

LOCAL WELLNESS POLICY CHECKLIST

This checklist is intended to help schools meet the USDA regulations for the Local Wellness Policy.
(This checklist is not an assessment tool.)

- Nutrition Education** - Includes specific goals for nutrition education that were developed to enhance a child's understanding of healthy foods using evidence-based strategies.
- Nutrition Promotion** - Includes specific nutrition promotion that follows USDA regulations for school meals.
- Physical Activity** – Includes specific goals for physical activity that promote wellness using evidence-based strategies.
- Other School-Based Activities that Promote Student Wellness** – Includes other school-based activities that are designed to promote wellness in a manner that the Local Education Agency (LEA) determines is appropriate.
- Nutrition Guidelines:**
 - Provides an assurance that guidelines for reimbursable school meals and a la carte foods shall not be less restrictive than regulations and guidance issued by USDA.
 - Includes nutrition guidelines and standards for USDA/ALSDE Smart Snacks in School for all foods available on each school campus (including fundraisers) under the LEA during the school day with the objectives of promoting student health and reducing childhood obesity.
 - Policies that allow marketing or advertising of only those foods/beverages that meet the USDA/ALSDE Smart Snacks in School nutrition standards.
- Wellness Committee:**
 - Includes title of the LEA or school official(s) responsible for oversight of the Local Wellness Policy and efforts to involve parents, students, representatives of the Child Nutrition Program, the school board, school administrators, and the general public in the development of the Local Wellness Policy.
 - Includes how potential stakeholders: parents, students, teachers, administrators, school health professionals, school board members, and the general public are made aware of their ability to participate in the development, review, update, and implementation of the Local Wellness Policy.
- Triennial Assessment:**
 - Establishes a plan for measuring implementation of the Local Wellness Policy and completion of a triennial assessment at least once every three years.
 - Includes designation of one or more persons within the LEA (or at each school) charged with operational responsibility for ensuring that the school follows the Local Wellness Policy.
 - Includes when and how the review and update of the Local Wellness Policy occur.
- Public Notification:**
 - Includes how the public and stakeholders are notified of the Local Wellness Policy, committee meetings, updates, activities, and assessments. (i.e., local newspaper, district website, school social media, etc.)
 - Includes how the public can locate a copy of the Local Wellness Policy and Triennial Assessments.