Wellness Policy Assessment Tool

Form 357 Rev 8/17

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school, or at a minimum, each school level. The wellness policy and completed assessment must be available to the public. Triennial assessment is required by USDA, annual assessments are strongly encouraged in New Jersey.

SFA/Di	strict Na	ame Policy Reviewer		
School Name Date				
Select a	ll grade	s: PK K K 1		
Yes	No ·	··I. Public Involvement		
0	C	We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: Administrators School Food Service Staff P.E. Teachers Parents School Board Members School Health Professionals Students Public		
0	0	Person in charge of compliance: Name/Title:		
	0	The policy is made available to the public.		
		Indicate How:		
\circ	0	Our policy goals are measured and the results are communicated to the public.		
		Please describe:		
0	0	Our district completes triennial reviews of the wellness policy. If more frequently, please describe:		
Yes	No	II. Nutrition Education		
\circ	\circ	Our district's written wellness policy includes measurable goals for nutrition education.		
\circ	0	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).		
0	\circ	We offer nutrition education to students in:		
Yes	No	III. Nutrition Promotion		
$\overline{}$	\circ	Our district's written wellness policy includes measurable goals for nutrition promotion.		
0	0	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.		
\circ	\circ	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.		
0	0	We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).		
$\overline{}$	\circ	We ensure students have access to hand-washing facilities prior to meals.		
C	0	We annually evaluate how to market and promote our school meal program(s).		
\circ	\circ	We regularly share school meal nutrition, calorie, and sodium content information with students and families.		
C	0	We offer taste testing or menu planning opportunities to our students.		
0	0	We participate in Farm to School activities and/or have a school garden.		
C	0	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).		
\circ	\circ	We price nutritious foods and beverages lower than less nutritious foods and beverages.		
C	0	We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte		
\circ	0	We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.		
0	0	We provide teachers with samples of alternative reward options other than food or beverages.		
\circ	\bigcirc	We prohibit the use of food and beverages as a reward.		

Yes	No	IV. Nutrition Guidelines (Cont. from page 1)		
\circ	\circ	Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.		
\circ	0	We operate the School Breakfast Program: Before School In the Classroom Grab & Go		
\circ	\circ	We follow all nutrition regulations for the National School Lunch Program (NSLP).		
O	0	We operate an Afterschool Snack Program.		
0	\bigcirc	We operate the Fresh Fruit and Vegetable Program.		
0	O	We have a Certified Food Handler as our Food Service Manager.		
\circ	\bigcirc	We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:		
		as à La Carte Offerings in School Stores in Vending Machines as Fundraisers		
Yes	No	V. Physical Activity		
\circ	\bigcirc	Our district's written wellness policy includes measurable goals for physical activity.		
0	0	We provide physical education for elementary students on a weekly basis.		
\circ	\bigcirc	We provide physical education for middle school during a term or semester.		
0	0	We require physical education classes for graduation (high schools only).		
\circ	\bigcirc	We provide recess for elementary students on a daily basis.		
0	0	We provide opportunities for physical activity integrated throughout the day.		
0	\bigcirc	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.		
O	0	Teachers are allowed to offer physical activity as a reward for students.		
\circ	\bigcirc	We offer before or after school physical activity: \square Competitive sports \square Non-competitive sports \square Other clubs		
		nal ⇒ limit indicate any additional wellness practices and/or future goals used to establish a school environment that students' health, well-being, and ability to learn. Describe progress made in attaining these goals.		
VII. Contact Information:				
For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.				
Name		Position/Title		
Email		Phone		