

# ST. PETER'S SCHOOL FOOD SERVICE

## Local Wellness Policy (LWP)

The LWP requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children Reauthorization Act of 2004 and strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each School Food Authority (SFA) participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expanded the requirements to strengthen policies and increase transparency. SFAs were required to be compliant with the final rule by June 30, 2017.

### **Content of the Wellness Policy**

The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each SFA can be addressed. At a minimum, policies are required to include:

- Specific goals for nutrition promotion and education, physical activity, and other schoolbased activities that promote student wellness. SFAs are required to review and consider evidence-based strategies in determining these goals.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, and policy leadership.
- Establishment/identification of wellness policy leadership of one or more SFA officials who have the authority and responsibility to ensure compliance.
- Description of how the wellness policy and updates are made available to the public, on an annual basis.
- Description of a wellness policy assessment which must occur at least once every 3 years. The assessment must be made available to the public and measure: ~ compliance

with the wellness policy ~how the local wellness policy compares to a model policy  
~progress made attaining the goals of the wellness policy

### **Completing the Wellness Policy Assessment**

DPI requires use of the Local Wellness Policy Triennial Assessment Report Card for the local wellness policy assessment. This is a 2-step process. It includes completing both a self assessment of the LWP and the WellSAT assessment of the Local Wellness Policy. Once both steps of the wellness policy assessment are complete, keep the Report Card on file for your Administrative Review.

### **Local Wellness Policy Triennial Assessment Report Card**

SFAs must use the Minnesota Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The first page includes instructions for completing the Local Wellness Policy Triennial Assessment Report Card. The first step of the assessment begins on page two of the Report Card. There, SFAs will complete the fillable fields with SFA-specific LWP objectives and evaluate compliance and to what extent the objectives were achieved.

### **WellSAT Tool**

The second step of the triennial assessment involves completing the Wellness School Assessment Tool which allows SFAs to evaluate how their policy compares to model policy language. The WellSAT covers six content areas and includes 67 policy items considered best practices for school wellness. SFAs rate the extent to which their policy contains language related to each policy item. WellSAT scores are calculated for comprehensiveness and strength. The comprehensiveness score reflects the extent to which recommended content areas are covered in the policy. The strength score reflects how strongly the policy items are stated. At the bottom of the Report Card is an optional section for SFAs to input the WellSAT scores (provided upon completion of the WellSAT tool). The fully completed Triennial Assessment Report Card meets all the requirements of the triennial assessment.

The following resources can assist with the development, revision, and assessment of your LWP.

- Local Wellness Policy Webinar will walk SFAs through the requirements set forth in the final rule of Local School Wellness Policy Implementation under the HHFKA of 2010.

- Local Wellness Policy Checklist is a resource that will help SFAs determine if all content areas are included in their school wellness policy.
- Wisconsin Wellness: Putting Policy into Practice is a resource designed to assist SFAs with developing comprehensive policies that incorporate new policy requirements while establishing a framework for accountability. The resource provides information on required policy components and includes best practices that will assist SFAs with creating and maintaining a strong wellness policy. **(I personally prefer this template)**
- Local Wellness Policy Builder is an online tool designed to assist SFAs in creating comprehensive school wellness policies that meet the final rule established by the USDA in August 2016.
- Local Wellness Policy Builder - Full Text is a compilation of all statements available in the Local Wellness Policy Builder Online Tool