

Implementation and Monitoring Plan

Requirement	Implementation Strategy	Implementation Plan	Person or Team <small>(responsible party)</small>	Date Due	Date Done	Monitoring Plan	Compliant Policy?	Eval. Date
Public Involvement	Build a team including: parents, students, food service staff, physical education instructors, school health professionals, school board and administration, and community members to develop, review, and implement wellness policy						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<i>Action Plan to Correct</i>								
Designee	Identify a designee to ensure compliance						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<i>Action Plan to Correct</i>								
Nutrition Guidelines	List and comply with Federal standards for all food and beverages sold on school campus during the school day							
<input type="checkbox"/>	School meals for Breakfast and Lunch						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Free water available during lunchtime						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Competitive foods (<i>a la carte, vending, stores</i>) adhere to Smart Snacks						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Healthy fundraisers						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Providing sufficient seat time for breakfast and lunch						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<i>Action Plan to Correct</i>								
Nutrition Standards	Establish standards for all non-sold food and beverages available on school campus							

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<input type="checkbox"/>	Identify food permitted at classroom celebrations							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Identify food permitted at school-wide celebrations							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Identify food permitted for student rewards							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Use non-food rewards							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<i>Action Plan to Correct</i>									
Policy for Food and Beverage Marketing	Permit marketing on the school campus during the school day of only those foods and beverages that meet the competitive foods requirements							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Exterior of vending machines							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Scoreboards								
<input type="checkbox"/>	Posters							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Menu boards							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Coolers							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Trash cans							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Food service equipment							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Cups							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<i>Action Plan to Correct</i>									
Nutrition Promotion	Establish specific and measurable goals for nutrition promotion using evidence-based strategies								
<input type="checkbox"/>	Use techniques from the <i>Smarter Lunchrooms Movement</i>							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Participate in the <i>Healthier U.S. School Challenge</i>							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Become a <i>Team Nutrition</i> School							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Enhance cafeteria ambiance/education							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Apply for the <i>USDA Fresh Fruit and Vegetable</i> program							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Create a school garden/ participate in <i>Farm to School</i>							<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Taste-testing days (e.g., "Taste of Idaho")							<input type="checkbox"/> Yes <input type="checkbox"/> No	

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<input type="checkbox"/>	Host community meal events							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Wellness newsletters							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Host a Health Fair							
<input type="checkbox"/>	Staff modeling healthy eating							<input type="checkbox"/> Yes <input type="checkbox"/> No
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Nutrition Education	Establish specific and measurable goals for nutrition education using evidence-based strategies							
<input type="checkbox"/>	Classroom –based nutrition education (incorporated into curriculum, cooking classes)							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Cafeteria interventions (MyPlate information, “Eat the colors of the rainbow” themes)							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Foodservice staff education (<i>scratch cooking, healthy meals</i>)							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Staff training (Continuing education on Nutrition)							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Home and community (Sending information home, community education- Nutrition/Physical Activity nights)							<input type="checkbox"/> Yes <input type="checkbox"/> No
<i>Action Plan to Correct</i>								
Physical Activity	Establish specific and measurable goals for physical education using evidence-based strategies							
<input type="checkbox"/>	Minutes/day or week							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Curriculum							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Fitness testing/Fitness Gram							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Daily recess time							
<input type="checkbox"/>	Physical activity breaks in classes							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Recess before lunch							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Access to school facilities							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Safe Routes to school							<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Walk-a-thon/clubs							<input type="checkbox"/> Yes <input type="checkbox"/> No
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Other School-Based Wellness	Establish specific and measurable goals for other school-based wellness activities using evidence-based strategies							
<input type="checkbox"/>	Staff modeling/wellness programs							
<input type="checkbox"/>	Staff training on healthy lifestyles							
<input type="checkbox"/>	District staff certified in CPR							
<input type="checkbox"/>	Programs to support total wellness (e.g., drug prevention, mental health, social and emotional health)							
<input type="checkbox"/>	Recycling/environmental stewardship program							
<input type="checkbox"/>	Recognition/reward program for students who exhibit healthy behaviors							
<input type="checkbox"/>	Community partnerships to support programs, projects, events or activities							
Triennial Assessment	At a minimum, assess the wellness policy every three years						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Extent in which policy compare to model policies						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Description of the progress toward goals						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Compliance with the wellness policy							
<i>Action Plan to Correct</i>								
Public Notification	Inform and update public about content and updates to wellness policy and results of triennial assessment						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Website, handbook, or newsletter						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Report to school board						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<i>Action Plan to Correct</i>								

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