

# Local School Wellness Policy Self-Review & Checklist

Each local educational agency (LEA) must establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the local educational agency. The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum Federal standards. The U.S. Department of Agriculture (USDA) released a final rule on wellness policies in August 2016 that defines required content areas [7 CFR 210.31](#).

To be compliant with the final rule, Schools are required to have language in their Local School Wellness Policy (SWP) that relates to all the content areas listed on the following pages and assess their schools' compliance with the SWP every three years communicating the results to the public.

For an example SWP, refer to [the Montana School Board's Association sample policy](#) or the [Alliance for a Healthier Generation Model School Wellness Policy](#).

Please complete this [Montana Triennial assessment](#) every three years which can count as your SWP assessment.

Have questions or need help with your SWP? Please reach out to your [Regional School Nutrition Programs Specialist](#) or [Montana Team Nutrition](#).

- 1. Review your School Wellness Policy. Check each box that your School Wellness Policy includes.**
- 2. Anything not checked needs to be included in the SWP to fully comply with the SWP regulation.**  
Sample policy statements (*italicized*) are included under each content area.

At minimum, the local school wellness policy must contain the following elements:

- **Policy Leadership**

SWP is required to identify the position of the LEA or school official(s) responsible for the implementation and oversight of the local school wellness policy to ensure each school's compliance with the policy. (SFA may elect to include the position/title of the individual instead of a specific name).

*The superintendent shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.*

- **Public Involvement**

SWP is required to include a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy.

*The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.*

- Administrator
- School nurse
- Classroom teacher
- Community member/parent
- Physical education teacher
- Student
- SFA representative
- Medical/healthcare professional

□ **Standards and Nutrition Guidelines for all foods and beverages sold to students**

SWP must include standards and nutrition guidelines for all foods and beverages sold to students on campus during the school day that are consistent with federal regulations for school meals and non-program foods to meet the Smart Snacks standards.

□ **School Meals Standards**

SFAs are required to adhere to meal regulations and include language related to this in the written policy. School Meals must comply with applicable requirements set forth under [§210.10](#) for the National School Lunch Program (NSLP) & Afterschool Snack Program (ASP) and [§220.8](#) for School Breakfast Program (SBP).

*All schools within the district will participate in the [National School Lunch Program](#) (NSLP) and [School Breakfast Program](#) (SBP) and will provide meals that meet the USDA's nutrition standards for school meals.*

□ **Foods Sold Outside of the School Meal Programs (Non-Program Foods & Beverages) Standards**

SWP must include language related to foods and beverages sold on campus during the school day will adhere to Smart Snacks standards as set forth under [§210.11](#) for [Smart Snacks/competitive foods](#). Any food and beverage sold to students at schools during the school day, other than those foods provided as part of the school meal programs (a la carte items sold in the cafeteria, vending machines, all foods sold in school stores, snack bars, concession stands, and fundraisers) must meet Smart Snacks standards.

*The district will ensure that all food and beverages sold to students outside of the school meal programs shall meet the USDA Smart Snacks standards (policy should include a link to the [USDA Smart Snack standards](#) or list individually).*

□ **Foods Provided but Not Sold Standards**

The LEA is responsible for defining guidelines and standards for all foods and beverages offered (but not sold) to students during the school day to include in their written policy (e.g., class parties, class snacks, rewards, incentives). USDA has not defined specific guidelines for foods provided but not sold.

*The district encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School standards including those provided at celebrations will be promoted and a list of ideas is available.*

□ **Food and Beverage Marketing**

SFAs may only market products that adhere to Smart Snacks guidelines/Competitive food service and standards [2 CFR 210.11](#) during the school day and include language related to this in the written policy. SFAs may develop guidelines related to food marketing that are stricter than the Smart Snacks guidelines. Health and wellness efforts are weakened when students are subjected to advertising on district property that promotes unhealthy foods and beverages.

*All foods and beverages marketed to students on the school campus during the school day will meet or exceed Smart Snack guidelines. This includes the marketing of products on the exterior of vending machines, posters, flyers, menu boards, coolers, cups used for beverage dispensing, and other foodservice equipment.*

*Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.*

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Adapted from the [Wisconsin Department of Public Instruction LWP Checklist](#), retrieved 10/11/23 and the [Model Local SWP from Healthier Generation](#).

**Specific goals**

SWP at minimum must contain specific goals for

- Nutrition education                                  Nutrition promotion
- Physical activity                                        Other school-based activities that promote student wellness

In developing these goals, local educational agencies must review and consider evidence-based strategies and techniques.

**Nutrition Education**

SWP must include, at minimum, one goal for Nutrition Education in the SWP. Nutrition Education is vital to a health education program and empowers children with knowledge and skills to make healthy food and beverages choices.

*Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.*

*The district will teach, model, encourage and support healthy eating among students. Schools will provide nutrition education integrated into other subjects as part of health education and/or offer stand-alone classes at each grade level.*

**Nutrition Promotion**

SWP must include, at a minimum, one goal for Nutrition Promotion activities. Specifically, LEAs must review and consider using tools and strategies to promote school meals and healthy food and beverage choices.

*School nutrition services could use the [Montana Team Nutrition Designing Healthy lunchroom checklists](#) to determine ways to improve the school meals environment.*

*The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.*

*The district will ensure the promotion of healthy food and beverage choices through poster signage, school announcements, newsletters, and website postings.*

**Physical Activity**

SWP must include, at minimum, one goal for Physical Activity. District must explore the use of evidence-based strategies when identifying goals.

*Children and adolescents should participate in 60 minutes of physical activity every day. The district shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also encourage and support physical activity among students and provide opportunities for students to participate in physical activity in addition to physical education.*

*The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart, or fun runs).*

**Other School-Based Strategies for Wellness**

SWP must include, at minimum, one goal for Other School-Based Strategies for Wellness.

*The district will offer [Insert Number] family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.*

*The district recognizes that the out-of-school time (OST) settings, such as academic enrichment programs (e.g., reading or math-focused programs), specialty programs (e.g., sports teams, STEM programs and arts enrichment programs) and multipurpose programs that provide activities (e.g., 21<sup>st</sup> Century Programs, Boys & Girls Clubs, recreation agencies and YMCAs), provide critical opportunities to teach and reinforce healthy habits. As such, the district will promote Smart Snack standards among all school-based OST program providers.*

**Triennial Assessment of the School Wellness Policy**

SWPs must include language requiring that at least once every three years, an assessment of the SWP will be conducted to assess the schools' compliance with the local school wellness policy and make assessment results available to the public.

The assessment must measure the implementation of the local school wellness policy to include:

- The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy.
- The extent to which the LEAs local SWP compares to model local school wellness policies.
- A description of the progress made in attaining the goals of the local SWP.

The LEA must make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment which should be maintained on file.

What date did the district complete the SWP Triennial Assessment?

Were the results made available to the public?

*The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. Results of the triennial assessment will be available to the public.*

**Update/Inform the Public**

LEA must inform the public about the content and implementation of the local school wellness policy and make the policy and any updates to the policy available to the public on an annual basis. The written SWP must include language specifying how the SFA will be in compliance with this requirement.

LEA must also Inform the public about progress toward meeting the goals of the local school wellness policy and compliance with the local school wellness policy by making the triennial assessment, as required in [paragraph \(e\)\(2\)](#) of this section, available to the public in an accessible and easily understood manner. The written SWP should include language specifying how the district will be in compliance with this requirement.

*The district will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.*

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