



Federal and HSA Local Wellness Policy Requirements

Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA) – Federal requirements (July 2011)

1. **Goals for nutrition education, nutrition promotion, physical activity, and other school-based activities** that are designed to promote student wellness in a manner that the local education agency determines is appropriate;
2. **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. **Guidelines for reimbursable school meals**, which are no 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; This requirement implies that districts must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.
4. **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 each school fulfills the district's local wellness policy;
5. **School community involvement**, including parents, students, teachers of physical education, school health professionals, and representatives of the school food authority, the school board, school administrators, and the public in the development, implementation, and periodic review and update of the school wellness policy.
6. **Public Notification**: Local education agencies are required to measure periodically and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which LWP compares to model LWP, and to describe the progress made in attaining goals of LWP.

Healthy Schools Act of 2010 (HSA) – Local Requirements (amended 2011)

Each local education agency shall collaborate with parents, students, food service providers, and community organizations (i.e. school wellness team) to develop, adopt, and update a comprehensive local wellness policy. Policies shall be revised at least every 3 years.

1. **School Nutrition**

❖ **Nutritional standards for school meals**

In addition to the federal nutritional standards, **breakfast, lunch, after school snacks and suppers, and summer meals served to students shall meet or exceed:**

- The following nutritional requirements per serving:
 - Saturated fat: Fewer than 10% of total calories;
 - Trans fat: Zero grams; and
 - Sodium: (Requirements shall not apply until August 1, 2020; provided that schools shall gradually reduce the amount of sodium.).



- The serving requirements of the USDA's Healthier US School Challenge (HUSSC) program at the Gold Award level for vegetables, fruits, whole grains, milk, and other foods served in school meals.
- ❖ **Schools shall offer free breakfast to all students.** Elementary schools shall offer breakfast in the classroom each day. Middle schools shall offer alternative serving models, such as breakfast in the classroom or grab-and-go carts, each day to increase breakfast participation. (It may be stated how breakfast is accessed by students)
 - ❖ **Ensure your students have 30 minutes to eat lunch every day and sufficient time during the lunch period for every student to pass through the food service line.**
 - ❖ **Healthy vending and fundraising in public, public charter, and participating private schools, with few exceptions, HSA requires that all beverages and snack foods shall meet the requirements of the USDA's Healthier US School Challenge (HUSSC) program at the Gold Award Level for competitive foods:**
 - **Total fat:** Calories from total fat must be at or below 35% per serving. *Excludes nuts, seeds, nut butters, and reduced-fat cheese.*
 - **Trans fat:** Less than 0.5 grams (trans fat free) per serving.
 - **Saturated fat:** Calories from saturated fat must be below 10% per serving. *Excludes reduced-fat cheese.*
 - **Sugar:** Total sugar must be under or equal to 35% sugar by weight (includes naturally occurring and added sugars). *Excludes fruits, vegetables, and milk.*
 - **Sodium:** ≤ 480 mg per non-entrée and ≤ 600 mg per entrée.
 - **Portion size/Calories:** Not to exceed the serving size of the food served in the NSLP; for other items, the package or container is not to exceed 200 calories.
 - ❖ **Schools will not use food and/or beverages that do not meet USDA HUSSC Gold Award Level criteria as incentives, prizes, and awards for academic performance or good behavior.**
 - ❖ **Schools shall not permit third parties to sell foods or beverages of any type to students on school property from 90 minutes before the school day begins until 90 minutes after the school day ends.**
 - ❖ **Foods and beverages that do not meet the nutritional requirements of the HUSSC shall not be advertised or marketed in schools.**

2. *Physical and Health Education*

- ❖ HSA separates physical and health education requirements as follows:
 - It shall be the goal for children to engage in physical activity for 60 minutes each day.
 - Physical education: for students in Grades K-5, an average of at least 150 minutes per week; for students in Grades 6-8, an average of at least 225 minutes per week; at least 50% of PE class time shall be devoted to actual physical activity (*HSA requirement as of SY 2014-15*).

- Health education: for students in K-8, an average of at least 75 minutes per week (HSA requirement as of SY 2014-15).

**Note: OSSE understands that meeting the new health and physical education time requirements may be a challenge for schools, and we are available to assist schools with adjusting to the increase in time.*

- ❖ **A student with disabilities shall have suitably adapted physical education incorporated as part of the individualized education program (IEP) developed for the student.**
- ❖ **Requiring or withholding physical activity shall not be used to punish students.**

3. Healthy Schools Act Local Wellness Policy Goals

- ❖ **Set goals** for 1) improving the environmental sustainability of schools; 2) increasing the use of locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices; and 3) increasing physical activity.
- ❖ **Be sure to address all 3 of these goals in your policy.** Goals should be realistic and measurable. Think about steps you are already taking, such as maintaining a school garden program, utilizing school-wide recycling programs, using environmentally friendly cleaning products, contracting with vendors who employ local suppliers, promoting activity breaks, or extracurricular physical activities. *(An example of a physical activity goal: It shall be the school's goal to provide 60 minutes per day of physical activity for all students through 30 minutes of daily recess for students, 15 minutes of morning movement/exercise before the start of each instructional day, and 15 minutes of movement in the classroom each day.)*

***Note: All bolded items must be included in the local wellness policy.**