



LINKING THE DISTRICT LOCAL WELLNESS POLICY

In June 2004, Congress established a requirement that all schools that participate in the federally funded school meal programs have a local wellness policy by July 2006. Policies provide for ongoing change and structure for districts and schools. Wellness policies address nutrition education, nutrition standards, and physical activity within the school district. To assist schools with this mandate, the Michigan State Board of Education adopted a Model Local Wellness Policy. Some school districts used this template, other templates, or created their own language for their Local Wellness Policy.

Recent research indicates that while many schools have Local Wellness Policies, they are not implementing them. To respond to that, the Healthy, Hunger Free Kids Act of 2010 addressed school wellness policies.

Have you read your school district's Local Wellness Policy? If not, ask your superintendent for a copy.



THE HEALTHY, HUNGER FREE KIDS ACT OF 2010:

- **Permits** parents, students, school food personnel, school board members, administrators, and community members to participate in the development and periodic review and updates of the wellness policy.
- **Updates** nutrition guidelines to meet new United States Department of Agriculture (USDA) nutrition standards and applies the standards to all foods available anywhere at school during the school day, including food sold outside school meal programs.
- **Measures** and reports periodically on the implementation and progress of the policy including school compliance, comparisons to model policies and progress toward achieving policy goals.
- **Informs** and updates parents, students, and other community members about the content and implementation of the wellness policy.

Districts should review and update their Local Wellness Policy when implementing the *Michigan Nutrition Standards* to make sure the policy is consistent with the practices in the district and prepare for the changes outlined in the Healthy, Hunger Free Kids Act of 2010.





NOTES:

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