

## HILL CITY 51-2 WELLNESS POLICY EVALUATION CHECKLIST

School year \_\_\_\_\_

Evaluation should be completed at least once per school year. It is not all inclusive.

### 1. Meal Service

YES NO

- Students have been given an adequate amount of time to eat.
- Meal periods are scheduled at appropriate times. Lunch periods must be between 10:00 AM and 1:00 PM.
- All reimbursable meals offered meet federal standards.
- Students receive a consistent nutrition message in the cafeteria.

### 2. A La Carte Offering in the Food Service Program

YES NO

- Ala Carte items available during the school day will meet the Standards for Food and Beverages set forth in the policy.
- School Food Service Departments will not offer or serve extra portions unless sold as a la carte.

### 3. School Store

YES NO

- Any food or beverage item sold in the school store during the school day meet the standards set forth in the adopted nutrition policy.

### 4. Fundraising

YES NO

- School Fundraising activities will encourage a healthy lifestyle.
- All fundraising involving the sale of food/beverage items takes place outside of the regular school day.
- Food and/ or beverages, if sold within the school day will use the Nutrition standards as guidelines.

## 5. Curriculum

YES NO

- State and district health education curriculum standards and guidelines include nutrition and physical education.
- Recess is scheduled before lunch whenever possible.

## 6. Beverages

YES NO

- All beverages offered for sale do not exceed 20 ounces, except water.
- Only low-fat (1% or less) or fat free-milk meeting State and Local Standards for pasteurized milk and/or USDA approved alternative dairy may be offered daily.
- Milk Serving Size is limited to 8-fluid ounces.
- Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners.
- Juice Serving Size: Elementary/ Middle School: 6 Fluid oz; High School- 8 fluid oz.

## 7. Celebrations

YES NO

- The district disseminates a list of fun, positive, healthy, affordable snacks to parents and teachers.
- Schools will try and limit celebrations that involve food during the school day.

## 8. Personnel

YES NO

- There is a committee comprised of teachers, parents, students, and school administration, working to promote awareness of the adopted nutrition policy requirements.

