

# School Nutrition Program at a Glance

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## Topic: Local School Wellness Policy

### Overview:

School Food Authorities (SFAs) play a critical role in promoting wellness among students, staff, and families. To ensure schools promote an environment for student health and learning, SFAs operating the National School Lunch Program or other federal Child Nutrition Programs are required to establish a Local School Wellness Policy (LSWP) for all schools under its jurisdiction.

### Requirements:

- ✓ Develop a current wellness policy. This policy must:
  1. Include specific goals for nutrition education, physical activity, nutrition promotion, and other school-based activities to promote student wellness.
  2. State nutrition guidelines for all foods available on the school campus. These guidelines must be consistent with federal regulations for school meal nutrition and Oregon Smart Snack nutrition standards.
  3. Only allow for food and beverage marketing that meet the Smart Snack nutrition standards.
- ✓ Designate one or more school officials that has the authority to ensure wellness policy compliance at each school under its jurisdiction.
- ✓ Make the wellness policy available to the public, including an annual progress report with any updates to and about the policy, encouraging public comment and input.
- ✓ Review and update the wellness policy regularly.
- ✓ Invite stakeholders to participate in the development, review, updates, and implementation of the wellness policy.
- ✓ Assess compliance with wellness policy requirements every three years (a.k.a., Triennial Assessment).
- ✓ Maintain documentation when and how updates occur as well as documentation on how stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the policy.

**Triennial Assessment Requirements & Tools:**

- ✓ Assess progress made in attaining goals, wellness policy compliance, and comparison to model wellness policies every three years, at a minimum.
- ✓ Include other stakeholders in the review process in addition to the official(s) identified.
- ✓ Maintain documentation demonstrating how and when the policy was evaluated.
- ✓ Share the results of the assessment and any updates to the policy with the public.
- ✓ USDA does not identify a specific assessment tool. Available tools include:
  1. [WellSAT 3.0](#)
  2. [Wellness Policy in Action Tool \(WPAT\)](#)
  3. Multi & Single Site Assessment Tools
    - Multi-Site Sponsors:
      - [Multi-Site School Level Triennial Assessment Tool](#)
      - [Multi-Site Sponsor Level Triennial Assessment Tool](#)
    - Single Site Sponsors:
      - [Single Site Sponsor Level Triennial Assessment Tool](#)
    - [Wellness Assessment Report](#)

**Helpful Resources:**

- ✓ [USDA Local School Wellness Policies](#) webpage
- ✓ [RCCI Sample Wellness Policy](#)
- ✓ [ODE Local School Wellness Policy and Triennial Assessment Resources](#) webpage section
- ✓ To request a copy of the newest model of local wellness policy, contact the Oregon School Board Association [policy services department](#) or call 800-578-6722.

**Regulatory References:**

- ✓ [7 CFR 210.31](#)
- ✓ [SP 24-2017](#)

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**Acronym References and Definitions**

CFR	Code of Federal Regulation
LSWP	Local School Wellness Policy
ODE CNP	Oregon Department Education Child Nutrition Program
OSBA	Oregon School Boards Association
RCCI	Residential Child Care Institution
SFA	School Food Authority
USDA	United States Department of Agriculture

The Washington Office of Superintendent of Public Instruction created this document.  
The Oregon Department of Education modified the document to apply to Oregon.