

USDA School Wellness Policy Requirements
Indiana Department of Education, School and Community Nutrition

At a minimum, school wellness policies are to include:

- 1. Wellness Coordinator:** Has identified at least one person as responsible for monitoring the local wellness policy.
- 2. Stakeholder Participation:** Allow 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, evaluation and update of the local school wellness policy.
- 3. USDA Requirements for School Meals:** Has assured school meals meet the USDA requirements.
- 4. Nutritional Guidelines for all Foods and Beverages Sold:** Has set nutritional guidelines for foods and beverages sold on the school campus during the school day.
- 5. Nutritional Guidelines for Non-Sold Foods and Beverages:** Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day.
- 6. Food and Beverage Marketing:** Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks).
- 7. Nutrition Education:** Has at least 2 goals for nutrition education.
- 8. Nutrition Promotion:** Has at least 2 goals for nutrition promotion.
- 9. Physical Activity:** Has at least 2 goals for physical activity.
- 10. Other Activities:** Has at least 2 goals for other school-based activities that promote student wellness.
- 11. Evaluation:** Every three years has evaluated the local wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:
 - to what extent the Local Educational Agency (LEA) is in compliance with the district policy;
 - the extent to which the local wellness policy compares to model school wellness policies;
 - the progress made in attaining the goals of the local wellness policy.Include name of evaluation tool used within the school wellness policy.
- 12. Communication:** Annually inform and update parents, students, staff, and the community about the content and implementation of the local wellness policy, including the assessment of the policy and provide a way for additional stakeholders to be able to participate.

USDA requires a minimum of 2 goals for nutrition education, promotion, physical activity, and other activities, but it is up to each LEA to determine the content of the goals. LEAs are required to review and consider evidence-based strategies in determining these goals.