

School Wellness Policy

All local education agencies that participate in the National School Lunch Program must now have local school wellness policies in place. The following Web sites contain information on the development, implementation, and evaluation of school wellness policies or school nutrition and physical activity policies; they also contain examples of what schools are doing to fulfill or go beyond the federal requirements. These Web sites include those operated by the federal government, state governments, and nonprofit groups that health professionals consider to be reputable organizations. *Planet Health* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Planet Health*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

Action for Healthy Kids

Wellness Policy Tool and Virtual Wellness Policy Team

Action for Healthy Kids is a nonprofit organization that works through schools to improve the health of overweight, undernourished, and sedentary youth. Its Wellness Policy Tool is designed to help schools develop, implement, and evaluate local wellness policies; its Virtual Wellness Policy Team answers frequently asked questions about school wellness policies.

www.actionforhealthykids.org/wellnesstool/index.html

California Healthy Kids Resource Center

Local School Wellness Policy Resources

The California Healthy Kids Resource Center has information on wellness policy requirements, strategies for policy development, links to sample policies, and tools for evaluation.

www.californiahealthykids.org/c/@AnEfmj3P23kAk/Pages/npapp.html

California Project Lean (CPL)

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide

Creating Healthier Places

CPL, a joint program of the California Department of Health Services and the Public Health Institute, offers a step-by-step guide to creating a healthy school nutrition and physical activity environment, including sample policies and case studies. The CPL Web site also offers a wealth of resource for improving the school environment.

www.californiaprojectlean.org/resourcelibrary/genResourceLibraryDetail.asp?CGUID=%7B933FD388%2D8CE8%2D4643%2DB3FF%2DE96ECB476535%7D&CIID=res%5F1025&CIV=6&CATNID=1031&CATNGUID=%7BEC63CE25%2D9FE4%2D4D03%2D8703%2DFB01D34F32C4%7D

www.californiaprojectlean.org/views/Create_Healthier_Places.asp

Center for Ecoliteracy

Model Wellness Policy Guide

The Center for Ecoliteracy, in collaboration with Slow Food USA and the Chez Panisse Foundation, has created a Model Wellness Policy Guide, with recommendations and language for developing a wellness policy. The guide is based on the innovative food policy developed by the Berkeley Unified School District.

www.ecoliteracy.org/programs/wellness_policy.html

Center for Science in the Public Interest (CSPI)

School Foods Toolkit: A Guide to Improving School Foods and Beverages

CSPI is a consumer advocacy organization that advances health and nutrition policy issues through a variety of means. CSPI has created a toolkit for improving school foods and beverages, including model materials, policies, and case studies.

www.cspinet.org/schoolfoodkit/

Centers for Disease Control and Prevention (CDC)

School Health Index (SHI) Self-Assessment & Planning Guide

Schools can use the SHI Self-Assessment & Planning Guide to identify strengths and weaknesses in their health and safety policies and programs, and to develop an action plan for improving student health. The SHI process engages teachers, parents, students, and the community in promoting health.

<http://apps.nccd.cdc.gov/shi/default.aspx>

Connecticut State Department of Education

Action Guide for School Nutrition and Physical Activity Policies

This document gives Connecticut school districts guidance on developing and implementing local physical activity and nutrition policies; it includes a report on pilot school wellness policy implementations in 10 schools.

www.state.ct.us/sde/deps/Student/NutritionEd/index.htm

Food Research Action Center (FRAC)

School Wellness Policy and Practice: Meeting the Needs of Low-Income Students

FRAC, a nonprofit organization that works to improve public policies to eradicate hunger and undernutrition in the United States, has created a guide to help schools ensure that their wellness policies respond to the nutrition concerns of low-income students.

www.frac.org/pdf/wellness_guide2006.pdf#search=%22school%20wellness%22

Food Trust

Comprehensive School Nutrition Policy for the School District of Philadelphia

The Food Trust, a nonprofit organization that aims to increase access to affordable and nutritious food, has created a multidisciplinary school nutrition policy that is being piloted in several Philadelphia-area schools. The Food Trust has also created a healthy beverage toolkit as part of its school food and beverage reform campaign.

www.thefoodtrust.org/php/programs/comp.school.nutrition.php

Illinois Nutrition Education and Training Program

Model Local Wellness Policy

Illinois has created a model policy that can be used as a template in writing local wellness policies. The site also includes a bibliography of Web site resources for policy development.

www.kidseatwell.org/LocalWellnessPolicy.html

Massachusetts Public Health Association

Community Action to Change School Food Policy: An Organizing Kit

This toolkit offers guidance on how to organize a committee for, develop, and pass nutrition policies covering nonregulated foods and beverages sold in schools (e.g., those sold via vending machines, school stores, and a la carte cafeteria lines, and those sold for fundraisers).

www.mphaweb.org/documents/CommunityActiontoChangeSchoolFoodPolicy.pdf

National Alliance for Nutrition and Activity (NANA)

Model School Wellness Policies

The Model School Wellness Policies deal with nutrition and physical activity and meet the federal local school wellness policy requirement. The model policies are based on nutrition science, public health research, and existing practices.

www.schoolwellnesspolicies.org/

National Association of State Boards of Education (NASBE)

State-Level School Health Policies

This Web site lists state-level school health policies in several areas including physical education and physical activity, nutrition education, school food services, and the school food environment.

www.nasbe.org/HealthySchools/States/State_Topics.asp

National School Board Association (NSBA)

Getting to Wellness, *American School Board Journal*

NSBA, a nonprofit federation of state school board associations, publishes the monthly *American School Board Journal*. This special issue of the *American School Board Journal* was designed to help school policymakers develop wellness policies.

www.nsba.org/site/doc_micro.asp?TRACKID=&VID=38&CID=1113&DID=37702

New Hampshire Department of Education

Healthy School Nutrition Environment Assessment Tool

This tool, based on the USDA's Changing the Scene Program and the CDC's Comprehensive School Health Assessment, can be used to assess and develop action plans for six key elements of a healthy school nutrition environment.

www.ed.state.nh.us/education/doe/organization/programsupport/documents/HealthySchoolNutritionEnvironmentAssessmentTool.doc

School Nutrition Association

(SNA; formerly American School Food Service Association)

Local School Wellness Policies

The SNA is a national nonprofit professional organization that works to ensure that all children have access to healthful school meals and nutrition education. The SNA has tools and resources that can help schools develop local wellness policies, including guidelines for developing a policy and example policies.

www.schoolnutrition.org/Index.aspx?id=1075

Team Nutrition

Healthy Schools: Local Wellness Policy

The USDA's Team Nutrition works through schools to promote the nutritional health of children in the United States. Team Nutrition has information on local wellness policy requirements; information on how to develop, implement, and assess a wellness policy; wellness policy examples; and funding ideas.

www.fns.usda.gov/tn/Healthy/wellnesspolicy.html