



the movement to make healthy easy

## Frequently Asked Questions about School Wellness Policies

### 1. What is a School Wellness Policy?

The Local Wellness Policy requirement is established by Section 204 of Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. The law requires each local education agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

A school wellness policy must include measurable goals for nutrition education, physical activity, food provided on school campus, and other school-based activities designed to promote student wellness. The goals set forth in the policy will establish regulations for a la carte foods, fundraisers, vending machines, classroom parties, and food used as rewards.

### 2. Where can I find sample policies or policy language?

Nutrition Standards for Food in Schools

<http://www.iom.edu/CMS/3788/30181/42502.aspx>

Nutritional Standards for Competitive Foods in PA Schools

[http://www.pde.state.pa.us/food\\_nutrition](http://www.pde.state.pa.us/food_nutrition)

Local Wellness Policy Resources and Examples of Policy Language

[http://nutrition.psu.edu/projectpa/CCNPLR/html/CCNPLR\\_Materials.html](http://nutrition.psu.edu/projectpa/CCNPLR/html/CCNPLR_Materials.html)

### 3. Are the policies district-wide or must each building have one?

The school wellness policy is district-wide. The LEA is responsible for writing a policy, which will be implemented in each school within the district. The policy (or subsequent guidance/plans) should address circumstances that are unique to different school buildings within the district.

**4. Does the Child Nutrition Reauthorization Act require our school district to develop a wellness policy and a school health (wellness) council?**

The Child Nutrition Reauthorization Act requires school districts to develop a wellness policy, but it does not require school districts to develop a school health council. However developing a school health council is an excellent opportunity to implement, maintain and revise existing policies.

**5. How often must the policy be reviewed/renewed?**

The law does not specify how frequently the policy needs to be reviewed/revised; yet please keep in mind that an effective policy is not static. A policy should be reviewed and revised as warranted by changes in the environment. A policy that creates new practices and procedures may need to be reviewed more frequently than a policy that creates little change.

For more information on the requirements, implementation, examples, and information on how to fund a local wellness policy visit the USDA, TEAM Nutrition website at:  
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>