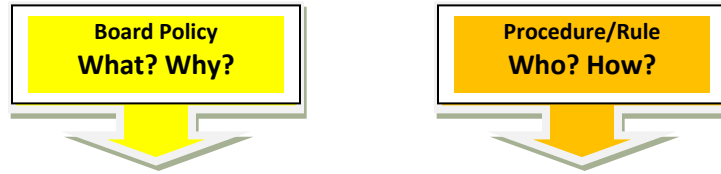


Creating Local Wellness Policy

Wellness Policy Guidelines based on the Healthy, Hunger Free Kids Act 2010¹



Policy Focus	HHFKA Requirements	Elements of Implementation
Nutrition Education	Goals for nutrition education	<ul style="list-style-type: none"> • Standards based nutrition education • Integrated into curricula • Education links with school environment
Physical Activity	Goals for physical activity and other school wellness activities	<ul style="list-style-type: none"> • Physical activity breaks in classes • Recess • Reward/punishment practices • Before/after school programs • Access to school facilities • Safe Routes to School
Nutrition Guidelines	Standards for all food available on school campus	<ul style="list-style-type: none"> • School meals • Competitive foods • Classroom/school celebrations • Fundraisers • Sports and events
Nutrition Promotion	Goals for nutrition promotion	<ul style="list-style-type: none"> • Food demonstration/tasting • Marketing • Modeling • Theme days/months
Public Involvement	Collaborative community team to develop , implement and review policy	<ul style="list-style-type: none"> • Parents • Teachers • School health professionals • Students • School Board • School Administration • Community Members
Implementation, Assessment, Update	Communication and monitoring of the policy	<ul style="list-style-type: none"> • Websites • Handbooks • Newsletters • Assess and compare • Report to school board • Identify a person to ensure compliance

By LB Stern, 02-2012

¹ More information and resources for local wellness policies at <http://www.cdc.gov/healthyouth/npao/wellness.htm>