

Autauga County Schools
WELLNESS POLICY REVIEW FORM

School Reviewed: _____

Date Reviewed: _____

Reviewer: _____

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 is available to students and adheres to guidelines established by the USDA.

Y____ N____ Meal serving sizes comply with the meal pattern requirement 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.

Y____ N____ All a la carte products sold in the cafeteria adhere to the USDA Smart Snacks in School revised on March 27, 2015 and slightly revised on May 2022.

B. School Based Activities

Y____ N____ Fundraiser exemption form has been turned into the CNP Director.

Y____ N____ No fundraising activities and/or sales are in competition with the breakfast and lunch programs. These time frames are an hour before or after meal periods.

C. Nutrition Education

Y____ N____ Nutrition Education is integrated into students' curriculum at each grade level to educate students on the life-long benefits of healthy eating.

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. Food and Beverages Provided to Students

Y___ N___ Food sold during school hours in the school do not include foods of minimal nutritional value and do not exceed the allowable portion size limit based on the USDA Smart Snacks in School guidelines revised on July 2019.

Beverages sold meet the following grade appropriate guidelines:

Y___ N___ Elementary(PreK-5th)/Junior High (6-8): No carbonated soft drinks shall be sold to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, or milk not to exceed 8 oz. (PreK-5th) or 12 oz. (6-8). Plain water of any size may be sold.

Y___ N___ High School (9-12): 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 oz. No more than 12 oz. portions of beverages with 40 calories or less per 8 fluid oz., or 60 calories or less per 12 fluid oz.

Y___ N___ Foods 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___ Is local school compliant with no student having access to vending or snack items during meal service time?

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
