

OSPI School Meal Programs Reference Sheet

Local School Wellness Policies

Local Education Agencies (LEAs) play a critical role in promoting wellness among students, staff, and families. To ensure schools create a healthy environment for student health and learning, LEAs operating the National School Lunch Program or other federal Child Nutrition Programs are required to establish a local school wellness policy for all schools under its jurisdiction.

Requirements

- ✓ **Develop a current Wellness Policy.** This policy must:
 - Include specific goals for nutrition education, physical activity, nutrition promotion, and other school-based activities to promote student wellness.
 - State nutrition guidelines for all foods available on the school campus. The guidelines for those that are sold on campus must be consistent with federal regulations for school meal nutrition and Smart Snacks in School standards.
 - Only allow for food and beverage marketing that meet the Smart Snacks in School nutrition standards.
 - Include a description of public involvement, public updates, policy leadership, and evaluation plan.
- ✓ **Designate one or more school official(s)** with authority to ensure Wellness Policy compliance at each school under its jurisdiction.
- ✓ **Make the Local Wellness Policy available to the public;** forward-facing.
- ✓ **Review and update** the School Wellness Policy regularly.
- ✓ **Invite stakeholders to participate** in the development, review, updates, and implementation of the Local Wellness Policy; encourage public comment and input.
- ✓ **Conduct a triannual assessment,** to determine compliance and progress toward meeting goals. Share the results of the assessment with the public. Assessment includes:
 - Comparison of the LEA's policy to model policies
 - Evaluation of the LEA's compliance with the wellness policy
 - Assessment of progress toward goals included in the policy

Details

- Wellness Policies are tailored to the unique needs of each LEA and their schools.
- Templates can be used if personalized and includes at a minimum the above noted requirements. OSPI does not provide template policies.
- Documentation required for Administrative Review:



- ✓ Compliance with community involvement requirements (copy of the newsletter announcing/inviting stakeholders)
- ✓ Wellness Policy and annual updates
- ✓ Triannual assessment for each school under its jurisdiction which includes comparison to model policies and assessment of LEA's compliance with the policy

Link or web address to where these are publicly available (cannot be hidden in School Board Policy unless directly linked from main webpages)

References:

[Final Rule: Local School Wellness Policy](#)

[Summary of the Local Wellness Policy Final Rule](#)

[SP 24-2017 Local School Wellness Policy Guidance and Q&A](#)

[7 CFR 210.31](#)

Resources:

[Wellness School Assessment Tool \(WellSAT\)](#)

[Local School Wellness Policy – USDA Resource Materials](#)

Acronym Reference

- LEA – Local Education Agency
- NSLP – National School Lunch Program
- OSPI – Office of Superintendent of Public Instruction
- SBP – School Breakfast Program
- SNA – School Nutrition Association
- SY – School Year
- USDA – United States Department of Agriculture