Getting Involved in Local School Wellness Policy

What does the SNAP-Ed Guidance say?

“SNAP-Ed providers may participate on — but not lead — school wellness committees; leadership in developing, implementing, maintaining, and enforcing the local wellness policy remains the responsibility of the Local Education Agency. SNAP-Ed providers may offer consultation on strategies that will help schools become community nutrition and wellness hubs.” - 2017 SNAP-Ed Plan Guidance - Page 82

How can I support a school or district?

ENGAGE

Leverage existing relationships to recruit wellness committee members including:
- Students
- Parents
- Teachers
- Principals
- Food Service Staff
- Community partners

STRENGTHEN

- Encourage partners to use the WellSAT 2.0 to assess and strengthen written policy
- Provide sample language supporting UC CalFresh Initiatives
  - Nutrition Education
  - SLM
  - School Gardens
  - Youth Engagement
  - Physical Activity
  - Shaping Healthy Choices
  - Non-competitive Foods
  - Healthy Fundraisers

For more information, contact Mary Ann Mills mamills@ucdavis.edu
**ASSESS**

- Use the [Alliance for a Healthier Generation Tool](http://allianceforhealthiergeneration.org) to assess the school environment and inform UC CalFresh programming.
- Include youth in completing assessments
- Share results with students, wellness committee and school partners!
- Present results to committee and collaborate to develop strategies to improve the whole school environment

**PROMOTE**

- Increase awareness of wellness policy initiatives
  - Develop newsletters
  - Conduct informational trainings
  - Engage students in promotion
  - Develop flyers that outline simple wellness activities for teachers

**IMPLEMENT**

- Support schools in wellness policy implementation through the delivery of UC CalFresh programming including:
  - Nutrition Education
  - SLM
  - Shaping Healthy Choices
  - Youth Engagement
  - Physical Activity
  - School Gardens
- Collaborate with teachers to develop youth-led wellness committees
- Support and assist the development of implementation plans

**MONITOR & EVALUATE**

- Utilize UC CalFresh evaluation tools to monitor the implementation of UC CalFresh programming
- Share evaluation results with partners
- Gather feedback from stakeholders (especially students) regarding the implementation of the school wellness policy

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