

Wellness Policy Assessment Tool

Form 357 Rev 8/17

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA, annual assessments are strongly encouraged in New Jersey.

SFA/District Name _____ Policy Reviewer _____
School Name _____ Date _____
Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No **I. Public Involvement**

- We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- | | | | |
|---|--|--|----------------------------------|
| <input type="checkbox"/> Administrators | <input type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |

- Person in charge of compliance:

Name/Title:

- The policy is made available to the public.

Indicate How:

- Our policy goals are measured and the results are communicated to the public.

Please describe:

- Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

Yes No **II. Nutrition Education**

- Our district's written wellness policy includes measurable goals for nutrition education.

- We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

- We offer nutrition education to students in: Elementary School Middle School High School

Yes No **III. Nutrition Promotion**

- Our district's written wellness policy includes measurable goals for nutrition promotion.

- We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

- We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

- We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

- We ensure students have access to hand-washing facilities prior to meals.

- We annually evaluate how to market and promote our school meal program(s).

- We regularly share school meal nutrition, calorie, and sodium content information with students and families.

- We offer taste testing or menu planning opportunities to our students.

- We participate in Farm to School activities and/or have a school garden.

- We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

- We price nutritious foods and beverages lower than less nutritious foods and beverages.

- We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

- We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

- We provide teachers with samples of alternative reward options other than food or beverages.

- We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No IV. Nutrition Guidelines (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast Program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No V. Physical Activity

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Additional Notes: Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

VII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name	<input type="text"/>	Position/Title	<input type="text"/>
Email	<input type="text"/>	Phone	<input type="text"/>