



School Wellness Policy Checklist



A local school wellness policy is a written document that guides a local educational agency (LEA) efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation*. As part of the Administrative Review process, Iowa Department of Education's Bureau of Nutrition and Health Services reviews school wellness policies for regulation compliance.

- LEA has current wellness policy. Date it was last updated: _____
 - Includes goals for nutrition program
 - Includes goals for nutrition education
 - Includes goals for physical activities
 - Includes goals for other school based-activities
 - Includes Smart Snacks in School nutrition standards for all foods and beverages sold at each school during the school day (before school and 30 minutes after school).
 - Includes nutrition standards for foods and beverages, not sold to students, but available throughout the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.)
 - Includes policies for food and beverage marketing

- Wellness Policy Leadership: LEA has designated at least one school official who has the authority and responsibility to ensure each school complies with the policy.
Name/Title of Designated Leader: _____

- LEA permits involvement of the following individuals in the development, implementation, review, and modification of the wellness policy:
 - Parents
 - Teachers of Physical Education
 - School Administrators
 - Students
 - School Health Professionals
 - General Public
 - School Food Service
 - School Board Members

Documentation: current committee list, meeting announcements, committee invitations, etc.

- Triennial Assessment** is completed every 3 years and contains the required components:
 - Compliance with the wellness policy
 - How the wellness policy compares to model wellness policies;
 - Progress made in attaining the goals of the wellness policy

[School Wellness Building Progress Report](#)

- Informs and updates the public on the content and implementation of the wellness policy including building progress reports.

Documentation: web address, newsletter article, copy of e-mail, completed assessment tools, etc.

School Wellness Policy Resources:

<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

or contact schoolmeals@iowa.gov