

## Local/District Wellness Policy Checklist

According to the [USDA Final Rule of 2016](#) - All **10 components** below are required to be include in the LWP. On your district wellness policy, please highlight where each component is addressed. If the component is included in an administrative rule, regulation or other policy document, please include that document highlighted as indicated.

Components	Best Practices
1. <b>Policy Leadership:</b> Identify one or more school district and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy	<i>Superintendent or Associate Superintendent</i>
2. <b>Public Involvement:</b> Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the <b>development, implementation, and review and update</b> of the local/district school wellness policy	<i>Actively engaged CSHAC meets at least once per year to discuss Local/District Wellness Policy goals and progress (AR 1002, 1003)</i>
3. <b>Foods Sold Outside the School Meal Program (Competitive Foods and Beverages):</b> - Nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with Federal regulations for school meals and Smart Snacks in School	<i>Language stating: “Competitive foods and beverages <b>must/are required to</b> meet Federal Standards or USDA Nutrition Standards.” (Some policies may not specifically state “Smart Snacks” but stating “Encouraged to meet” is not in compliance.) (AR Smart Snacks)</i>
4. <b>Standards for all foods and beverages provided, but not sold, to students during the school day</b> (e.g., in classroom parties or classroom snacks brought by parents)	<i>These standards should be stated in policy or another policy-related document. (Stating that standards will be determined/established is not in compliance).</i>
5. <b>Food and Beverage Marketing:</b> Policies for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day	<i>Language stating: “Marketing and advertising is only permitted for foods and beverages meeting Federal Standards or USDA Nutrition Standards during the school day.” (Some policies may not specifically state “Smart Snacks” but stating “Encouraging” is not in compliance.)</i>
6. <b>Nutrition Education and Promotion-</b> Specific goals for nutrition education and promotion activities	<i>Example goals include:</i> <ul style="list-style-type: none"> <li>• <i>Implementing Farm to School programs/school gardens and linking with cafeteria nutrition promotion activities (local procurement, taste tastings, garden-based lessons)</i></li> <li>• <i>Implementing nutrition education training for teachers and other staff and nutrition education for all students</i></li> </ul>
7. <b>Physical Activity-</b> Specific goals for physical activity opportunities	<i>Example goals include:</i> <ul style="list-style-type: none"> <li>• <i>Offer physical activity opportunities for students before and after school (walking/running clubs, promoting walk/bike to school)</i></li> <li>• <i>Offer physical activity opportunities for students during the school day (brain breaks, walk breaks, action-based learning activities)</i></li> </ul>
<b>Update/Inform the Public:</b> 8. <b>Inform and update the public (including parents, students, and others in the community) about the local/district school wellness policy on an annual basis</b>	<i>Utilize district website, social media, and/or newsletters to share the District Wellness Policy with the public on an annual basis (AR 1001)</i>

Components	Best Practices
<p>9. <b>At least once every three years, measure:</b></p> <ul style="list-style-type: none"> <li>• the extent to which schools are in compliance with the local/district school wellness policy,</li> <li>• the extent to which the local education agency's local/district wellness policy compares to model local school wellness policies,</li> <li>• the progress made in attaining the goals of the local/district wellness policy and make this assessment available to the public.</li> </ul>	<ul style="list-style-type: none"> <li>• Utilize the LWP Annual Progress Report Survey (due annually in February to SCDE)</li> <li>• Utilize Healthier Generation district reports</li> <li>• Summary of wellness policy comparison to model LWP <a href="https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit">https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit</a><a href="https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy">https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy</a>.</li> <li>• Utilize district website, social media, and/or newsletters to share progress <b>(AR 1003)</b></li> </ul>
<p>10. <b>Specific goals for other school-based activities that promote student wellness (must have at least one additional goal)</b></p>	<p><i>Example goals include:</i></p> <ul style="list-style-type: none"> <li>• Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management.</li> <li>• Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.</li> <li>• Schools will offer staff wellness programs such as weight management, health assessments, physical activities.</li> <li>• School will allow community members access to the district's outdoor physical activity facilities before and after school when not in use.</li> <li>• School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities.</li> </ul>