

Wellness Policy Requirement	Key Breakfast Questions	Recommended Policies
Goals for nutrition education, physical activity and other school activities that can promote student wellness.	<p>1. Does every school in the district offer the School Breakfast Program?</p> <p>2. Has your district taken steps to maximize participation? <a href="#">Student-friendly breakfast strategies</a>.</p>	<p>Every school offers the School Breakfast Program.</p> <p>Fully-utilize Direct Certification in the district.</p> <p>Implement Provision 2 in high-need schools.</p> <p>Implement student-friendly breakfast options that will do the most for increasing participation.</p>
Nutrition guidelines for all food available on campus.	<p>3. Can we increase the availability of healthy choices and encourage kids to eat a well-balanced meal?</p> <p>Chips and soda are not a good breakfast or lunch, but selling them at school reinforces that unhealthy habit. Some communities think all kids should eat the full breakfast; others think it's OK to have healthy snacks (like fruit, yogurt and whole-grain bagels) for sale.</p> <p>What does your community think?</p>	<p>Eliminate the sale of all competitive foods during breakfast <i>or</i> eliminate the sale of unhealthy competitive foods during breakfast.</p> <p>Use <a href="#">HealthierUS School Challenge criteria</a> to define "healthy."</p>
Assurance that the guidelines for food served as part of school lunch or breakfast are not less restrictive than federal law.	<p>4. Does your school district have additional priorities to meet the 2005 Dietary Guidelines? USDA nutrition standards are a good baseline.</p> <p>School breakfasts must meet ¼ of the RDA for key nutrients. However, the 2005 Dietary Guidelines also address trans fats, added sugar, sodium and fiber. Click here for <a href="#">USDA's Dietary Guidelines Fact Sheets</a>.</p> <p>Are these priorities for your community? How can parents and students find out about the nutrition of the meals being served?</p>	<p>Serve low-fat or skim milk, at least one whole grain item, and fresh fruit with every breakfast. See the <a href="#">HealthierUS School Challenge criteria</a> for other ideas.</p> <p>Provide parents and students with nutrition information on school breakfast and lunch menus.</p>
A plan to measure the implementation of the policy, including identifying at least one person to be responsible for making sure the policy is implemented.	<p>5. How will parents, students and the school community track progress in improving school breakfast?</p>	<p>Report on school breakfast and other nutrition issues at one school board meeting each year.</p> <p>What key indicators will you use to measure progress? <a href="#">Measures of Success Worksheet</a>.</p>
Parents, students, school food service, school board, school administrators and the community must be involved in developing the policy.	<p>How can we make sure the diversity of our school community is represented in the policymaking process?</p> <p>In addition to helping to write the policy, how can parents and students stay involved in improving breakfast nutrition?</p>	<p>Conduct meetings at convenient times and locations for parents and provide translation services, as needed.</p> <p>Develop an ongoing structure for parents and students to offer feedback on the breakfast program, such as taste-tests and community surveys. <i>(Adapted from California Food Policy Advocates Breakfast First Campaign)</i></p>