

Local School Wellness Policy

LEAs play a critical role in promoting wellness among students, staff, and families. To ensure schools create a healthy environment for student health and learning, LEAs operating the National School Lunch Program or other federal Child Nutrition Programs are required to establish a local school wellness policy for all schools under its jurisdiction.

Requirements:

- ✓ Develop a current Wellness Policy. This policy must:
 - Include specific goals for nutrition education, physical activity, nutrition promotion, and other school-based activities to promote student wellness.
 - State nutrition guidelines for all foods available on the school campus. These guidelines must be consistent with federal regulations for school meal nutrition and Smart Snacks in School standards.
 - Only allow for food and beverage marketing that meet the Smart Snacks in School nutrition standards.
- ✓ Designate one or more school official(s) that has the authority to ensure Wellness Policy compliance at each school under its jurisdiction.
- ✓ Make the Local Wellness Policy available to the public, including an annual progress report with any updates to and about the policy, encourage public comment and input.
- ✓ Review and update the School Wellness Policy regularly.
- ✓ Invite stakeholders to participate in the development, review, updates, and implementation of the Local Wellness Policy.
- ✓ Assess progress made in attaining goals and wellness policy compliance and compare to model wellness policies every three years, share the results of this assessment with the public.

OSPI CNS School Nutrition Programs Reference Sheets

References:

- ✓ [Final Rule: Local School Wellness Policy](#)
- ✓ [Local School Wellness Policy](#)

Resources:

- ✓ [Washington State School Wellness Policy Best Practices](#)

Acronym Reference

-CNS	Child Nutrition Services
-HHFKA	Healthy Hunger Free Kids Act
-LEA	Local Education Agency
-OSPI	Office of Superintendent of Public Instruction
-USDA	United States Department of Agriculture