Wellness Policy

Content of the Wellness Policy

• **Specific goals** for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness

• **Standards and nutrition guidelines for all foods and beverages sold to students** on the school campus during the school day (meal pattern, Smart Snacks, Arkansas Nutrition Standards)

• **Standards for all foods and beverages provided to students** during the school day

• **Policies for food and beverage marketing**

• **Description of public involvement, public updates, policy leadership, and evaluation plan.**

Triennial Assessment

- Compliance with the wellness policy
- Compares to model wellness policies
- Progress made in attaining the goals of the wellness policy

Complete Wellness Committee Checklist Part 1 to assess implementation and compliance

Complete Wellness Committee Checklist Part 2 and update policy as needed

ACSIP Plans in Indistar, including BMI Data and required modules of the School Health Index

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