



Start Smart: Making the Most of Wellness Policy Changes in THIS School Year

The USDA final guidance on local wellness policies was released in July 2016. These changes provide districts an opportunity to improve the nutrition, physical activity, and food marketing environment in their schools while more fully engaging their community in the process. USDA instructs districts to begin developing their new policy this school year and fully comply with the new standards by June 30, 2017.

USE THIS CHECKLIST TO GET STARTED:

1. Recruit new wellness committee members

✓Parents, students, school food service staff, PE teachers, school health professionals, school board members, school administrators, and diverse members of the community should all be represented on your committee. Use the [Alliance for a Healthier Generation's resources](#) to build a strong wellness committee.

- Identify the district and/or school representative in charge of wellness policy implementation.
- Notify all families annually on the availability of the district wellness policy. Translate materials into the languages spoken by families and students in your district.
- Provide information on how to obtain details of the local wellness policy.



2. Address junk food and beverage marketing—if you can't sell it, you can't market it!

✓Junk food and beverage marketing comes in many forms and all should be covered in a district's wellness policy.

- Learn about [Food Marketing in Schools](#)
- Use [CA Project Lean's Assessment Tool](#) to understand the current food marketing environment in your school or district.

✓If your district allows food and beverage marketing, choose one of the three options:

- A: Allow the marketing of only the foods and beverages that meet nutrition standards for foods sold in schools.
- A+: Include a more stringent marketing standard that eliminates the marketing of look-alike or copycat Smart Snacks products.
- A++: Eliminate advertising of all brands that market unhealthy foods both within and outside of schools.



3. Assess school wellness policy implementation

✓Conduct an assessment to ensure the district's implementing their policies on nutrition promotion and education, physical activity, and other school-based activities. There are a variety of tools to use in your school:

- The [School Health Index](#): a self-report measure.
- The [WellSAT-I](#): an interview measure.



Forthcoming Tools

Over this school year, the UConn Rudd Center will update their [WellSAT 2.0](#) and WellSAT-I tools to incorporate these new regulations. Contact Margaret Read at margaret.read@uconn.edu for the most up-to-date information.