



In 1946, PTA was instrumental in establishing the school lunch program that continues to serve our children today.

LET'S NOT STOP THERE...

www.schoolwellnesspolicies.org

In Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all local education agencies with a federally-funded school meals program develop and implement wellness policies, addressing nutrition and physical activity, by the start of the 2006-2007 school year. In response to requests for guidance on developing such policies, the National Alliance for Nutrition and Activity (NANA) convened a work group of more than 50 health, physical activity, nutrition, and education professionals from a variety of national and state organizations to develop a set of model policies for local education agencies. National PTA participated alongside the other organizations and encourages all of its local units to adapt these policies for use at their schools.

The establishment of a school wellness committee is an excellent opportunity for PTAs to work with their district administration, school administration and staff to ensure that the school environment is a place that demonstrates and promotes healthy behavior.

At a minimum, the school wellness policy established for each school must:

- involve parents, students, representatives of the school food authority, the school board, school administrators, and the public
- include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness
- include nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity
- establish a plan for measuring implementation, including the designation of a person at the local education agency or school charged with this responsibility

To get information on how to form a campus level wellness committee:

<http://teammnutrition.usda.gov/Resources/gettingitstarted.html>