



# SLM in Wellness Policies

## USDA Proposed Rule

Under the proposed rule at §210.30(c)(1), LEAs would also be required to review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness. At a minimum, USDA would expect LEAs to review “Smarter Lunchrooms” tools and strategies, which are evidence-based, simple, low-cost and no-cost changes that are shown to improve student participation in the NSLP an SBP while encouraging consumption of more whole grains, fruits, vegetables, and legumes, and decreasing plate waste(<http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>).

For example, using creative names for fruits and vegetables and targeted entrees, training staff to prompt students to select fruits and vegetables, placing unflavored milk in front of other beverage choices, and bundling “grab and go” meals that include fruit and vegetable items, have all been shown to improve the likelihood that children will make the healthier choice.

## Model Language \*

### **School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans-fat* per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *[include here any additional Federal child nutrition programs in which the district participates, possibly including the Fresh Fruit & Vegetable Program (FFVP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Supper programs, or others]*. The District also operates additional nutrition-related programs and activities including *[if applicable, insert here a list of other programs such as Farm to School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab ‘n’ Go Breakfast, or others]*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;

Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)

Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
- Sliced or cut fruit is available daily
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All available vegetable options have been given creative or descriptive names



- Daily vegetable options are bundled into all grab and go meals available to students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

### **Professional Development**

- The district will ensure that food service staff receive professional development in Smarter Lunchrooms Movement principles, strategies and practices.

### **Monitoring and Evaluation**

- The district will include the monitor and evaluate the implementation of Smarter Lunchrooms, using tools such as the Smarter Lunchrooms Self-Assessment Scorecard, food production records, sales records, student surveys and plate waste studies.

### **Community Partnerships**

The District will [insert as appropriate to current efforts: develop, enhance, or continue] relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

- Food Service will consult with Smarter Lunchrooms Movement of California Technical Advising Professionals for advice, resources, guidance and inspiration.

*\*language taken from the Alliance for Healthier Generation Model Wellness Policy:*

[https://www.healthiergeneration.org/take\\_action/schools/wellness\\_councils\\_policies/wellness\\_policies/](https://www.healthiergeneration.org/take_action/schools/wellness_councils_policies/wellness_policies/)



## Helpful Links

CA Local School Wellness Policy Webpage: <http://teamcaliforniaforhealthykids.org/school-wellness/>

California Project Lean School Wellness Webpage:

<http://www.californiaprojectlean.org/doc.asp?id=168&parentid=20>

California Department of Education School Wellness Webpage:

<http://www.cde.ca.gov/ls/nu/he/wellness.asp>

Dairy Council of California's School Wellness Webpage: <http://www.healthyeating.org/Schools/School-Wellness/School-Wellness-Policies.aspx>

UC CalFresh School Wellness Policy Webpage: <http://uccalfresh.org/resources/school-wellness-policy>

California School Board Association Student Wellness Policy Webpage:

<https://www.csba.org/GovernanceAndPolicyResources/ConditionsOfChildren/StudentPhysicalHealthWellness/StudentWellnessPolicy.aspx>

California Food Policy Advocates Model Wellness Policy Guide:

[http://cfpa.net/ChildNutrition/ChildNutrition\\_ExternalPublications/ModelWellnessPolicyGuide-CenterforEcoliteracy-2010.pdf](http://cfpa.net/ChildNutrition/ChildNutrition_ExternalPublications/ModelWellnessPolicyGuide-CenterforEcoliteracy-2010.pdf)