



Local Wellness Policy Content

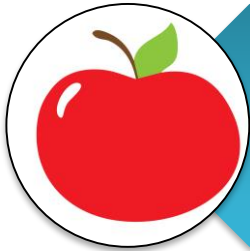
Illinois State Board of Education
Nutrition Department



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Agenda



Local Wellness Policy
Content Requirements



Resources

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What is a Local Wellness Policy?

- A local wellness policy is a written document of official policies that guide an organization or school district's effort to establish an environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity
- Local Wellness Policies:
 - Promote nutrition
 - Promote student health
 - Reduce childhood obesity
 - Increase transparency with the public about the wellness and nutrition environment



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Who Must Have a Local Wellness Policy?

- Each sponsor participating in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) is required to establish a written local wellness policy for all sites under its jurisdiction
- Sponsors have the flexibility to customize their individual local wellness policy based on their own specific circumstances to best improve the health of their students

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Local Wellness Policy Content Requirements

- The USDA requires that, at a minimum, local wellness policies address:
 - ✓ Specific goals for nutrition education and promotion, physical activity, and other school-based activities that promote wellness
 - ✓ Standards and nutrition guidelines for all foods and beverages
 - ✓ Standards for all foods and beverages provided, but not sold, to students
 - ✓ Policies for food and beverage marketing
 - ✓ Description of public involvement, public updates, policy leadership, and evaluation plan

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Content of the Wellness Policy

- ✓ Local wellness policies must include specific goals for:

Nutrition
Promotion

Nutrition
Education

Physical
Activity

Other School-Based
Activities that
Promote Wellness

*Sponsors must review and consider evidence-based strategies when determining these goals

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Content of the Wellness Policy

- ✓ Local wellness policies must include standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day

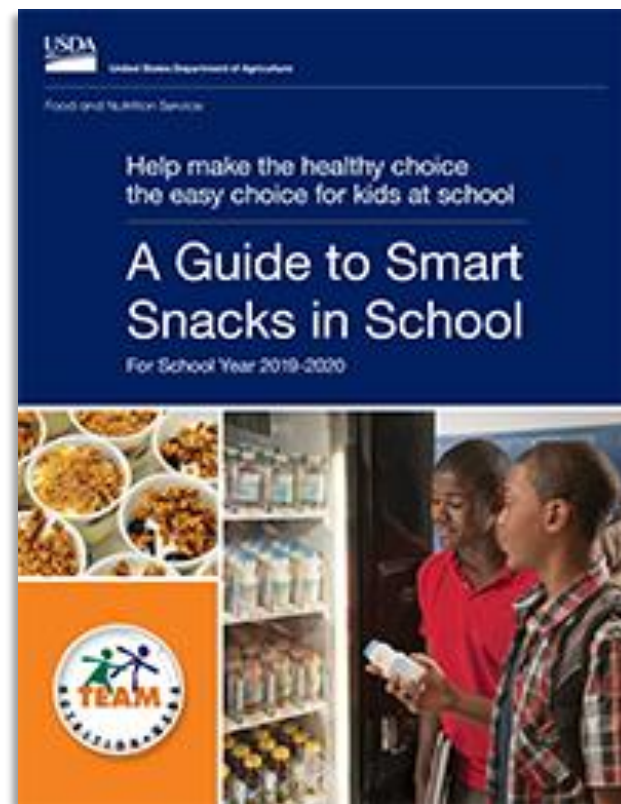
School
meals

À la carte
items



Content of the Wellness Policy

- À la carte/competitive food items
 - Refers to food and beverage items outside the reimbursable school meals that are sold to students on the school campus during the school day
 - Must meet USDA's Smart Snacks in Schools Standards



https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SmartSnacks_508_62019.pdf

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Content of the Wellness Policy

- ✓ Local wellness policies must include standards for all foods and beverages provided, but **not** sold, to students on the school campus during the school day

Classroom parties

Rewards/incentives

Snacks brought by
parents



Content of the Wellness Policy

- ✓ Local wellness policies must include a policy for food and beverage marketing on the school campus during the school day



*Only foods and beverages that meet the Smart Snacks in School nutrition standards may be advertised

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Content of the Wellness Policy

- ✓ Local wellness policies must identify the position of the sponsor or school official(s) responsible for the implementation and oversight of the local wellness policy



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Content of the Wellness Policy

- ✓ Local wellness policies must include a description of the manner in which these individuals are provided an opportunity to participate in the development, implementation, review, and updates of the policy

*Sponsors are required to allow parents, students, school staff members, school board members, school administrators, and the general public to participate in local wellness policy processes

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Content of the Wellness Policy

- ✓ Local wellness policies must include a description of the plan for measuring implementation of the local wellness policy and reporting policy content and implementation information to the public

*Sponsors must conduct an assessment of the wellness policy every 3 years, at a minimum (i.e. triennial assessment)

<https://register.gotowebinar.com/recording/195916891971831298>

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Content of the Wellness Policy

- ✓ Local wellness policies must include a description of how the sponsor will ensure public notification and access to the policy, as well as any assessments, reviews, and updates

*Sponsors are required to make the wellness policy, and any updates, as well as the triennial assessment available to the public

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Resources

Local Wellness Policy Content Checklist

Local Wellness Policy Template

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Local Wellness Policy Content Checklist

Local Wellness Policy Content Checklist

This tool is intended to help schools meet the USDA regulations for Local Wellness Policies when developing the content of those policies. This checklist is not intended to take the place of the required triennial assessments of the Local Wellness Policy.

- Nutrition Education** – Specific goals for Nutrition Education are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
- Nutrition Promotion** – Specific goals for Nutrition Promotion are included in the Local Wellness Policy. These goals were developed using evidence-based strategies. Please note, USDA expects LEAs to review “Smarter Lunchroom” tools and strategies, at a minimum.
- Physical Activity** – Specific goals for Physical Activity are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
- Other School-Based Activities that Promote Student Wellness** – Specific goals for Other School-Based Activities that Promote Student Wellness are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
- Nutrition Standards for School Meals** – Nutrition standards for school meals that are consistent with the Federal regulations are included in the Local Wellness Policy.
- Nutrition Standards for Competitive Foods** – Nutrition standards that are consistent with the Federal regulations for competitive food and beverage items (e.g. Smart Snacks in Schools nutrition standards) sold to students on the school campus during the school day are included in the Local Wellness Policy.
- Standards for All Foods and Beverages Provided, but Not Sold** – Standards for all foods and beverages provided, but not sold to students (e.g. classroom parties, rewards, etc.) are included in the Local Wellness Policy. These standards are developed at the local level.
- Food and Beverage Marketing** – Policies that allow the marketing of only food and beverage items that meet Smart Snacks in School nutrition standards are included in the Local Wellness Policy.
- Wellness Leadership** – The position title of the LEA or school official(s) responsible for Local Wellness Policy oversight is identified in the Local Wellness Policy.
- Public Involvement** – Language permitting the school community, including parents and students, and the general public to be involved in Local Wellness Policy processes, including development, implementation, and periodic reviews and updates, is included in the Local Wellness Policy.
- Triennial Assessments** – Language regarding the completion of triennial assessments is included in the Local Wellness Policy. Please note, LEAs may conduct assessments more often than every three years. Local Wellness Policies must be updated or modified as appropriate.
- Reporting** – Language outlining measures taken by the LEA to ensure public notification and access to the Local Wellness Policy and any assessments, reviews, and updates is included in the Local Wellness Policy.



 Illinois State Board of Education, Nutrition Division April 2019

<https://www.isbe.net/Documents/Local-Wellness-Policy-Content-Checklist.pdf>

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Local Wellness Policy Content Checklist

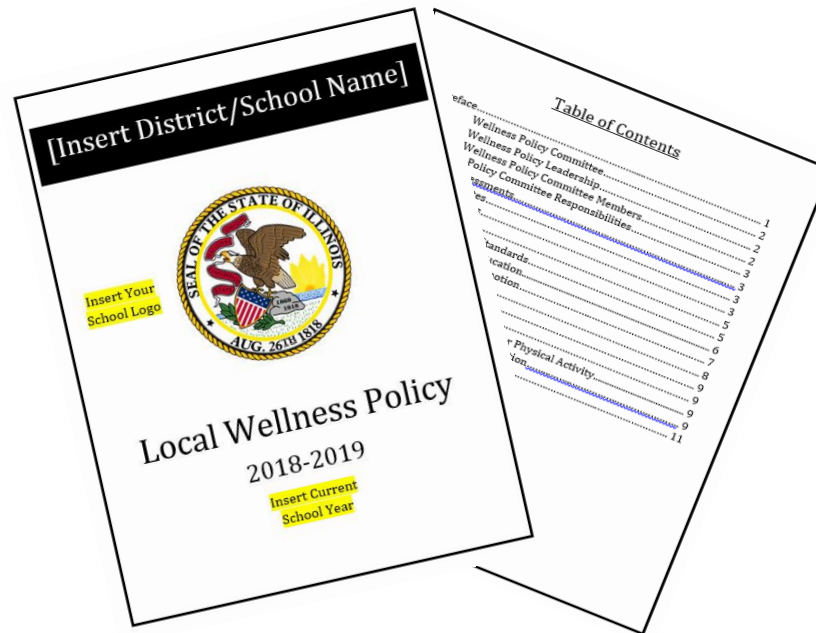
- Goals for nutrition education
- Goals for nutrition promotion
- Goals for physical activity
- Goals for other school-based activities that promote student wellness
- Nutrition standards for school meals
- Nutrition standards for competitive foods
- Standards for all foods and beverages provided, but not sold
- Food and beverage marketing
- Wellness leadership
- Public involvement
- Triennial assessments
- Reporting

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ISBE Local Wellness Policy Template

- ✓ Interactive Local Wellness Policy Template
 - ✓ Meets USDA requirements
- ✓ Contains resources for guidance and ideas



<https://www.isbe.net/pages/local-school-nutrition-wellness-policy.aspx>

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ISBE Local Wellness Policy Template

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Wellness Policy Committee Responsibilities

Public Involvement

[LEAs must ensure public involvement in the Local Wellness Policy process in order to promote transparency and inclusion. Therefore, LEAs must permit the general public to be a part of the Wellness Policy Committee, and language regarding this practice is required to be present in the Wellness Policy. Some examples of the general public include parents, students, healthcare professionals, local farmers, and community leaders. LEAs must also permit participation by members of the school community, including teachers, food service professionals, administrators, health professionals, and school board members. Responsibilities of Wellness Policy Committee members may include policy development, implementation, and reviews.]

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- **Utilize communication channels used to inform the public of the opportunity to participate in Local Wellness Policy processes (e.g. school website, letters, newsletters, etc.)**

Assessments

[Per USDA requirements, LEAs must update or reevaluate the wellness policy every 3 years, or a minimum. This is commonly referred to as the "triennial assessment." USDA also requires language regarding the Wellness Policy evaluation plan to be present in the content of the policy. LEAs must designate at least one LEA or school official(s) as responsible for determining the extent to which each school under its jurisdiction is complying with the Local Wellness Policy. Additionally, other stakeholders must be permitted to be involved in the review process.]

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. **[Insert District name]** shall conduct assessments of the Local Wellness Policy every **[insert the frequency (in years)]** at which the District intends to complete **Local Wellness Policy assessments** years, beginning in **[insert the first year the District completed the assessment requirement set forth under the Healthy, Hunger-Free Kids Act of 2010]** and occurring every **[insert frequency (in years)]** years thereafter. These assessments will:

- Ensure the wellness policy is **in compliance with** USDA, State, and local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy



Looking for More Information?

ISBE's Local School Wellness Policy Information Webpage:

<https://www.isbe.net/Pages/Local-School-Nutrition-Wellness-Policy.aspx>

USDA's Local School Wellness Policy Webpage:

<https://www.fns.usda.gov/tn/local-school-wellness-policy>



Contact Information

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<https://www.isbe.net/Pages/Nutrition-and-Wellness.aspx>