



## School Wellness Policy and Smart Snacks

### Professional Standards:

General Nutrition 1300 (1320 - Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc.)

Program Management 3200 (3230- Evaluate and utilize resources to promote a healthy school environment)

### Webcast

[School Wellness Policy and Smart Snacks](#) – 10:30 minutes

An overview of the Healthy, Hunger-Free Kids Act of 2010 that requires all local educational agencies participating in federal Child Nutrition programs to establish and implement local school wellness policies and follow Smart Snacks nutrition standards.

### Activities

- Provide copies of the district's wellness policy to the group. Have them work in pairs to review and get more familiar with the contents of the policy. As a group discuss what they learned? Are there any areas of improvement?
- If training includes other school staff (teachers, nurse, administrators, etc.) work as a group to complete the [School Wellness Progress Report](#) to identify steps that have been taken to implement each goal or next steps that will be taken to fully implement.
- Gather several snack and beverage labels (compliant and non-compliant) and have them work in pairs to enter the nutrition facts information into the online [Smart Snacks Product Calculator](#) to determine if products are compliant.

### Quiz

The quiz questions can be completed as group, in pairs, or individually as a way to reinforce concepts learned.

#### 1. Wellness Policies must include which of the following?

- a) Goals for nutrition education and promotion, physical activity, and other wellness activities;

- b) Nutrition requirements for all foods SOLD at school, including snacks and at school meals.
  - c) Nutrition guidelines foods that are PROVIDED at no cost to students (such as at classroom parties or as rewards).
  - d) Guidelines for what types of food advertising our students may see at school.
  - e) Information about how we will measure how well we implement this policy, notify everyone about our progress, and who people should contact for more information about the policy.
  - f) All of the above
2. In order for a food to qualify under the Smart Snacks standards, it must first meet one of two provisions. Which one is incorrect?
- a) The first ingredient must be a whole grain, fruit, vegetable, protein or dairy food.
  - b) It must be prepackaged with nutrition facts label. *(food items do not need to be prepackaged, items made from scratch need to have recipe analyzed to determine nutrition information to enter into calculator).*
  - c) The product is a combination food with at least ¼ c. fruit or vegetable.
3. Which of the following are allowable beverages at the high school level (select all that apply?)
- a) 20 oz. bottle of fat-free chocolate milk *(maximum portion size of milk at high school level is 12 oz.)*
  - b) Low-calorie sports drink
  - c) Coffee
  - d) Diet Soda
  - e) 100% Juice
  - f) Water
4. Food and beverage marketing must be consistent with Smart Snack standards in which of the following settings (select all that apply)?
- a) Vending machines visible before school, during school, and 30 minutes after school
  - b) Posters displayed in the school cafeteria
  - c) Events outside of school hours
  - d) Personal clothing or other items
  - e) Cooler or equipment in school cafeteria

## School Wellness and Smart Snacks Trainings and Resources

[Iowa Department of Education's School Wellness Webpage](#)

- Nutrition Education and Promotion

- Physical Activity
- Other School Based Activities
- Nutrition Guidelines
- Food and Beverage Marketing
- Wellness Leadership and Public Involvement

[Iowa Department of Education's Smart Snack Webpage](#)

- Overview Resources
- Calculator and Product Lists
- School Nutrition, Fundraisers, School Stores, and Smart Snacks
- Smart Snack Recipes