



## WELLNESS POLICY WORKSHEET: POLICY DEVELOPMENT/IMPLEMENTATION

### I. PURPOSE/RATIONALE FOR POLICY

*[Identify problems, issues or needs. Why is the policy wanted?]*

---

---

---

---

---

---

---

---

### II. DEFINING POLICY GOALS

*[Goals **MUST** be designed to promote student wellness in a manner that the local school district determines is appropriate. Consider local data, current district policies and practices, and identified problems, issues or needs. Goals should be appropriate for the district and be realistic to implement in the district.]*

#### A. NUTRITION EDUCATION GOALS

---

---

---

---

---

---

---

---

---

---

#### B. PHYSICAL ACTIVITY GOALS

---

---

---

---

---

---

---

---

**II. DEFINING GOALS** (con't)

**C. OTHER SCHOOL-BASED GOALS TO PROMOTE WELLNESS**

---

---

---

---

---

---

---

---

---

---

**D. Will any other district policies/practices need to be changed to be in line with these new school wellness policy goals? If so, which ones and how will they need to be changed?**

---

---

---

---

---

---

**III. SELECTING NUTRITION GUIDELINES**

*[Nutrition guidelines **MUST** be selected with the objective of promoting student health and reducing child obesity. Applicable to all foods served, sold or distributed in the schools during the school day. Should be based on sound nutrition facts and principles, be appropriate for the district and be realistic to implement in the district.]*

**A. IDENTIFY LOCATIONS/SITUATIONS WHERE FOOD AND BEVERAGES ARE SERVED, SOLD AND/OR DISTRIBUTED IN THE SCHOOL, ON SCHOOL PREMISES OR AS PART OF SCHOOL ACTIVITIES.**

---

---

---

---

---

---

---

---

---

---



**IV. ASSURANCES FOR REIMBURSABLE SCHOOL MEALS**

*[**MUST** provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of agriculture, as applicable to schools. **MUST** meet at least minimum nutritional standards set forth in child nutrition program laws and regulations.]*

**A. What assurances will the district provide regarding reimbursable school meals?**

- Provide reimbursable school meals that meet minimum requirements outlined in federal laws and regulations applicable to child nutrition programs, including minimum nutritional standards.
- Provide reimbursable school meals that meet or exceed minimum requirements outlined in federal laws and regulations applicable to child nutrition programs, including minimum nutritional standards.
- Provide reimbursable school meals that meet minimum requirements outlined in federal laws and regulations applicable to child nutrition programs, including minimum nutritional standards, and meet additional requirements outlined in District nutrition standards.

**V. IMPLEMENTATION PLAN**

*[**MUST** establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.]*

**A. IDENTIFY WHO WILL BE RESPONSIBLE FOR OVERSEEING POLICY COMPLIANCE?**

---

---

---

---

---

---

**B. How will policy compliance efforts be shared with/reported to the school board and administration?**

---

---

---

---

**V. IMPLEMENTATION PLAN (con't)**

**C. How often will the school wellness policy and its implementing guidelines/rules be reviewed?**

---

---

**D. IDENTIFY POSSIBLE ACTION STEPS FOR IMPLEMENTING SCHOOL WELLNESS POLICY GOALS AND NUTRITION GUIDELINES**

**1. Implementing Nutrition Goals**

---

---

---

---

---

---

---

---

**2. Implementing Physical Activity Goals**

---

---

---

---

---

---

---

---

**3. Implementing Other School-Based Goals Promoting Wellness**

---

---

---

---

---

---

---

---

---

---

---

---

**V. IMPLEMENTATION PLAN (con't)**

**4. Implementing Nutrition Guidelines for All Foods Served, Sold and Distributed in the Schools**

**School Meals/Ala Carte Offerings**

---

---

---

---

---

---

---

---

---

---

**Vending Machine/School Store Sales**

---

---

---

---

---

---

---

---

**Fundraising Activities**

---

---

---

---

---

---

---

---

**Instructional Program Activities/Teacher Rewards/Incentives**

---

---

---

---

---

---

---

---

**V. IMPLEMENTATION PLAN (con't)**

**D. IDENTIFY POSSIBLE ACTION STEPS FOR IMPLEMENTING SCHOOL WELLNESS POLICY GOALS AND NUTRITION GUIDELINES**

**4. Implementing Nutrition Guidelines for All Foods Served, Sold and Distributed in the Schools (con't)**

**School Snacks/Social Events**

---

---

---

---

---

---

---

---

**E. Will policy/rule implementation need to be phased in? If so, how?**

---

---

---

---

**F. What other district policies/rules/practices need to be revised for policy implementation purposes and for consistent decision making?**

---

---

---

---

---

---

**G. How will the school wellness policy and its implementing rules/guidelines be communicated to:**

**Staff:** \_\_\_\_\_

**Students:** \_\_\_\_\_

**Parents:** \_\_\_\_\_

**Community:** \_\_\_\_\_

---