



# Local Wellness Policies: Regulations and Resources

Beth Tanner, MS, RDN, LDN  
Illinois State Board of Education





# Agenda



Background



Final Rule



Resources



## Purpose

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





## Background

- **Local wellness policies were established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004**
- **LWPs were then strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA)**
  - **Requires schools participating in the NSLP and/or SBP to establish a local wellness policy**
- **The USDA finalized regulations on July 29, 2016**
- **Local Education Agencies must be in compliance with the requirements of the Final Rule as of June 30<sup>th</sup>, 2017.**



## Regulations

- Current Local Wellness Policy regulations governing schools participating in the NSLP and SBP are located at 7 CFR 210.31
- Current regulations govern:
  - Who must have a local wellness policy
  - Content of the wellness policy
  - Public involvement and notification
  - Policy evaluation
  - Recordkeeping



# Who Must Have a Local Wellness Policy?

- Each local educational agency must establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the local educational agency





# Content of the Wellness Policy

1. The wellness policy must include specific goals for:



Nutrition Promotion  
and Education



Physical Activity




Other School-Based  
Activities that Promote  
Wellness





# Content of the Wellness Policy

- LEAs must review and consider evidence-based strategies when determining these goals
  - At a minimum, FNS expects schools to review the Smarter Lunchrooms Movement tools and strategies
- 







# Content of the Wellness Policy

2. The wellness policy must include standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day





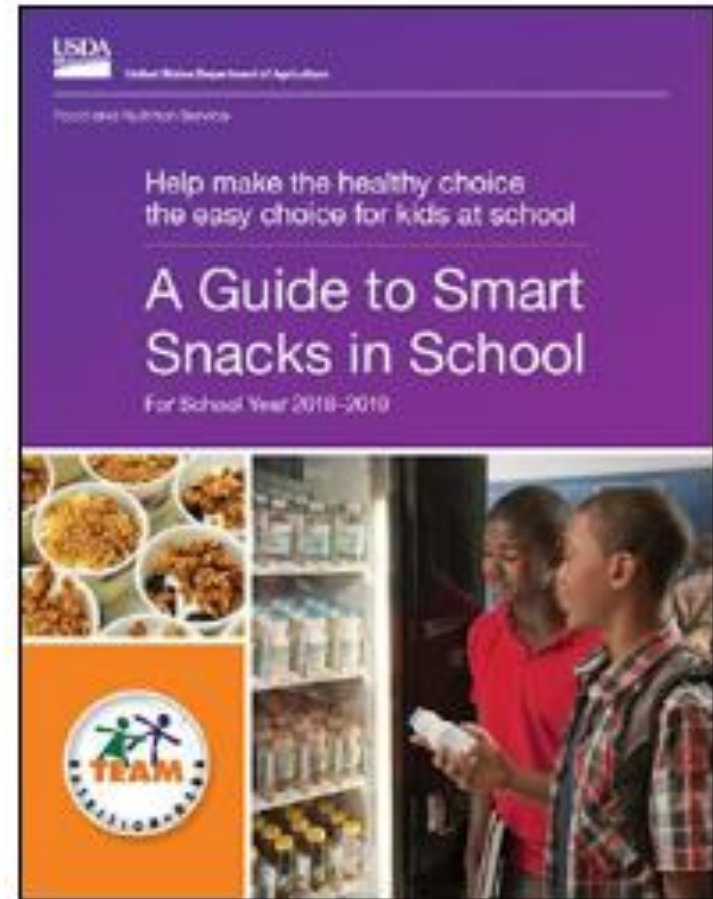
# Content of the Wellness Policy

- “School campus” = all areas of the property under the jurisdiction of the school that are accessible to students during the school day
- “School day” = the period from the midnight before, to 30 minutes after the end of the official school day



# Content of the Wellness Policy

- Smart Snacks in Schools - Smart Snacks Standards are a Federal requirement for all foods and beverages sold outside the National School Lunch Program and School Breakfast Program





# Content of the Wellness Policy

3. The wellness policy must include standards for all foods and beverages provided, but not sold, to students on the school campus during the school day





# Content of the Wellness Policy

4. The wellness policy must include a policy for food and beverage marketing on the school campus during the school day





## Content of the Wellness Policy

- Only those foods and beverages that meet Smart Snacks Standards are permitted to be marketed on the school campus during the school day
- Marketing includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage item
- This can include, but is not limited to, posters, flyers, cups used for beverage dispensing, exterior of vending machines, coolers, trash cans, and other equipment





# Content of the Wellness Policy

5. The wellness policy must identify the position of the LEA or school official(s) responsible for the implementation and oversight of the local wellness policy





# Content of the Wellness Policy

6. The wellness policy 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

\*LEAs 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



# Content of the Wellness Policy

7. The wellness policy must include a description of the plan for measuring the implementation of the local wellness policy and reporting policy content and implementation information to the public





## Public Notification

- LEAs are required to:
  - Inform the public about the content and implementation of the LWP and make the policy and any updates available to the public annually
  - Inform the public about progress toward meeting the goals of the local wellness policy and compliance with the policy by making the triennial assessment available to the public in an accessible and easily understood manner



# Policy Evaluation

- LEAs are required to assess schools' compliance with the LWP
- LEAs must designate one or more LEA or school official to ensure that each participating school complies with the LWP at least once every three years





# Policy Evaluation

- The triennial assessment must include:
  - the extent to which schools are in compliance with the LWP
  - the extent to which the LEA's wellness policy compares to model policies
  - a description of the progress made in attaining the goals of the local wellness policy





## Recordkeeping

- LEAs must retain the following records to document compliance with federal regulations:
  - The written local wellness policy
  - Documentation of the LWP being made available to the public
  - Documentation of the triennial assessment being made available to the public
  - The triennial assessment results for each school under the LEAs jurisdiction





# Pick a Number!

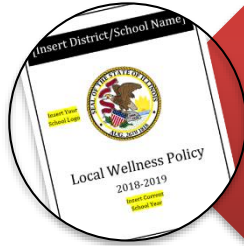




	1	2	3	4	5
1	5 Moonwalks	3 Cabbage Patches	1 Lawnmower	4 Disco Fingers	1 YMCA
2	1 Woah	1 YMCA	2 Flosses	5 Cabbage Patches	3 Dabs
3	3 Bumps	3 Disco Fingers	2 Dabs	3 Sprinklers	2 Bumps
4	1 Floss	4 Moonwalks	4 Bumps	2 Cabbage Patches	3 Moonwalks
5	5 Sprinklers	2 Dabs	2 Lawnmowers	3 Woahs	100 Jumping Jacks



# Resources



Templates



Nutrition

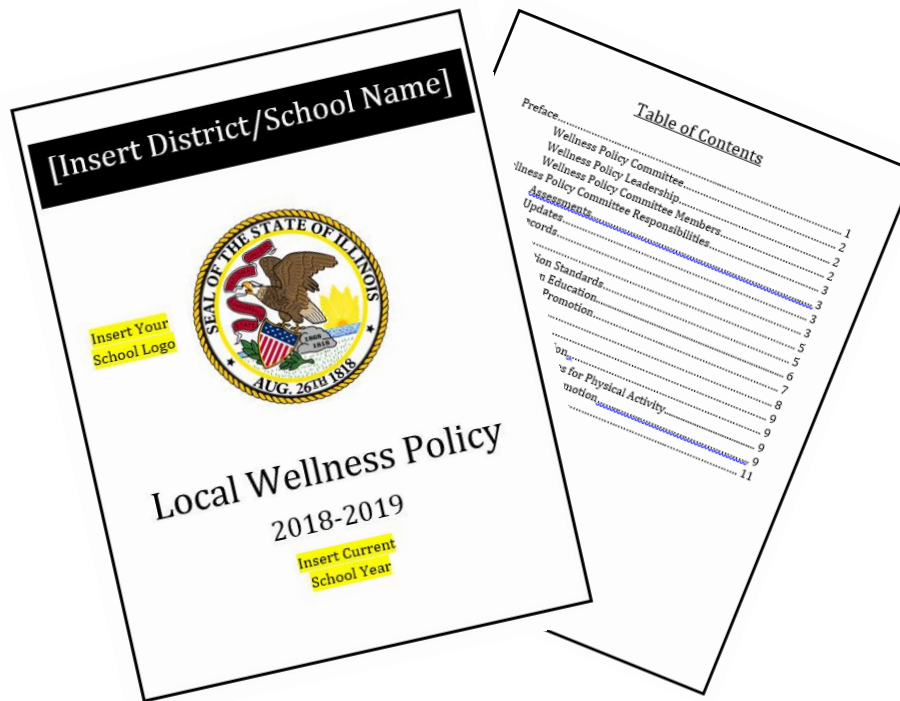


Evaluation



## 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>



## ISBE Local Wellness Policy Template

### Competitive Foods

*[Nutrition standards for competitive food and beverage items sold on campus during the school day that are consistent with Federal regulations must be included in the content of the Wellness Policy.]*

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

[If your District goes beyond the basic competitive foods and beverages requirements, insert a description. Examples include not offering any competitive foods and beverages, only offering fruits and vegetables as competitive foods, etc.]





## Alliance for a Healthier Generation Model Wellness Policy

- ✓ Exceeds USDA requirements
- ✓ Contains resources for guidance and ideas

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY <i>Updated 9/2016 to Reflect the USDA Final Rule</i>	
[School District] Wellness Policy	
<b>Table of Contents</b>	
<a href="#">Preamble</a>	2
<a href="#">School Wellness Committee</a>	3
<a href="#">Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement</a>	4
<a href="#">Nutrition</a>	7
<a href="#">Physical Activity</a>	12
<a href="#">Other Activities that Promote Student Wellness</a>	16
<a href="#">Glossary</a>	18
<a href="#">Appendix A: School Level Contacts</a>	19

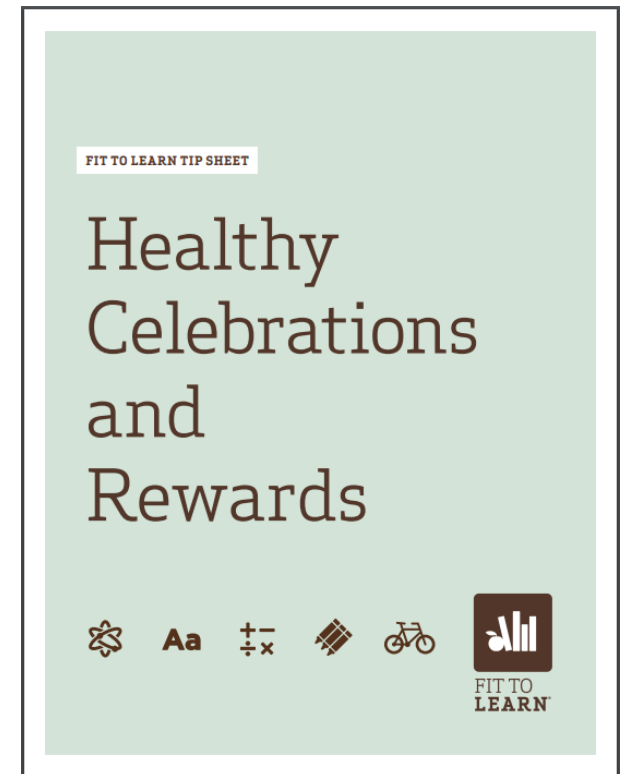
<https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your>



# Healthy Celebrations and Rewards

## Healthy Schools Campaign Fit to Learn Tip Sheet

- Helps schools develop their own criteria standards for foods provided, but not sold to students
- Provides guidance for allowing food, but fostering healthful food environments
- Provides alternative ideas for rewards and celebrations that do not include food



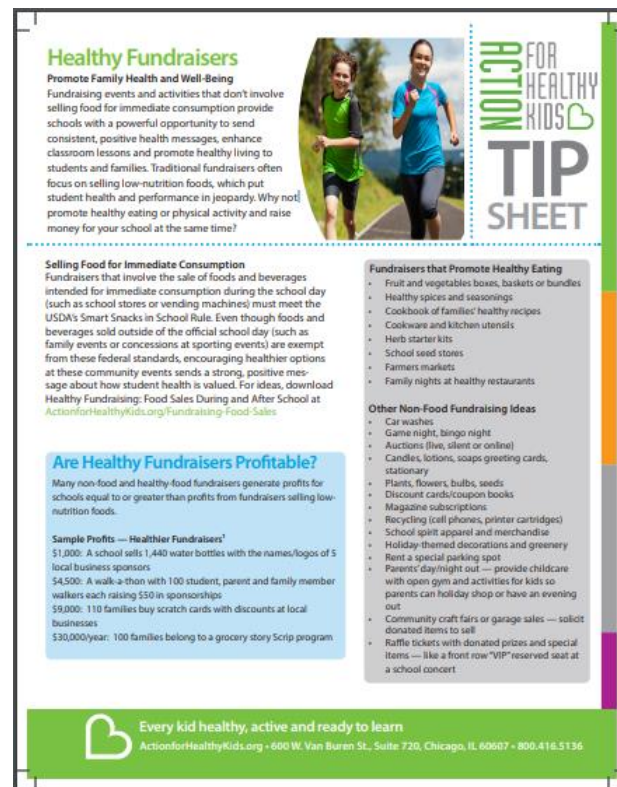
<https://healthyschoolscampaign.org/wp-content/uploads/2015/08/Fit-to-Learn-Healthy-Celebrations-and-Rewards-Tip-Sheet-2017.pdf>



# Healthy Fundraisers

## Action for Healthy Kids Tip Sheet

- Contains ideas for:
  - healthy food fundraising
  - fundraisers that do not include food
  - fundraisers that promote physical activity



<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-f1.pdf>



# Team Nutrition

- Team Nutrition is an initiative from USDA's FNS that supports efforts to promote healthy food choices and physical activity through the CNPs
- Team Nutrition resources include:
  - Games and activities
  - Recipes and cookbooks
  - Promotional posters
  - Nutrition education curriculum
  - And more!





## Team Nutrition



<https://www.fns.usda.gov/tn/team-nutrition>





# Smarter Lunchrooms Movement


- Uses economics, marketing, and psychology to provide schools with the knowledge and tools to promote healthier food choices to students
- SLM strategies are grouped into the following categories:
  - Focus on the Fruit
  - Vary the Vegetables
  - Highlight the Salad
  - Move More White Milk
  - Boost Reimbursable Meals
  - Lunchrooms Atmosphere
  - Student Involvement
  - School Community Involvement







# Smarter Lunchrooms Movement



## SMARTER LUNCHROOMS SCORECARD

Date \_\_\_\_\_ School Name \_\_\_\_\_ Completed by \_\_\_\_\_

The Smarter Lunchrooms Scorecard is a list of simple, no-cost or low-cost strategies that can increase participation, reduce food waste, and increase selection and consumption of healthy school food.

**INSTRUCTIONS**

- Review the scorecard before beginning.
- Observe a lunch period. Check off statements that reflect the lunchroom.
- Ask other school nutrition staff, teachers, or administration about items that have an asterisk.\*
- Tally the score.
- Discuss the results with stakeholders. Choose unchecked strategies to implement in the lunchroom.

**SmarterLunchrooms.org**

**FOCUS ON FRUIT**

- At least two kinds of fruit are offered.
- Sliced or cut fruit is offered.
- A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale.

At least one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection.

A fruit taste test is offered at least once a year.\*

Focus on Fruit Subtotal \_\_\_\_\_ of 6

**VARY THE VEGETABLES**

- At least two kinds of vegetables are offered.
- Vegetables are offered on all service lines.
- Both hot and cold vegetables are offered.
- When cut, raw vegetables are offered, they are paired with a low-fat dip such as ranch, hummus, or salsa.\*
- A serving of vegetables is incorporated into an entrée item at least once a month (e.g., beef and broccoli bowl, spaghetti, black bean burrito)\*.

Self-serve spices and seasonings are available for students to add flavor to vegetables.

At least one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection.

A vegetable taste test is offered at least once a year.\*

Vary the Vegetables Subtotal \_\_\_\_\_ of 8

**HIGHLIGHT THE SALAD**

- Pre-packaged salads or a salad bar is available to all students.
- Pre-packaged salads or a salad bar is in a high traffic area.
- Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.

Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice.

Highlight the Salad Subtotal \_\_\_\_\_ of 4

**MOVE MORE WHITE MILK**

- Milk cases/coolers are kept full throughout meal service.
- White milk is offered in all beverage coolers.
- White milk is organized and represents at least 1/3 of all milk in each designated milk cooler.
- White milk is displayed in front of other beverages in all coolers.

1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.

Move More White Milk Subtotal \_\_\_\_\_ of 5

**BOOST REIMBURSABLE MEALS**

- Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
- One entrée is identified as the featured entrée-of-the-day, is labeled with a creative name next to the point of selection, and is the first entrée offered.
- Creative, descriptive names are used for featured items on the monthly menu.
- One reimbursable meal is identified as the featured combo meal and is labeled with a creative name.
- The combo meal of the day or featured entrée-of-the-day is displayed on a sample tray or photograph.

A (reimbursable) combo meal is offered as a grab-and-go meal.

Signs show students how to make a reimbursable meal on any service line (e.g., a sign that says "Add a milk, fruit and carrots to your pizza for the Power Pizza Meal Deal!")

Students can pre-order lunch in the morning or day before.\*

Students must use cash to purchase à la carte snack items if available.

Students have to ask a food service worker to select à la carte snack items if available.\*

Students are offered a taste test of a new entrée at least once a year.\*

Reimbursable Meals Subtotal \_\_\_\_\_ of 11

© Smarter Lunchrooms Movement, Cornell University 2019

**LUNCHROOM ATMOSPHERE**

- Cafeteria staff smile and greet students upon entering the service line and throughout meal service.
- Attractive, healthful food posters are displayed in dining and service areas.
- A menu board with today's featured meal options with creative names is readable from 5 feet away when approaching the service area.
- The lunchroom is branded and decorated in a way that reflects the student body.
- Cleaning supplies or broken/unused equipment are not visible during meal service.

All lights in the dining and meal service areas work and are turned on.

Compost/recycling and trash cans are at least 5 feet away from dining students.

There is a clear traffic pattern. Signs, floor decals, or rope lines are used when appropriate.

Trash cans are emptied when full.

A menu board with tomorrow's featured meal with creative names is readable from 5 feet away in the service or dining area.

Lunchroom Atmosphere Subtotal \_\_\_\_\_ of 10

**STUDENT INVOLVEMENT**

- Student artwork is displayed in the service area or dining space.
- Students, teachers, or administrators announce today's menu in daily announcements.\*
- Students are involved in the development of creative and descriptive names for menu items.\*
- Students have the opportunity to volunteer in the lunchroom.

Students are involved in the creation of artwork or marketing materials to promote menu items.\*

Students provide feedback (informal - "raise your hand if you like..." or formal - focus groups, surveys) to inform menu development.\*

Student Involvement Subtotal \_\_\_\_\_ of 6

**SCHOOL COMMUNITY INVOLVEMENT**

- A monthly menu is posted in the main office.
- A menu board with creative, descriptive names for today's featured meal options is located in the main office.
- A monthly menu is provided to students, families, teachers, and administrators.\*
- Information about the benefits of school meals is provided to teachers and administration at least annually.\*
- Nutrition education is incorporated into the school day.\*
- Students are engaged in growing food (for example, gardening, seed planting, farm tours, etc.).\*

Elementary schools provide recess before lunch.\*

The school participates in one or more food promotion programs such as Chefs Move to Schools, Fuel Up to Play 60, Share Our Strength, etc.\*

The school has a partnership with Farm to School, local businesses, or a farmer's market.\*

Smarter Lunchrooms strategies are included in the Local School Wellness Policy.\*

School Involvement Subtotal \_\_\_\_\_ of 10

**SMARTER LUNCHROOMS SCORECARD TOTAL**

Focus on Fruit \_\_\_\_\_ of 6

Vary the Vegetables \_\_\_\_\_ of 8

Highlight the Salad \_\_\_\_\_ of 4

Move More White Milk \_\_\_\_\_ of 5

Reimbursable Meals \_\_\_\_\_ of 11


Lunchroom Atmosphere \_\_\_\_\_ of 10


Student Involvement \_\_\_\_\_ of 6


School Involvement \_\_\_\_\_ of 10

Scorecard Total \_\_\_\_\_ of 60

**AWARD LEVEL**

 **Bronze 15-25**  
Great job! This lunchroom is off to a strong start.

 **Silver 26-45**  
Excellent. Think of all the kids that are inspired to eat healthier!


 **Gold 46-60**  
This lunchroom is making the most of the Smarter Lunchrooms Movement. Keep reaching for the top!

For Scorecard FAQs visit: [SmarterLunchrooms.org](http://SmarterLunchrooms.org)

The asterisk \* indicates items that may need input from other school nutrition staff, teachers, or administration.

Smarter Lunchrooms Scorecard 2.0

© Smarter Lunchrooms Movement, Cornell University 2019  
Funded in part by USDA FNS/ERS



**DEFINITIONS**

**Point of Sale (POS):** Anywhere students leave the line with food and are charged or counted, such as at a register, check-out, or PIN pad.

**Point of Selection:** Anywhere students select food or drink.

**Service Line:** A designated line for meal selection—deli bar, salad bar, hot lunch line, snack window, etc.

**Grab-and-Go:** A pre-packaged reimbursable meal.

**Reimbursable Meal/Combo Meal:** Any meal that meets all the USDA meal requirements and is priced as a unit.

**Featured Items:** A fruit, vegetable, milk, or entrée that has been identified for promotion.

<https://www.smarterlunchrooms.org/>



## Local Wellness Policy Content Checklist

### Local Wellness Policy Content Checklist

**T**his 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 (i.e. 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>



## Iowa Department of Education Local Wellness Policy Progress Report

### Local Wellness Policy Progress Report

School Name:

Wellness Policy Contact:

Date Completed:

This tool is to document progress in meeting the goals written in the district's wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the "Contact Person" column identify the individual who can report on the goals' progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

#### Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. EXAMPLE: Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	Cindy Smith (Curriculum Director)	x			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2.						
3.						

#### Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.						
2.						



# Iowa Department of Education Local Wellness Policy Progress Report

## Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. EXAMPLE: <i>Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.</i>	Cindy Smith (Curriculum Director)	x			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2.						
3.						



## Iowa Department of Education Local Wellness Policy Progress Report

### Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. EXAMPLE: <i>Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.</i>	Cindy Smith (Curriculum Director)	x			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2.						
3.						





## Uconn Rudd Center for Food Policy & Obesity WellSAT 3.0

- Nutrition Education
- Standards for USDA School Meals
- Nutrition Standards
- Physical Education & Physical Activity
- Wellness Promotion and Marketing
- Evaluation







# Uconn Rudd Center for Food Policy & Obesity WellSAT 3.0

SUBJECT		RATING			
NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages <b>sold</b> to students during the school day.		0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>



## Uconn Rudd Center for Food Policy & Obesity WellSAT 3.0

SUBJECT		RATING			
NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages <b>sold</b> to students during the school day.		0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>





## Uconn Rudd Center for Food Policy & Obesity WellSAT 3.0



SM8: Free drinking water is available during meals. Federal Rule language states that schools "must make potable water available to children at no charge in the place where lunches are served during the meal service, consistent with amendments made by section 203 of the HHFKA, and in the cafeteria during breakfast meal service."



## WellSAT Score

- Each of the 6 sections are given:
  - Comprehensiveness scores
    - The extent to which recommended content areas are covered in the policy
  - Strength scores
    - How strongly the content is stated

<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> <i>Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."</i>	<b>75</b>
	<b>Strength Score:</b> <i>Count the number of items rated as "2" and divide this number by 8. Multiply by 100.</i>	<b>38</b>



# Next Steps





# Thank you!

