

# School Wellness Policy Resources



- 1. Child Nutrition and WIC Reauthorization Act of 2004** - Wellness Policy Section- This is the actual policy document that outlines the requirements of the local school wellness policy:  
<http://www.fns.usda.gov/tn/healthy/108-265.pdf>
- 2. Model Local Wellness Policy (American Dietetic Association & National Alliance for Nutrition & Activity)**- School districts may choose to use provided model policies as written or revise them as needed to meet local needs and reflect community priorities:  
<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>
- 3. Wisconsin focused resources from WI Department of Public Instruction**  
<http://dpi.wi.gov/fns/wellnessplcy.html>
- 4. Examples from Wisconsin schools from WI Association of School Boards**  
<http://www.wasb.org/cms/content/view/258/>
- 5. Policy Language Options from the Center for Food and Justice, Urban and Environmental Policy Institute:**  
[http://departments.oxy.edu/uepi/cfj/publications/healthy\\_school\\_food\\_policies\\_05.pdf](http://departments.oxy.edu/uepi/cfj/publications/healthy_school_food_policies_05.pdf)
- 6. Wellness Policy Guide from the Center for Ecoliteracy:**  
[http://www.ecoliteracy.org/programs/pdf/CEL\\_Wellness\\_Policy.pdf](http://www.ecoliteracy.org/programs/pdf/CEL_Wellness_Policy.pdf)
- 7. Action For Healthy Kids:** <http://www.actionforhealthykids.org/>  
Includes a wellness policy tool that allows you to build your own policy by cutting and pasting language from existing or model policies that have been gathered from states and districts around the country: [http://www.actionforhealthykids.org/resources\\_wp.php](http://www.actionforhealthykids.org/resources_wp.php)
- 8. School Nutrition Association Recommendations** (formerly the American School Food Service Assn) - This site includes sample nutrition policies, a PowerPoint presentation about what the law requires, what your district needs to do about it, and links to other resources:  
[http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Child\\_Nutrition/Local\\_School\\_Wellness\\_Policies/SNALocalWellnessPolicyGuidelinesFinal.pdf](http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Child_Nutrition/Local_School_Wellness_Policies/SNALocalWellnessPolicyGuidelinesFinal.pdf)  
<http://www.schoolnutrition.org/Index.aspx?id=1075>
- 9. Local Wellness Policy PowerPoint Presentation from the School Nutrition Association:**  
[http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Child\\_Nutrition/Local\\_School\\_Wellness\\_Policies/Local%20Wellness%20Policy%20Presentation.ppt](http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Child_Nutrition/Local_School_Wellness_Policies/Local%20Wellness%20Policy%20Presentation.ppt)
- 10. Appleton WI's Wellness Policy Example:**  
<http://www.aasd.k12.wi.us/ACA/Promoting%20Healthy%20Lifestyles-CMYK-Final2.pdf>

**11. Local Wellness Policy PowerPoint Presentation from the American Dietetic Association:**  
<http://www.eatright.org/ada/files/ADAWellnessPolicy.ppt#298,1,Wellness Policies>

**12. Wellness Policy Fact Sheet:**  
[http://health.ocde.us/downloads/Local\\_Wellness\\_Policy\\_Fact\\_Sheet.pdf](http://health.ocde.us/downloads/Local_Wellness_Policy_Fact_Sheet.pdf)

**13. USDA's Website:** This site has information on policy requirements, basic steps, sample policies, and other available resources:  
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

**14. List of References from Team Nutrition:**  
<http://www.kidseatwell.org/flyers/WellnessPolicyResources.pdf>

**15. Wellness Policy Quiz:**  
[http://health.ocde.us/downloads/Local\\_School\\_Wellness\\_Policy\\_IQ.pdf](http://health.ocde.us/downloads/Local_School_Wellness_Policy_IQ.pdf)

**16. CDC's School Health Index-**Schools can use the Index as a self-assessment and planning tool to improve the effectiveness of their health and safety policies and programs:  
For Middle & High Schools: <http://apps.nccd.cdc.gov/SHI/pdf/MiddleHigh.pdf>  
For Elementary Schools: <http://apps.nccd.cdc.gov/SHI/pdf/Elementary.pdf>

**17. Success Stories-** Explains how schools have improved their food & beverage selection & have not lost revenue:  
[http://www.cspinet.org/nutritionpolicy/improved\\_school\\_foods\\_without\\_losing\\_revenue2.pdf](http://www.cspinet.org/nutritionpolicy/improved_school_foods_without_losing_revenue2.pdf)

**18. Fort Zumwalt's Wellness Policy Example:**  
[http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Child\\_Nutrition/Local\\_School\\_Wellness\\_Policies/FtZumwaltMO.pdf](http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Child_Nutrition/Local_School_Wellness_Policies/FtZumwaltMO.pdf)

**19. National Food Service Management Institute's Wellness Policy Satellite Seminar-** On October 18, 2005 the National Food Service Management Institute delivered a two-hour program on Local School Wellness Policy development. The primary goal of the program was to provide child nutrition professionals and other key players in the school and community an opportunity to hear the most current school wellness policy information:  
[http://www.nfsmi.org/Education/Satellite/ss37/program\\_info.htm](http://www.nfsmi.org/Education/Satellite/ss37/program_info.htm)

**20. Organizing Kit from Massachusetts Public Health Association:**  
[http://www.mphaweb.org/home\\_food\\_policy\\_kit.pdf](http://www.mphaweb.org/home_food_policy_kit.pdf)

**21. The "A" List Vending Options:**  
<http://www.johnstalkerinstitute.org/vending%20project/alist.pdf>

**22. No Junk Food Website:**  
[http://www.nojunkfood.org/vendors/healthy\\_snack\\_list.html](http://www.nojunkfood.org/vendors/healthy_snack_list.html)

**23. Non-food Fund Raising Options:**  
[http://www.squaremeals.org/vgn/tda/files/2348/4232\\_Nutrition%20Non%20Food%20Rewards%20flyer%20single%20page.pdf](http://www.squaremeals.org/vgn/tda/files/2348/4232_Nutrition%20Non%20Food%20Rewards%20flyer%20single%20page.pdf)

**24. My Pyramid:**

<http://www.mypyramid.gov/kids/>

**25. Dietary Guidelines:**

<http://www.healthierus.gov/dietaryguidelines/>

**26. Fit, Healthy, & Ready to Learn-** Has specific recommendations on length of time for lunch and minimum recommendations for amount of physical activity. Also provides an overall policy framework for school health programs and specific policies on various topics:

<http://www.nasbe.org/HealthySchools/fithealthy.html>

**27. Changing the Scene:** This kit can help local people take action to improve their school's nutrition environment. The kit includes a variety of tools for use at the local level to raise awareness and address school environment issues that influence students' eating and physical activity practices:

<http://www.fns.usda.gov/tn/Healthy/changing.html>

**28. CDC's Healthy Youth:**

<http://www.cdc.gov/HealthyYouth/index.htm>

**29. HealthierUS School Challenge** - USDA has established the HealthierUS School Challenge to encourage schools to create a healthy nutrition environment and to recognize those who put in extra efforts to do so. Earn a Silver or Gold level designation for your efforts:

<http://teamnutrition.usda.gov/HealthierUS/index.html>

**30. Making It Happen! School Nutrition Success Stories-** This resource includes 32 success stories from around the country that describe changes schools/school districts made to food and beverages that are offered or sold outside the Federal meal programs:

<http://www.fns.usda.gov/tn/resources/makingithappen.html>



Resources compiled by Wisconsin Homegrown Lunch

[www.reapfoodgroup.org/farmtoschool](http://www.reapfoodgroup.org/farmtoschool)

Based on resource list from Shannon Zielinski, RD  
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