengthen wellness policy components.

