

Getting Involved in Local School Wellness Policy

What does the SNAP-Ed Guidance say?

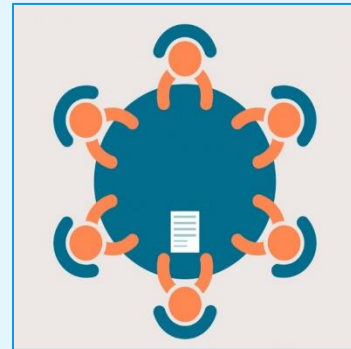
“SNAP-Ed providers may participate on — but not lead — school wellness committees; leadership in developing, implementing, maintaining, and enforcing the local wellness policy remains the responsibility of the Local Education Agency. SNAP-Ed providers may offer consultation on strategies that will help 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

- | | |
|---|---|
| <ul style="list-style-type: none">Nutrition Education | <ul style="list-style-type: none">Shaping Healthy Choices |
| <ul style="list-style-type: none">SLM | <ul style="list-style-type: none">Non-competitive Foods |
| <ul style="list-style-type: none">School Gardens | <ul style="list-style-type: none">Healthy Fundraisers |
| <ul style="list-style-type: none">Youth Engagement | |
| <ul style="list-style-type: none">Physical Activity | |



ASSESS

- Use the [Alliance for a Healthier Generation Tool](#) 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

