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# Local School Wellness Policy

## Wellness Policy Checklist

***Instructions: Use this checklist to establish a Local School Wellness Policy (Wellness Policy) which meets the United States Department of Agriculture Food and Nutrition Service (USDA-FNS)*** [*7CFR210-31*](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210) ***and the Virginia Code*** [*8VAC20-740*](https://law.lis.virginia.gov/admincode/title8/agency20/chapter740/section35/) ***requirements. All boxes must be checked with the exception of the optional additional wellness topics on page three. For additional resources, reference the Virginia Department of Education,*** [***Office of School and Community Nutrition Programs (VDOE-SCNP) website***](https://www.doe.virginia.gov/programs-services/school-operations-support-services/school-nutrition/training-resources)***.***

### USDA-FNS Requirements

[ ]  **Leadership** – Designate the position responsible for Wellness Policy oversight.

*“The school wellness coordinator and the School Health Advisory Board (SHAB) shall implement the Wellness Policy by leading the policy review, update, and evaluation.”*

[ ]  **Public Involvement** – Notify the public of their ability to participate in the development, implementation, and review.

*“The division will invite a diverse group of stakeholders and the public to participate in Wellness Policy activities. The public will be notified on the division website.”*

[ ]  **School Meals** – Serve school meals that follow USDA-FNS meal regulations.

*“All meals served to students meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (*[*7CFR210.10*](https://www.ecfr.gov/cgi-bin/text-idx?SID=18755f1455f25d099bf194884560766d&mc=true&node=se7.4.210_110&rgn=div8) *and* [*7CFR220.8*](https://www.ecfr.gov/cgi-bin/text-idx?SID=18755f1455f25d099bf194884560766d&mc=true&node=se7.4.220_18&rgn=div8)*).”*

[ ] **Foods Sold Outside of School Meals Programs** – Sell only USDA’s Smart Snacks compliant foods and beverages outside of the school meals program.

*“Any foods and beverages sold to students at school during the school day other than those foods provided as part of the school meal programs shall meet the standards established in* [*USDA-FNS Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule*](https://www.fns.usda.gov/tn/guide-smart-snacks-school)*. The school day is defined by USDA as the period from midnight the night before to 30 minutes after the end of the instructional day.”*

[ ]  **Foods Provided, Not Sold** – Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.

*“Foods and beverages offered on the school campus must meet or exceed the USDA-FNS Smart Snacks rule including those provided at celebrations or classroom snacks. Foods and beverages will not be used as a reward or withheld as punishment.*”

[ ]  **Marketing** – Market only products that adhere to the USDA-FNS Smart Snacks rule.

*“Marketing of any foods and beverages must meet the USDA-FNS Smart Snacks rule.”*

[ ]  **Nutrition Education** – Include at least one evidence-based goal for nutrition education.

*“The division will provide at least 140 minutes of nutrition education and exceed the expectations of the Virginia Department of Education (VDOE*[*) Health Standards of Learning (SOLs)*](https://www.doe.virginia.gov/teaching-learning-assessment/instruction/health-education) *by integrating nutrition concepts and skills into mathematics, language arts, social science, and elective courses throughout the school year.”*

[ ]  **Nutrition Promotion** – Include at least one evidence-based goal for nutrition promotion.

Example: *“Staff shall integrate farm to school experiential activities—such as gardening, cooking demonstrations, farm and farmers’ market tours—into existing curricula at all grade levels.”*

[ ]  **Physical Education/Physical Activity** – Include at least one evidence-based goal for physical education and/or physical activity.

Example: *“The division will provide every student with physical education that exceeds the expectations of the* [*VDOE Physical Education SOLs*](https://www.doe.virginia.gov/teaching-learning-assessment/instruction/physical-education)*; teaching the skills needed to achieve and maintain a health-enhancing level of personal fitness and develop the knowledge, attitudes, behaviors, and confidence needed to be physically active for life.”*

[ ]  **Other Activities that Promote Student Wellness** – Include at least one evidence-based goal for other activities that promote student wellness.

“*Using the* [*Collaborative for Academic, Social, and Emotional Learning (CASEL)*](https://casel.org/)*, schools will provide students with instruction to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.”*

[ ]  **Triennial Assessment** – Complete a triennial assessment and notify the public.

*“The division will assess the Wellness Policy at least once every three years and make results publicly available. The assessment will include: the extent to which each school is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of the progress made in attaining Wellness Policy goals.”*

[ ]  **Public Update and Information** – Specify how the public will be informed about content and implementation.

*“Annually, the division will inform the public about the content of and/or any updates to the Wellness Policy through the division or school website.”*

### Virginia Code Requirements

[ ]  **Compliant Fundraisers** **–** Permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored fundraisers per site per school day to be exempt from the Smart Snacks rule.

*“All school-sponsored fundraisers must meet the USDA-FNS Smart Snacks rule.”* ***OR*** *“Schools may allow up to 30 school-sponsored fundraisers per site per school day that are exempt from the USDA-FNS Smart Snacks rule.”*

[ ]  **Fundraiser Times** – Disallow food or beverage fundraisers during meal times.

*“Any fundraiser that sells food or beverages may not be conducted during school meal service times. This includes from 6:00 a.m. to the end of the breakfast period and from the beginning of the first lunch period to the end of the last lunch period.”*

[ ]   **Fundraiser Designee** – Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel.

*“The school principal approves, tracks, and monitors all food and beverage fundraisers. A fundraiser-tracking document is kept on file in the main office.”*

### Additional Recommended Wellness Topics (Optional)

[ ]  Scratch cooking

 [ ]  Student inspired meals/recipes

 [ ]  Farm to school activities

[ ]  Alternative breakfast models

[ ]  School health advisory board or similar

[ ]  Social and emotional health

[ ]  Active transportation

[ ]  Adequate meal times

[ ]  Physical activity breaks in the classroom

[ ]  Active academics

[ ]  Community partnerships

[ ]  Sustainability activities

[ ]  Staff health and wellness programs

[ ]  Healthy hydration