

## Step 1- Extent Local Wellness Policy Complies with USDA Requirements and Compares to a Model Policy Tracking Tool

*(make a copy for your own use)*

| Component                                                                                                                                                 | Description                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Select the Tool used for model LSWP comparison, upload the assessment in your folder:<br/>If another tool was used, list it here.</b>                  | <ul style="list-style-type: none"> <li>• <a href="#">Alliance for a Healthier Generation 10-step Checklist</a></li> <li>• <a href="#">The WellSAT 3.0 School Assessment Tool</a></li> </ul>                                                                                                                                                                                                                  |
| <b>Areas of Strength:</b>                                                                                                                                 | <ol style="list-style-type: none"> <li>1. Provide nutrition education/guidance to foster lifelong habits of healthy eating and physical activity</li> <li>2. All youth in residence at the Youth Shelter will receive meals at no cost to them</li> <li>3. Meals are provided to youth every day of the year, 365 days</li> </ol>                                                                            |
| <b>Opportunities for Improvement</b>                                                                                                                      | <ol style="list-style-type: none"> <li>1. Include Youth Shelter policy of not using exercise as a reward or punishment in the Wellness Policy</li> <li>2. Include the Youth Shelter policy of not withholding or using food as a reward or punishment in the Wellness Policy</li> <li>3. Include a statement in the Wellness Policy that staff participate in and model healthy lifestyle habits.</li> </ol> |
| <b>As a result of the comparison, was new language adopted in the LSWP?</b>                                                                               | <p>X Yes</p> <p><input type="checkbox"/> No</p>                                                                                                                                                                                                                                                                                                                                                              |
| <b>If yes, briefly describe what was adopted (include page numbers for new language if possible), Have the changes been approved by the school board?</b> | <p>Operational procedures were suggested to be added to the Wellness Policy to address physical activity and not using the withholding or use of food as a reward or punishment.</p> <p>X Yes</p> <p><input type="checkbox"/> No</p> <p>Not yet, in review of the Board of Directors</p>                                                                                                                     |

| Component                                                   | Description                                                                                                                |
|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Describe the next steps for strengthening your LSWP.</b> | Suggestions have been submitted to the Youth Shelter Supervisor who will review and submit to the CAPWN Board of Directors |

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Discussion/Notes: