

# What's Important Now Local Wellness Policy

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Illinois Nutrition Education &  
Training Program

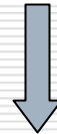
[www.kidseatwell.org](http://www.kidseatwell.org)

# Web-Based Technical Assistance

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[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)



*Click on Local Wellness Policy or  
Healthy Schools*

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# Steps for Establishing a Local Wellness Policy

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1. Form a Team
  2. Assess the Needs, Current School Environment
  3. Create Policies
  4. Market the Established Policies
  5. Implement Policies
  6. Maintain the Effort
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# Who Must Develop The Local Wellness Policy?

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- Parents
- Students
- Representatives of  
the School Food  
Authority
- School Board
- School  
Administrators
- Public



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# Assess the Needs

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- ❑ Changing the Scene Improvement Checklist



- ❑ School Health Index: Self-Assessment and Planning Guide



- ❑ Keys to Excellence: Standard of Practice for Nutrition Integrity



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# Create a Local Wellness Policy

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- Fit, Healthy, and Ready to Learn



- Changing the Scene—  
A Guide to Local Action



- CDC Guidelines for School Health Programs to promote healthy eating



- CDC Guidelines for school and community to promote physical activity among young people
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# Other Resources

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- Website resources
- Model policy for Illinois schools for all foods/beverages (outside school meals) available on school campuses



# The consensus group

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- Health care
- Student
- Parents
- School staff
- Business
- Advocacy groups
- State offices
- Public health professionals



# The model policy is:

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- A template for district policy writers
  - An exemplary model for a school environment that promotes and supports smart nutrition choices
  - A resource and educational tool for school decision-makers
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# Market the Policy

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- School Newspaper
  - Local Newspaper
  - Special Mailing
  - Grand Opening
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# Implement Policy

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- ❑ Timelines
  - ❑ Reporting Structure
  - ❑ New Products
  - ❑ Responsibilities
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# Nutrition Education Implementation Resources

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- Team Nutrition In-School Curriculums
    - Integrated, behavior based
    - Meet Illinois Learning Standards
    - Employs effective learning techniques (fun, interactive, relevant)
  
  - e-Learning workshop TN curriculums
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# Physical Activity Implementation Resources

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- Illinois NET Program Loan Library  
[www.kidseatwell.org](http://www.kidseatwell.org)
  - CATCH curriculums
  - PE for Life
  - Take 10
  - The Power of Choice
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# Maintain the Effort

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- Assessment process
  - Reporting process
  - Financial impact
  - Meals sold
  - New products sold
  - Education
  - Marketing
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# NORTH COMMUNITY HIGH SCHOOL

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- ❑ Assistant Principal Bryan Bass
  - ❑ Increased number of vending machines from 4 to 16
    - 13 with water or 100% juice*
  - ❑ Competitive pricing
    - .75cents water*
    - \$1 sports drinks and 100% juice*
    - \$1.25 soda and fruit drinks*
  - ❑ Soda sales are down
  - ❑ Vending Profits increased \$4,000/year
  - ❑ Total number of cases of beverages more than doubled
  - ❑ Water is the number one seller
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# Calais High School

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Heather Erickson  
School Health  
Coordinator

Student Council  
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Wellness Team and  
School Health  
Advisory Council  
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Press



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