

**Wellness Policy Guidelines Overview: Elements of Implementation:
Based on the Healthy, Hunger Free Kids Act of 2010**

Policy Focus	HHFKA Requirements	Elements of Implementation
Public Involvement	Collaborative community team to develop, implement and review policy	<ul style="list-style-type: none"> ▪ Parents ▪ Teachers ▪ Physical Education instructors ▪ School health professionals ▪ Students ▪ School Board and Administration ▪ Community Members
Nutrition Guidelines	Standards for all food available on school campus	<ul style="list-style-type: none"> ▪ School meals ▪ Competitive foods ▪ Classroom/school celebrations ▪ Rewards ▪ Fundraisers ▪ Meal Service and Time
Nutrition Education	Goals for Nutrition education	<ul style="list-style-type: none"> ▪ Standards based nutrition education ▪ Integrated into curricula (i.e. cooking classes) ▪ Education links with school environment
Nutrition Promotion	Goals for Nutrition promotion	<ul style="list-style-type: none"> ▪ Become a Healthier US School and Team Nutrition school ▪ Staff modeling healthy eating ▪ Health fair ▪ School garden ▪ Theme days/months ▪ Food tasting ▪ Wellness newsletters ▪ Cafeteria ambiance/education
Physical Activity	Goals for physical activity and other school wellness activities	<ul style="list-style-type: none"> ▪ Physical Education (PE) ▪ Minutes ▪ Curriculum ▪ Fitness testing ▪ Physical activity breaks in classes ▪ Recess ▪ Reward/punishment practices ▪ Staff modeling physical activity ▪ Walking or other activity clubs ▪ Before/after school programs ▪ Access to school facilities ▪ Safe Routes to School
Implementation, Assessment, Update	Communication and monitoring the policy	<ul style="list-style-type: none"> ▪ Websites ▪ Handbooks ▪ Newsletters ▪ Assess and compare ▪ Report to school board ▪ Identify a person to ensure compliance