

**ENTERPRISE CITY SCHOOLS
WELLNESS POLICY REVIEW FORM**

School Reviewed: _____

Date Reviewed: _____

Reviewer: _____

School Committee Member: _____

A. Child Nutrition Program

Y ____ N ____ National School Lunch Program (NSLP) is available to all students and adheres to guidelines established by the USDA.

Y ____ N ____ School Breakfast Program is available to all students and adheres to guidelines established by the USDA.

Y ____ N ____ Meal serving sizes comply with the meal pattern requirements as described by the USDA.

Y ____ N ____ All students are allowed ample time and space for eating meals and no food is used or withheld as a reward or punishment.

B. School-Based Activities

Y ____ N ____ School Fundraisers meet Enterprise City Schools Wellness Policy requirements.

List Fundraiser Activities: _____

C. Nutrition Education

Y ____ N ____ Nutrition education is integrated into students' curriculum to educate students on the life-long benefits of healthy eating.

Y ____ N ____ Nutrition education is age appropriate and takes into consideration students' cultural background.

D. Physical Activities

Y ____ N ____ Students are provided the opportunity to develop the knowledge and skills for specific physical activities and taught the short and long term benefits of a physically active and healthful lifestyle.

Y ____ N ____ Students regularly participate in daily physical activity and are not withheld from a physical education class for reward or punishment.

E. Foods and Beverages Provided to Students

Y ____ N ____ Food sold during school hours promote good health and do not include foods of minimal nutritional value and do not exceed the allowable portion size limit.

Y ____ N ____ Beverages sold meet the following grade appropriate guidelines:

Y ____ N ____ **Elementary Schools (Pre-K-5):** No carbonated soft drinks shall be sold or provided free to these students during the school day. Items sold must be non-carbonated and be 100% fruit juice, milk, water. Milk and fruit juice must be under 8 oz.

Y ____ N ____ **Middle Schools (Grades 6-8)** No carbonated soft drinks shall be sold or provided free to these students during the school day. Items sold must be non-carbonated and be 100% fruit juice, milk, water. Milk and fruit juice must be under 12 oz..

Y ____ N ____ **High Schools (Grades 9-12):** "No calorie" and "lower calorie" beverage options for high school students: No more than 20 oz portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz or 10 calories or less per 20 fluid ounces. No more than 12 oz portions of beverages with 40 calories or less per 8 fluid ounces, or 60 calories or less per 12 fluid ounces.

Y ____ N ____ Food or beverages that have high fructose corn syrup or sugar listed as the first ingredient are not made available to students during the school day.

Y ____ N ____

Celebrations for Pre-K through 6 should be limited to no more than one party per class per month that involve food/beverage and grades 7 through 12 should limit celebrations that involve food/beverage to one party per month per grade level. All foods provided must meet the USDA Foods of Minimal Nutritional Value guidelines.

Specify party guidelines:

Grades Pre-K through 6: _____

Grades 7 through 12: _____

Y ____ N ____ N/A ____ Vending machine fronts meet requirements.

Y ____ N ____ Are carbonated beverages of any kind or other competing food/beverage sales made available to students during the meal service time?

Y ____ N ____ Are fast food or competitive foods brought into the school cafeteria with competitive wrapping?

F. Observation

Based on the observation of the Wellness Policy Review, the following criterion was found to be unacceptable and must be corrected immediately.

Reviewer

Date