

Model Local Wellness Policy (LWP)

Note: Highlighted fields are intended to be customized

What is a local school wellness policy?

A local school wellness policy (“wellness policy” or LWP) is a written document that guides a local educational agency (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn. They are an important and low-cost approach for school districts to ensure robust implementation of the updated nutrition standards for school meals, snacks, and beverages as well as address other school foods and physical activity.

LWPs were established by the Child Nutrition and WIC Reauthorization Act of 2004 and were further strengthened by the Healthy Hunger-Free Kids Act. Each school district participating in the National School Lunch Program and/or School Breakfast Program must develop and implement a LWP.

A complete model LWP is available from the [Alliance for a Healthier Generation](#). Below, please find sample language that is not explicitly covered in the Alliance’s model but is recommended by CSPI when updating nutrition standards for a school district through the LWP. For CSPI funded campaigns, the below provisions are required.

Nutrition standards for sale or service of food and beverages through the School Meals Program:

The District is committed to ensuring that all foods and beverages sold and served through the school meal programs (e.g., “meals”) will meet evidence-based nutrition standards.

Effective immediately, school meals must meet, at minimum, the nutrition standards and meal patterns, including food components and quantities, established in the school meals final rule, Nutrition Standards in the National School Lunch and School Breakfast Programs (77 Fed. Reg. 4088, Jan. 26, 2012).

By school year 2022-2023, school meals must meet sodium Target 2 levels and by school year 2027-2028, school meals must meet sodium Target 3 levels; target levels specified in the National School Lunch and School Breakfast Programs final rule (77 Fed. Reg. 4088, Jan. 26, 2012). By school year 2031-2032, school meals shall meet a sodium reduction “Target 4” developed by the Department of Education in alignment with the

National Academies of Sciences, Engineering, and Medicine’s Dietary Reference Intakes for Sodium (March 5, 2019).

No later than school year 2022-2023, school meals must meet the whole grain-rich requirements established in the school meals final rule, Nutrition Standards in the National School Lunch and School Breakfast Programs (77 Fed. Reg. 4088, Jan. 26, 2012).

No later than school year 2025-2026, school meals must meet, on average over the school week, the quantitative recommendations for limiting added sugars established by the Dietary Guidelines for Americans published under section 301 of the National Nutrition Monitoring and Related Research Act of 1990 (7 U.S.C. 5341).

Nutrition standards for sale or service of food and beverages outside of the School Meals Program:

The District is committed to ensuring that all foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet evidence-based nutrition standards.

Competitive foods and beverages offered must meet the 2016 competitive foods standards (National School Lunch Program and School Breakfast Program - Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010, 81 Fed. Reg. 50131 [July 29, 2016]) effective immediately.

Competitive foods and beverages offered must meet, per item, the quantitative recommendations for limiting added sugars established by the Dietary Guidelines for Americans published under section 301 of the National Nutrition Monitoring and Related Research Act of 1990 (7 U.S.C. 5341) by no later than school year 2024-2025.

Every à la carte item that is also an entrée or side dish offered as part of the lunch or breakfast program must meet the nutrition standards for competitive foods (81 Feb. Reg. 50131 [July 29, 2016]) with the exception of entrée items on the day they are served as part of the reimbursable meal effective immediately.

Fundraisers should consist of primarily non-food items. However, if food items are sold during the school day, they must meet the district’s nutrition standards for sale or service of food and beverages outside of the School Meals Program. The District

encourages schools to address fundraisers outside the school day and off school campus.

Additional Resources:

- [Support Strong Local Wellness Policies in Schools](#)

For more information, please contact the Center for Science in the Public Interest at policy@cspinet.org.