Notes from Iowa Department of Education’s 2010 Requirements for Health Hunger-Free Kids Act

Required Components

* Public involvement
* Public notification
* Nutrition education
* Nutrition guidelines
* Nutrition promotion and marketing
* Physical activity
* Physical education
* Monitoring and evaluation

New policy must be in place by June 30, 2017

1. Must have at least one goal for each of the following areas:
   1. Nutrition education
   2. Nutrition promotion
   3. Physical activity
   4. Other school-based wellness activities
2. Nutrition standards
   1. All foods and beverages sold (before, during and 30 minutes after school) must meet nutrition standards
   2. All foods and beverages provided, including parties, snacks and incentives must have a policy but it does not necessarily have to meet nutrition standards
3. Food and Beverage Marketing
   1. Do not allow marketing or advertising for food or beverages that do not meet the nutrition standards
   2. Schools do not have to replace equipment by June 30, but must have a plan to do so when contracts are renewed and/or equipment review is done
4. Leadership
   1. Must have indicated an individual who is responsible for and has the authority to implement the wellness policy
   2. Must invite public participation; specifically discussed that this has to be an open invitation to the public not an invitation of selected of members of the public (e.g. through flyers, social media, auto dialer, etc.)
   3. Development and evaluation must be a team effort; not one or two people
5. Triennial Assessments
   1. Compliance
   2. Compare policy to model policies
   3. Progress made in attaining the goals of the wellness policy
6. Public updates
   1. How is public made aware of this?

What happens in the administrative review?

* Every three years at the school nutrition administrative review
* They will review at the annual school meals application. They ask for the date of the last policy review and the person in charge of the school wellness policy implementation.
* They will check that all components are included
* They will ask for documentation of:
  + Policy
  + How made available to the public
  + How the policy got updated and who participated in that
  + Most recent assessment
* Questions they will ask are:
  + How does the public know about school wellness policy?
  + When and how does the review and update of the school wellness policy occur?
  + Who is involved in reviewing and updating the school wellness policy?
  + How are stakeholders invited to participate?
  + How is public made aware of the assessment?
  + They will ask for documentation of each of these.

Sample Policy from the Iowa Association of School Boards and Iowa Department of education (minimum standards)

https://www.educateiowa.gov/documents/school-wellness/2016/09/sample-school-wellness-policy

Model Policy from Alliance for Healthier Generations (best practices)

https://www.healthiergeneration.org/\_asset/l062yk/07-278\_HSPFramework.pdf