

# About the Wellness Policy

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

## At a minimum, the wellness policy must:

- 1)  include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines to be appropriate.
- 2)  include nutrition guidelines selected by the local education agency for all foods available on each school campus under the local education agency during the school day with the objectives of promoting student health and reducing childhood obesity.
- 3)  provide assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.
- 4)  establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local education agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.
- 5)  involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

## Resources available to guide local wellness policy development:

- 1)  Model Local Wellness Policy, October, 2005. [www.michigan.gov/MDE](http://www.michigan.gov/MDE) In the search bar type "Policy on Wellness" then click on Wellness Policy 2005
- 2)  Local Wellness Policy Web pages from USDA's Team Nutrition web site: [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn). Click "Local Wellness Policy"
- 3)  Section 204 of Public Law 108-265: [www.fns.usda.gov/tn/Healthy/108-265.pdf](http://www.fns.usda.gov/tn/Healthy/108-265.pdf)
- 4)  Healthy School Action Tool (HSAT) is an online assessment to help your school determine ways to create a healthier school environment. [www.mihealthtools.org/healthyschools.asp](http://www.mihealthtools.org/healthyschools.asp)
- 5)  Michigan Surgeon General's Healthy School Environment Recognition Program is designed to recognize and applaud Michigan schools that have taken significant steps to make their environments healthier. [www.mihealthtools.org/healthyschools.asp](http://www.mihealthtools.org/healthyschools.asp)
- 6)  Local Wellness Policy web pages from the School Nutrition Association web site: [www.schoolnutrition.org](http://www.schoolnutrition.org)
- 7)  Michigan Team Nutrition web site provides numerous resources designed to encourage students and their families to eat healthy and be active. [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu)