

## Highlights of Changes to the District's Wellness Policy

- 1) The outlined changes are based on requirements from 2010 Healthy, Hunger Free Kids Act(HHFKA). The implementation of the changes were required by June 30, 2017.
- 2) The purpose of the changes are to strengthen the requirements for the local school wellness policies.
- 3) The school Principal, will ensure that their school complies with the local school wellness policy.
- 4) A policy review board must be developed which will include parents, students, school food authority representative, physical education teacher, school health professional, school board, school administrators and the general public.
- 5) The wellness policy must include Nutrition Education, Nutrition Promotion(new), Physical Activity and other school-based activities to promote student wellness.
- 6) The district must review and consider evidence based strategies and techniques in developing goals for the wellness policy (new).
- 7) The wellness policy must include nutrition standards for all food and beverages available to students during the school day at each school in the district.
- 8) School Day is defined as the period from midnight before school begins until 30 minutes after the end of the official school day.
- 9) All school meals must be compliant with federal meal pattern requirements.
- 10) All foods and beverages sold outside of the reimbursable meal(and during the school day) must comply with the federal Smart Snacks in School nutrition guidelines such a la cart items sold at lunch and fundraising items sold to students during the school day.
- 11) The Pennsylvania Department of Education permits schools to allow a limited number of "exempt" fundraisers each school year; that do not have to meet Smart Snacks requirements. (5 are permitted at Central Elementary and the Middle school while 10 are permitted at the High school. If a parent desires to have a party for their child. We are encouraging you to use the district food service to provide snacks that would meet Smart Snacks guidelines.)
- 12) This number of exempt fundraisers would apply to shared classroom snacks, classroom celebrations, birthday parties and foods given as rewards or incentives.
- 13) The district is no longer permitted to market items that do not comply with the Smart Snacks standards during the school. Some examples not permitted: Pepsi on the vending machine, posters, menu boards, coolers, trash cans, cups. This includes areas such as gymnasiums, sports fields, cafeteria, classrooms, hallways etc.
- 14) The district is required to conduct an assessment of the wellness policy every three years as a minimum.
- 15) The results of the assessment must be made available to the public in an accessible and easily understood manner.
- 16) Any updates to the wellness policy must be made available to the public on an annual basis. Documentation must be kept to demonstrate compliance.
- 17) The entire policy is available on the Chestnut Ridge District Website. ([www.crsd.k12.pa.us](http://www.crsd.k12.pa.us)). The policy number is 246.