

Local Wellness Policy Requirements

Karen Wooton, RD.LD

Food and Nutrition Services

Missouri Department of Elementary and Secondary Education



Legislative Background

- **2004 Child Nutrition and WIC Reauthorization Act**
 - Local Education Agencies (LEAs) to establish Local Wellness Policy (LWP) by SY 2006
- **2010 Healthy, Hunger-Free Kids Act (HHFKA)**
 - LEAs required to meet expanded LWP requirements by July 30, 2017

Final Rule:	Local School Wellness Policy
August 29, 2016	Implementation under the Healthy, Hunger- Free Kids Act of 2010

LWP Content

Specific goals for:

- Nutrition promotion (*New)
- Nutrition education
- Physical activity
- Other school-based activities that promote student wellness



Nutrition Promotion

Activity Ideas:

- Offering contest, surveys, promotions, or taste-testing
- Providing information to families to encourage consumption of healthy foods at home
- Posting nutrition and health posters



LWP Goals

LEAs are required to review and consider evidence-based strategies in determining their goals.

(*New)

- Strategies that have been evaluated, studied and peer-reviewed.



Examples of Evidence-Based Strategies

- Smarter Lunchrooms Movement

www.smarterlunchrooms.org

- Using creative names for fruits and vegetables and targeted entrees
- Training staff to encourage students to select fruits and vegetables
- Placing unflavored milk in front of other beverage choices
- Bundling “grab and go” meals that include fruit and vegetable items

LWP Content

Standards and nutrition guidelines for all foods and beverages **sold** to students on the school campus during the school day.

Standards must be consistent with:

- Meal pattern regulations
- Smart Snacks regulation (*New)



LWP Content

Standards for all foods and beverages provided, **but not sold**, to students during the school day

For example:

- classroom parties
- classroom snacks brought by parents
- foods given as incentives



LWP Content

- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks nutrition standards. (*New)
- Would **not** apply to marketing that occurs at events outside of school hours.

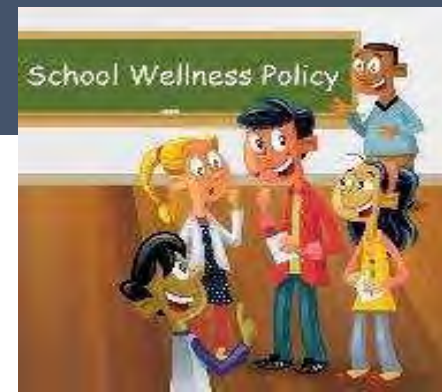
Examples:

Applies to:

- Exterior of vending machines
- Posters
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

Does not apply to:

- Personal clothing
- Personal items
- Packaging of products brought from home
- Educational tools



LWP Content

Description of public involvement, policy leadership, public updates, and evaluation plan. (*New)

LWP must permit: certain groups to participate in LWP development, implementation, review and updates:

- Parents
- Students
- School food authority representatives
- PE teachers
- School health professionals
- School board
- School administrators
- The general public

Wellness Policy Leadership

(*New)

- Required to designate one or more LEA officials or school officials to ensure that each school complies with the LWP.
- Required to identify the *position title* of the LEA or school official responsible for LWP oversight.



Updates

LEAs must update or modify the local school wellness policy as appropriate (*New)



Informing the Public

- LEAs are required to inform the public about the content and implementation of the local school wellness policy (*New)
- Any updates to the policy must be made available to the public on an annual basis (*New)



Triennial Assessment

- Conduct an assessment of the LWP, at a minimum, every 3 years (*New)
- The results of the assessment must be made available to the public
- By SY 2017-2018 must complete first assessment

Assessment should determine:

- Compliance with the LWP
- Progress made in attaining the goals of the LWP

Implementation

LEAs must comply with these requirements by June 30, 2017.



State Agency Monitoring and Oversight

- Included as part of the Administrative Review
- At least once every 3 years



State Agency Monitoring and Oversight

LEAs must:

- Provide a copy or appropriate web address of the current local school wellness policy.
- Provide documentation to demonstrate how the public knows about the local school wellness policy and recent assessments.
- Showcase when and how they review and update their local wellness policy.



State Agency Monitoring and Oversight

- Describe who is involved in reviewing and updating the local school wellness policy.
- Demonstrate how potential stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the local school wellness policy.
- Provide a copy of the most recent assessment on the implementation of the local school wellness policy.

New Team Nutrition LWP Resource

- LWP Outreach Toolkit
- Download all materials free: www.fns.usda.gov/tn
- Customizable templates!
- Contains:
 - Letter to principal
 - Parent flyer (English and Spanish)
 - Presentation for staff
 - Presentation for parents
 - Newsletter article and social media posts



Model Wellness Policy

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

[School District] Wellness Policy

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- Developed by Alliance for a Healthier Generation
- Customizable
- New version consistent with Final Rule

Model and Sample Policy Language

Explore these resources when preparing to draft your local school wellness policy, and revisit them when putting the policy to action. You can also use these resources to compare your policy against model policies.



UConn Rudd Center Model District School Wellness Policy (PDF | 83.09 KB) [↗](#)

UConn Rudd Center for Food Policy and Obesity.

Sample Model Wellness Policy language from which other school districts can get ideas and tailor to their own district.



State School Health Policy Matrix (2014) (PDF | 1.43 MB) [↗](#)

National Association of State Boards of Education.

The State School Health Policy Matrix outlines relevant state-level policies, and links directly to the policy, in the areas of: competitive foods and beverages, physical education and physical activity, and administration of medication in the school environment. It also indicates which political entity or agency adopted the policy or issued guidance, helping to answer the question – Who has historically had the authority to make policy changes in the areas of competitive foods and beverages, physical education and physical activity, and administration of medication in each state?



Policy Continuum for Comprehensive School Physical Activity Programs (February 2012) (PDF | 377 KB) [↗](#)

American Alliance for Health, Physical Education, Recreation and Dance.

This resource can be used when creating wellness policies and goals on physical activity in school. The continuum shows policies from basic to very strong, and includes options for monitoring accountability.



Model Local School Wellness Policy (DOC | 164 KB) [↗](#)

Alliance for a Healthier Generation.

This Model Local School Wellness Policy has been thoroughly reviewed by the USDA, Food and Nutrition Service and is in compliance with the statutory requirements for local school wellness policies, as per the proposed regulation, "Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010." This model wellness policy can be used by local educational agencies to help create their local school wellness policy and meet the minimum Federal standards for local school wellness policy implementation.



Kansas School Wellness Policy Model Guidelines (September 2014) [↗](#)

Kansas State Department of Education.

This guideline can serve as the foundation for establishing a local wellness policy by selecting which policy statements to include in the local wellness policy.



Model Wellness Policy (September 2012) [↗](#)

South Dakota Board of Education.

Local agencies may choose to use the following model policies as written or revise them to meet local needs and reflect community priorities.

Model Policies

Food & Nutrition Services

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The Food and Nutrition Services Section administers the USDA Food Distribution Program and the following USDA Child Nutrition Programs: National School Lunch Program (NSLP), School Breakfast Program, Special Milk Program, and the Fresh Fruit and Vegetable Program. Under the NSLP, the After School Snack Program and Seamless Summer Option are also available. The programs are operated in public, non-public, and residential child care institutions. The goal of the Food and Nutrition Services Section is to providing safe food and technical assistance to ensure well balanced nutritious meals are served to the students of Missouri.

[Food and Nutrition Services Contact Information](#) 

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Contact Us

Missouri Department of Elementary and Secondary Education

Food and Nutrition Services

P. O. Box 480

Jefferson City, MO 65102-0480

Telephone: (573) 751-3526

Web: <http://dese.mo.gov/financial-admin-services/food-nutrition-services>

Email: foodandnutritionservices@dese.mo.gov

