



Energize Your Local School Wellness Policy with School Breakfast

Schools participating in the National School Lunch Program, School Breakfast Program, or other Federal Child Nutrition Programs are required to develop and implement a local school wellness policy. The wellness policy provides teachers, administrators, the school board, parents, food service staff, and the community with a valuable platform for improving a school's health/nutrition environments and bettering the lives of students on a daily basis. All local school wellness policies must contain the following elements, at a minimum:

- Goals for nutrition promotion and education, physical activity, and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;
- Nutrition guidelines for all foods available on the school campus during the school day to promote student health and reduce the prevalence of childhood obesity;
- Assurances that guidelines for school meals are not less restrictive than those set by USDA;
- Clear allowances for parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local school wellness policy;
- A plan for regularly measuring the implementation of the local school wellness policy, including the extent to which schools are in compliance with the local school wellness policy, the extent to which the local educational agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local school wellness policy; and,
- A mechanism for providing information and updates to the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.

Re-visiting a district's wellness policy can open up a dialogue to help schools make breakfast a priority as part of the overall school nutrition environment. Each of the required components listed above is an opportunity to help your school district improve access, participation, and

quality of school breakfast. By getting involved as the policy is revised, you can help strengthen school breakfast so that more kids, families, and schools benefit!

Download the **SBP Wellness Policy Strategies** chart included with this toolkit for more information on how you can make your school's breakfast program a positive element of the local school wellness policy.

Visit the USDA Local School Wellness Policy Web site for more information, tools, and resources on strengthening your school's wellness policy.

www.fns.usda.gov/tn/healthy/wellnesspolicy.html