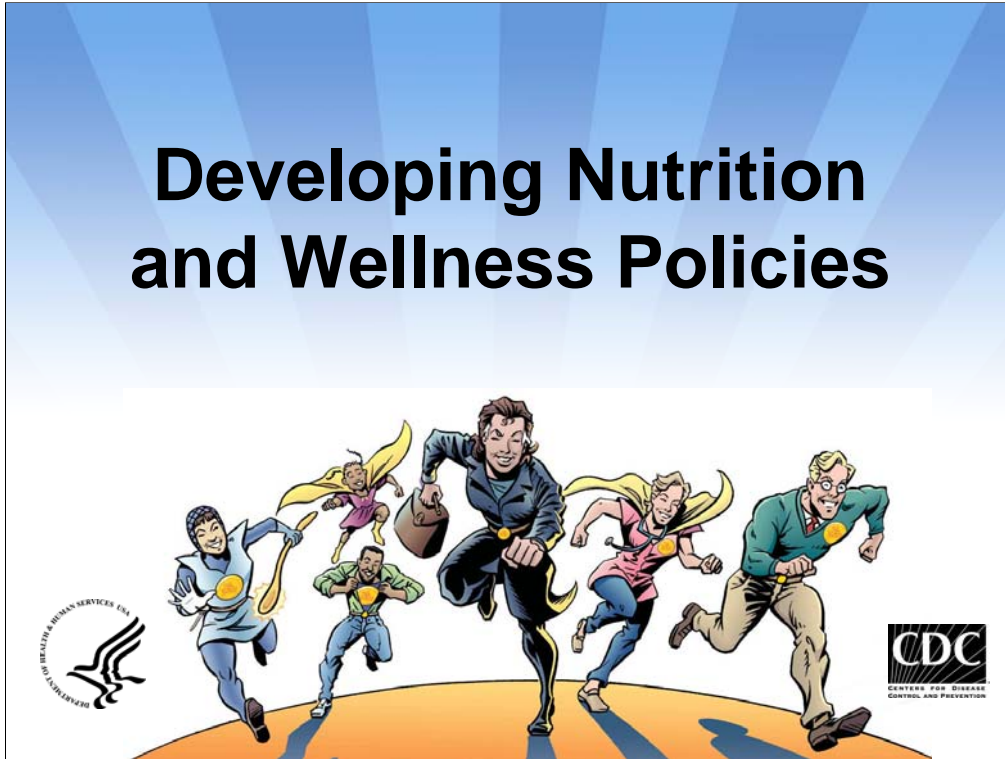


Developing Nutrition and Wellness Policies



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Nutrition and Wellness Policies

- Important part of any program.
- Document what is expected.
- New law.

Policy is an important component of any program. A good policy documents clearly what is expected of each person. There is a new law requiring schools to develop nutrition policies, and this is your opportunity to use that law to develop policies promoting food-safe schools.

What is the law?

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What needs to be included in the policy?

- Nutrition education goals.
- Physical activity goals.
- Nutrition standards for all foods available at school.
- Goals for other school-based activities designed to promote student wellness.
- A plan for measuring implementation of the local wellness policy.
- Involvement of others.

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What does this law have to do with food-safe schools?

- Opportunities to include policies that promote student wellness and nutrition standards related to food-safe schools.

This law is an opportunity to get food-safe schools policies included with other related policies. However, if your district has already adopted a wellness policy or is not interested in broadening it, you still need to create policies that support food-safe schools.

What types of things could be included in the policy that promotes food-safe schools?

- **Ensuring the safety of foods:**
 - **Prepared at school.**
 - **Brought from home.**
 - **At school events and stores.**
 - **Bought from outside vendors.**
 - **Prepared or served in the classroom.**
- **Regular training of staff.**
- **Managing a suspected outbreak.**
- **Handwashing.**
- **Education of students and families.**

Use results of needs assessment to determine what the policy is lacking in your school.

**Policies must be clearly
written.**

For a policy to be effective, it must be clearly written and cover all aspects of an issue.

***All boxes in the storeroom
must be neatly arranged
and provide easy access.***

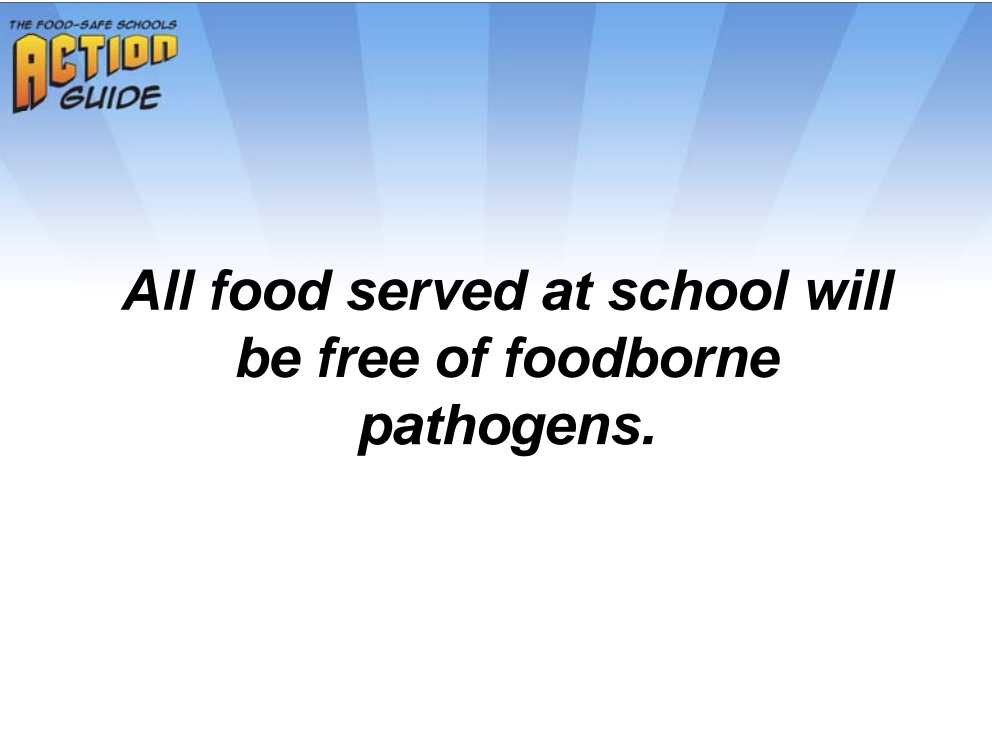
Here's a sample policy: All boxes in the storeroom must be neatly arranged and provide easy access. Let's look at how this policy might be implemented.



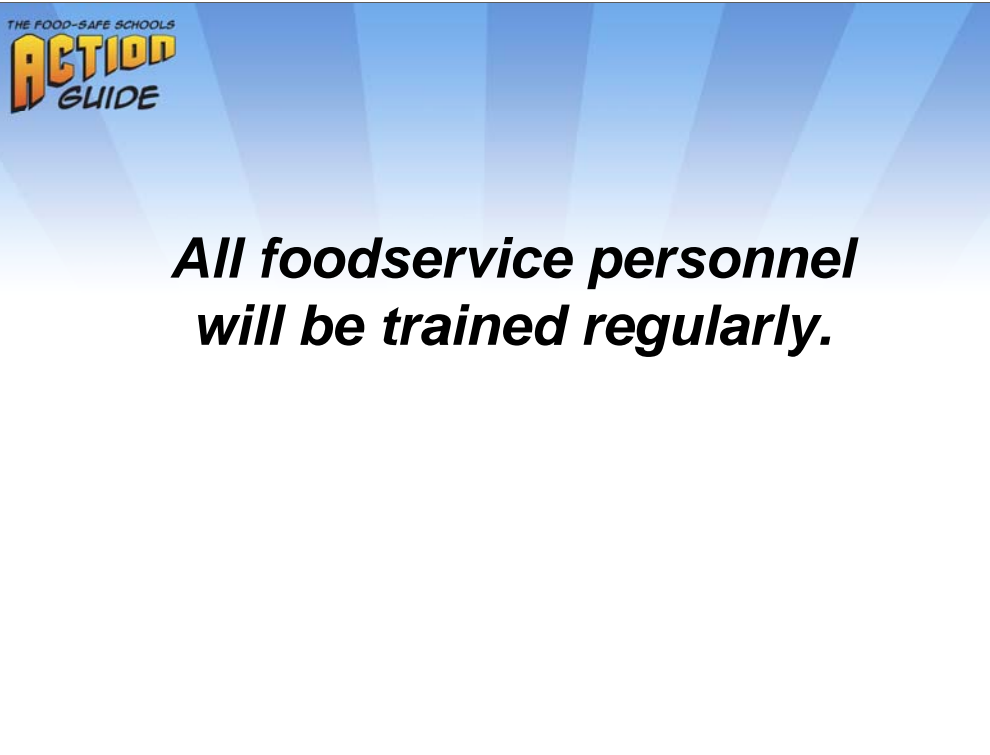
Look at these arrangements. If you were the employee's supervisor, for which arrangement would you give the employee a high rating and for which arrangement would you give a low rating? (Give participants time to think about the question.) Ask for volunteers to give and justify their answers. The justification is important. Discuss the answers, noting that almost everyone had additional criteria for determining if the policy was met, even though each of the four arrangements fulfilled the specified policy.

***Your bedroom must be
clean before you may go
out to play.***

Here's another policy with which many of us are familiar. Probably all of us have been on either the receiving or giving end of this policy. At first, the policy seems very clear. However, upon implementation of the policy, conflict often arises. Ask participants, "What are some of the problems with this policy statement?" Examples should include the differences between adult and youth in the definition of "clean." Policies are important, but they need to be written in such a way that everyone has the same understanding of what is meant by the policy.



Here's another example. Ask, "Does this include food provided by contract vendors? caterers? parents? students?" The policy needs to be clearly written.



Here's another example. Ask, "Who are all foodservice personnel? What does 'regularly' mean?"

**Policies and procedures
need to be unambiguous.**

Policies need to be written so that people completely unfamiliar with the issue understand what is expected of them.

Where can I go for help?

- School Nutrition Association.
www.schoolnutrition.org
- U.S. Department of Agriculture.
www.usda.gov
- National Coalition for Food-Safe Schools. www.foodsafeschools.org

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