



Fact: Many children have poor eating habits.

Fact: Many children are not physically active.

Fact: There has been a major increase in the number of children who are overweight or obese.

The good news is that schools are making changes. Schools now have wellness policies that encourage good nutrition and physical activity habits. Wellness policies promote student health, now and into the future.

And they can help students reach their full academic potential – because healthier students are better learners.

Q & A

School Wellness Policies Parent Fact Sheet

Q: *What is a wellness policy?*

Federal law requires schools that take part in the National School Lunch Program to have a wellness policy.

A school wellness policy tells how schools are making the healthy choice, the easy choice for students.

Q: *Who writes the policy?*

Parents, students, school food service staff, school board members, school administrators, and the public can be involved in creating the school wellness policy. It takes an entire school community to build a culture of wellness.

To have a robust wellness policy that reflects our student population and strengths, schools need as many parents as possible.

Q: What is included in the wellness policy?

- Goals for...
 1. nutrition education
 2. nutrition promotion
 3. physical activity
 4. other school-based activities that promote student wellness.
- Nutrition guidelines for all foods and beverages available during the school day.
 - À la carte items.
 - Foods and beverages in vending machines and school stores.
 - Foods and beverages for fundraising activities.
 - Rewards and foods served at school parties.
- One or more persons who ensure that the school follows the policy.
- A plan to measure how the school is putting the policy into action.



Q: Where can I find more information about wellness policies?

- Indiana Department of Education - <https://www.doe.in.gov/nutrition/school-wellness-policy>
- Indiana Healthy Schools Toolkit - <https://www.doe.in.gov/sites/default/files/nutrition/2018-healthy-schools-toolkit.pdf>
- Local School Outreach Toolkit - <https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

4 ways parents can help:

1. Join the school wellness committee.
2. Read the school wellness policy.
3. Support classroom and school events to have healthy foods and get kids physically active.
4. Share how your school is doing in promoting good nutrition and physical activity.