

WELLNESS POLICY EVALUATION CHECKLIST

Local Education Agency (LEA) _____
AGREEMENT # _____ School year _____

This checklist will help LEAs evaluate the success of the wellness/nutrition policy required by USDA. Evaluation should be completed at least once per school year. It is not all-inclusive.

1. Meal Service

YES NO

- Students have been given an adequate amount of time to eat.
- Meal periods are scheduled at appropriate times. Lunch periods must be between 10:00 AM and 2:00 PM.
- All reimbursable meals offered meet federal standards.
- Students receive a consistent nutrition message in the classroom and cafeteria.
- All food preparation areas have had health inspections and received satisfactory approvals.

2. A La Carte Sales

YES NO

- Foods of minimal nutritional value, as defined by USDA, are not sold, served or given away anywhere on school property before the end of the school day.
- Foods and beverages having sugar, in any form, as the first ingredient, are not sold, served or given away anywhere on school property prior to the end of the school day.
- Candy is not sold, served or given away anywhere on school property before the end of the school day.
- All snacks and beverages sold, served or given away anywhere on school property during the school day meet the standards set forth in the adopted nutrition policy.

3. School Store

YES NO

- Any food or beverage item sold in the school store during the school day meet the standards set forth in the adopted nutrition policy.
- A copy of the adopted nutrition policy is in the school store.

4. Fundraising

YES NO

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | - Fundraising encourages healthy eating habits by promoting the sale of healthy food/beverage items or non-food products. |
| <input type="checkbox"/> | <input type="checkbox"/> | - All fundraising involving the sale of food/beverage items takes place outside of the regular school day. |
| <input type="checkbox"/> | <input type="checkbox"/> | - Parent groups and other organizations have been advised of the adopted nutrition policy and refrain from using restricted items as fundraisers. |

5. Curriculum

YES NO

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|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | - State and district health education curriculum standards and guidelines include nutrition and physical education. |
| <input type="checkbox"/> | <input type="checkbox"/> | - Recess is scheduled before lunch whenever possible. |

6. Beverages

YES NO

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|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | - All beverages offered for sale do not exceed 12 ounces, except water. |
| <input type="checkbox"/> | <input type="checkbox"/> | - In elementary schools only water, milk (2% fat or less) and 100% fruit or vegetable juice is offered for sale. |
| <input type="checkbox"/> | <input type="checkbox"/> | - In middle and high schools, at least 60% of all beverages, other than water and milk (2% or less fat) must be 100% fruit or vegetable juice. |
| <input type="checkbox"/> | <input type="checkbox"/> | - In middle schools and high schools the 40% "other" beverages that are offered meet the standards set forth in the adopted nutrition policy. |
| <input type="checkbox"/> | <input type="checkbox"/> | - The adopted nutrition policy is implemented correctly for each area beverages are offered, including vending machines and the school store. |
| <input type="checkbox"/> | <input type="checkbox"/> | - Whole milk, if offered, does not exceed an 8 ounce portion. |

7. Celebrations

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | - Classroom celebrations do not include any foods defined by USDA as foods of minimal nutritional value. |
| <input type="checkbox"/> | <input type="checkbox"/> | - Occasional classroom celebrations and curriculum related activities are exempt from this policy, however, strong effort is made to include healthy choices when planning these activities. |

