

Local Wellness Policy Resources for Illinois Schools

The following websites and resources may assist school districts in developing a local wellness policy. Resources with a ✓ may be particularly useful to policy development teams.

Team Nutrition, www.fns.usda.gov/tn

Select “Healthy Schools” on the home page for resources on the local wellness policy, and the HealthierUS School Challenge for elementary schools. Find information on federal legislative requirements, an action plan, funding opportunities and implementation tools and resources including:

- ✓ Making it Happen! School Nutrition Success Stories

Action for Healthy Kids, www.actionforhealthykids.org

Find tips, fact sheets, information on state teams, a wellness policy database, a policy development tool and other resources including:

- ✓ The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools

Centers for Disease Control, www.cdc.gov

Find a school health environment assessment tool and guidelines for school health programs.

- ✓ School Health Index: A Self-Assessment & Planning Guide
- ✓ Guidelines for School Health Programs to Promote Lifelong Healthy Eating
- ✓ Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People

Illinois Nutrition Education & Training Program, www.kidseatwell.org

Download a model wellness policy created by an Illinois consensus group to use as a template and a Local Wellness Policy Toolkit on the website. Select “Local Wellness Policy Resources” on the home page. Access over 800 health education resources in the Illinois NET Loan Library at 800-455-5843 or online. Request free technical assistance and training including the following workshops by calling 800-466-7998.

- ✓ **Local Wellness Policy** – Provides an overview of legislative requirements for local wellness policies, criteria for effective nutrition and physical education and the rationale for change. Participants receive a step-by-step action plan and key resources for wellness policy development and implementation.
- ✓ **Nutrition Education that Works: An Integrated Approach** – An online workshop that provides K-5 educators with the information and skills needed to successfully integrate nutrition education into existing curriculum to meet nutrition education goals in wellness policies. (Coming January 2006)
- ✓ **How to Build a Healthier A la Carte Program** - Provides school food providers skills-based training and marketing resources to shape nutritionally and fiscally sound a la carte programs that meet wellness policy standards. (Coming Spring 2006)