



NEWTRITION!

UPDATES ON NUTRITION AT YOUR SCHOOL

NOVEMBER 2014

Local School Wellness Policies

Summary of proposed rule under HHFKA

Schools play a critical role in promoting student health, preventing childhood obesity, and combating problems with poor nutrition and physical inactivity. In 2004 legislation required schools to develop a local wellness policy to set goals for nutrition education, physical activity and other school based activities to promote student wellness and nutrition guidelines for all foods available on the school campus during the school day.



The Healthy, Hunger-Free Kids Act of 2010 added requirements which expands the scope of wellness policies; brings additional stakeholders into the policy development, implementation, and review of local school wellness policies; and requires public updates on the content and implementation of the wellness policies. The proposed rule would require all schools participating in the National School Lunch and Breakfast Program to meet expanded local wellness policy requirements consistent with the new requirements in the Healthy, Hunger-Free Kids Act. A summary of new requirements are listed below.

Healthy, Hunger-Free Kids Act adds requirements to expand the scope of wellness policies in school districts.

Local School Wellness Policy Leadership

- Designate one or more school officials to ensure each school complies with the local school wellness policy.

Public Involvement

- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school board members, school administrators, and the general public to participate in the development, implementation, periodic review and update the local school wellness policy.

Content of the Wellness Policy

- Requires local school wellness policies to include goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness.
- In developing local school wellness policies, schools should include policies with strong, clear goals with specific and measurable objectives and benchmarks stating who will make what change, by how much, where and by when, with attention to both long-and short-term goals.
- USDA expects schools to review “Smarter Lunchroom” tools and strategies, which are evidence-based, and shown to improve student participation in the National School Lunch and Breakfast Program.



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<http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>

Nutrition Promotion & Education

- Include nutrition promotion and education to influence lifelong eating behaviors in a positive manner.
- Encourage healthy nutrition choices, as well as enhance and encourage participation in the school meal programs. Research indicates school meals are healthier than foods students eat as alternatives to school meals.
- Schools are encouraged to include in their local school wellness policy any school-sponsored family wellness activities that include a nutrition component or partnerships with community health agencies or organizations.

Policies for Food and Beverage Marketing

- Schools must include policies that allow marketing of only those foods and beverages that may be sold on the school campus during the school day (those foods and beverages that meet the requirements set forth in the Smart Snacks interim rule).

Informing The Public

- Schools are required to inform the public about the content of the local school wellness policy and make the local school wellness policy and any updates to the policy available to the public on an annual basis, at a minimum.
- Schools are required to make readily available to the public the annual school progress reports and triennial assessments of the local school wellness policy.
- Schools would be required to actively notify households of the availability of the local school wellness policy information, the website address for the information or other information that would enable interested households to obtain additional information.

Implementation, Assessment, and Updates

The proposed rule would require school districts to retain basic records demonstrating compliance with local school wellness requirements:

- The written local school wellness policy
- Documentation demonstrating compliance with community involvement requirements
- Documentation of the triennial assessment of the local school wellness policy
- Annual local school wellness policy progress reports for each school under its jurisdiction
- Documentation to demonstrate compliance with the public notification requirements



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Monitoring and Oversight

- The proposed rule would require State agencies to include, as part of the general areas of the administrative review, compliance with the local school wellness policy requirements. State agencies conduct administrative reviews of school districts at least once every three years.

Resources

- USDA FNS <http://healthymeals.nal.usda.gov/school-wellness-resources>.
- Team Nutrition <http://teamn nutrition.usda.gov/healthy/wellnesspolicy.html>.
- Action for Healthy Kids <http://www.actionforhealthykids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>

Services Opaa! Provides to Your District

As your partner, Opaa! makes available the following value- added services to your district. Contact your Director of Nutrition Services to learn more about these opportunities to support your local wellness policy.

- Compliance with all USDA Healthy, Hunger-Free Kids Act requirements
- Assistance with HealthierUS School Challenge application to gain National certification
- Wellness & Nutrition Fairs
- Farm to Table Events
- Monthly Fruit & Vegetable Challenge
- Assistance with grant opportunities to expand choices offered to students
- Newtrition Newsletter to keep your district updated on the latest news from USDA
- Nutrition Advisory Committee Meetings to gain student, staff and parent feedback
- Student and Staff Surveys
- Webinar Training Opportunities
- Food Allergy Response Training
- Special Dietary Needs Training
- Director of Nutrition Services – School Nutrition Association Certification
- ServSafe Certification for Director of Nutrition Services and Kitchen Managers
- National Nutrition Promotions
 - National School Lunch Week
 - National School Breakfast Week
 - Fuel Up to Play