

WELLNESS POLICY EVALUATION CHECKLIST

Local Education Agency (LEA) Carlstadt Public School
AGREEMENT # 00300740 School year 2014-2015

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 2:00 PM.
- All reimbursable meals offered meet federal standards.
- Students receive a consistent nutrition message in the classroom and cafeteria.
- All food preparation areas have had health inspections and received satisfactory approvals.

2. A La Carte Sales

YES NO

- Foods of minimal nutritional value, as defined by USDA, are not sold, served or given away anywhere on school property before the end of the school day.
- Foods and beverages having sugar, in any form, as the first ingredient, are not sold, served or given away anywhere on school property prior to the end of the school day.
- Candy is not sold, served or given away anywhere on school property before the end of the school day.
- All snacks and beverages sold, served or given away anywhere on school property during the school day meet the standards set forth in the adopted nutrition policy.

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.
- A copy of the adopted nutrition policy is in the school store.

4. Fundraising

YES NO

- Fundraising encourages healthy eating habits by promoting the sale of healthy food/beverage items or non-food products.
- All fundraising involving the sale of food/beverage items takes place outside of the regular school day.
- Parent groups and other organizations have been advised of the adopted nutrition policy and refrain from using restricted items as fundraisers.

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 12 ounces, except water.
- In elementary schools only water, milk (non-fat or unflavored 1%) and 100% fruit or vegetable juice is offered for sale.
- In middle and high schools, at least 60% of all beverages, other than water and milk (non-fat or unflavored 1%) must be 100% fruit or vegetable juice.
- In middle schools and high schools the 40% "other" beverages that are offered meet the standards set forth in the adopted nutrition policy.
- The adopted nutrition policy is implemented correctly for each area beverages are offered, including vending machines and the school store.

7. Celebrations

YES NO

- Classroom celebrations do not include any foods defined by USDA as foods of minimal nutritional value.
- Occasional classroom celebrations and curriculum related activities are exempt from this policy, however, strong effort is made to include healthy choices when planning these activities.

8. Personnel

- | YES | NO | |
|-------------------------------------|--------------------------|--|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - There is an active committee comprised of teachers, parents, coaches, school administration, and community partners working to promote awareness of the adopted nutrition policy requirements. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - The LEA is committed to providing support for staff so they have the skills and knowledge to implement the adopted nutrition policy. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - The LEA will work to integrate nutrition education throughout the school day and after school programs to provide a consistent message to parents and students. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - Households are provided information that supports the adopted nutrition policy and promotes awareness of healthy choices. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - Food is not used as a reward for academic performance or behavior, unless noted as part of a student Individual Education Plan (IEP). |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | - The adopted nutrition policy has been reviewed with all staff members and all staff are following the guidelines. |

Answering **NO** to any of the questions indicates areas where improvement is needed.

Date Evaluation completed: 03/24/15

Completed by: Bert Arifaj \ Joe Scirocco
Name of Person responsible for evaluation as listed on SNEARS) Signature

Reviewed with Ken Foy on _____
Wellness Coordinator Date

Copy of adopted nutrition policy is attached