



Build Your Local Wellness Policy

10th Annual School Wellness Summit

Solvang, CA

OCTOBER 2-5



USDA Final Rule Regulations

- Measurable goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness
- Nutrition guidelines for all foods and beverages sold or made available on school campus during the school day
- Policies for food and beverage marketing
- Requirements that stakeholders be provided opportunities to participate in the development, implementation, and periodic review and update of the wellness policy
- A plan for measuring effectiveness that is measured triennially and made available to the public
- Annual notification informing and updating the public (parents, students, and others in the community) about the content and implementation of the LSWP
- Designation of one or more LEA officials or school officials by position or title, to ensure that each school complies with the LSWP

[Summary of the Final Rule](#)



Final Rule v California Requirements

Example:

FINAL RULE: Exemptions allowed for infrequent school-sponsored fundraisers. Frequency to be defined by state agency. Exempted fundraiser foods or beverages may not be sold in competition with school meals in the food service area during the meal service.

California LWP Requirements As of July 1, 2014, all fundraisers occurring on school campus during the school day must meet the above nutrition standards with no exemptions allowed. In addition to meeting the nutrition standards outlined in this document, student organizations conducting food or beverage sales on campus during the school day must also adhere to the following rules:

Elementary:*

- Only one food or beverage item per sale
 - Sales must be approved by governing board of school district
 - Sale must be after the lunch period has ended
 - Food or beverage item cannot be prepared on campus
 - Each school is allowed four sales per year
 - Food or beverage item cannot be one that is sold in the food service program at that school during the same school day
- Middle/high schools:*
- Up to three categories of food or beverage item may be sold (e.g., chips, sandwiches, juices, etc.)

[Snack Foods and Beverages in California Schools](#)



- ❖ Policy Refresh Page
- ❖ Model Wellness Policy
- ❖ Wellness Policy Builder
- ❖ Measure Policy Implementation Across all Schools

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HEALTHIER GENERATION'S APPROACH

Whole School, Whole Community, Whole Child

(CDC, 2019)



Let's go to the Wellness Policy Builder!

