

Nebraska Wellness Policy Builder – Part 1. Nutrition

For each numbered item fill in one of the following for each school level which is part of your system:
 [Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A]

A. School Meals – General Atmosphere		Elem	MS	HS
1.	The dining area is clean. <i>(Basic)</i>			
2.	The dining area is orderly. <i>(Basic)</i>			
3.	The dining area has a reasonable noise level. <i>(Basic)</i>			
4.	The dining area has an attractive appearance. <i>(Basic)</i>			
5.	The dining area has adequate seating to accommodate all students during each meal period. <i>(Basic)</i>			
6.	The dining area has adequate adult supervision. <i>(Basic)</i>			
7.	Students are allowed to converse with one another while they eat their meals. <i>(Basic)</i>			
8.	The lunch hour is closed. Students must have permission to leave the school campus. <i>(Basic for Elem and MS, Advanced for HS)</i>			

B. School Meals - Breakfast		Elem	MS	HS
If the School Breakfast Program is NOT offered, check here and skip to section C.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.	All school breakfasts comply with USDA regulations and state policies. <i>(Basic)</i>			
2.	Students have at least 10 minutes to eat breakfast not including time spent walking to and from class or waiting in line. <i>(Basic)</i>			
3.	Guidelines for pre-packaged cereals: • 35% or less of weight from total sugar (or less than 9 g. per 100 calories) • 1 g. or more of fiber per serving			
	a. Less than 50% of pre-packaged cereals offered meet both of the above guidelines. <i>(Basic)</i>			
	b. At least 50% of pre-packaged cereals offered meet both of the above guidelines. <i>(Advanced)</i>			
	c. All pre-packaged cereals offered meet both of the above guidelines. <i>(Exemplary)</i>			
4	Foods containing whole grains are offered:			
	a. Fewer than 3 days a week <i>(Basic)</i>			
	b. At least 3 days a week <i>(Advanced)</i>			
	c. Daily <i>(Exemplary)</i>			

Nebraska Wellness Policy Builder – Part 1. Nutrition

For each numbered item fill in one of the following for each school level which is part of your system:
 [Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A]

B. School Meals – Breakfast (continued)		Elem	MS	HS
5.	Fresh, canned, dried or frozen fruits and/or vegetables are offered:			
	a. Fewer than 3 days a week (<i>Basic</i>)			
	b. At least 3 days a week (<i>Advanced</i>)			
	c. Daily (<i>Exemplary</i>)			
6.	Low-fat (1% or ½%) and/or skim (nonfat) milk are offered:			
	a. Daily (<i>Basic</i>)			
	b. Exclusively (<i>Exemplary</i>)			

C. School Meals – Lunch		Elem	MS	HS
1.	All school lunches comply with USDA regulations and state policies. (<i>Basic</i>)			
2.	a. Students have at least 15 minutes to eat lunch not including time spent walking to/from class or waiting in line. (<i>Basic</i>)			
	b. Students have at least 20 minutes to eat lunch not including time spent walking to/from class or waiting in line. (<i>Advanced</i>)			
3.	An entrée choice with total fat of 16 g. or less per serving is offered:			
	a. Fewer than 3 days a week (<i>Basic</i>)			
	b. At least 3 days a week (<i>Advanced</i>)			
	c. Daily (<i>Exemplary</i>)			
4.	The number of fruit and/or vegetable choices offered daily is:			
	a. At least 2 (<i>Basic</i>)			
	b. At least 3 (<i>Advanced</i>)			
	c. At least 4 (<i>Exemplary</i>)			
5.	Fresh fruits or vegetables are offered:			
	a. Fewer than 3 days a week (<i>Basic</i>)			
	b. At least 3 days a week (<i>Advanced</i>)			
	c. Daily (<i>Exemplary</i>)			

Nebraska Wellness Policy Builder – Part 1. Nutrition

For each numbered item fill in one of the following for each school level which is part of your system:
[Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A]

C. School Meals – Lunch (continued)		Elem	MS	HS
6.	Fewer than 5 different fruits and 5 different vegetables are offered weekly. <i>(Basic)</i>			
7.	At least 5 different fruits and 5 different vegetables are offered weekly. <i>(Advanced)</i>			
8.	At least 10 different fruits and 10 different vegetables are offered monthly. <i>(Exemplary)</i>			
9.	A food item containing whole grain is offered:			
	a. Fewer than 3 days a week <i>(Basic)</i>			
	b. At least 3 days a week <i>(Advanced)</i>			
	c. Daily <i>(Exemplary)</i>			
10.	Low-fat (1% or ½%) and/or skim (nonfat) milk are offered:			
	a. Daily <i>(Basic)</i>			
	b Exclusively <i>(Exemplary)</i>			
11.	Salad dressings contain:			
	a. More than 12 g. of fat per ounce <i>(Basic)</i>			
	b. 12 g. or less of fat per ounce <i>(Advanced)</i>			
	c. 6 g. or less of fat per ounce <i>(Exemplary)</i>			
12.	Desserts with more than 5 g. of fat per serving are offered:			
	a. More than 2 times per week <i>(Basic)</i>			
	b. No more than 2 times per week <i>(Advanced)</i>			

D. A la Carte		Elem	MS	HS
If a la carte foods or beverages are NOT offered, check here and skip to section E.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.	A la carte items are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. <i>(Basic)</i>			
2.	The same portion size of any food item(s) served that day in the school lunch or school breakfast program is offered a la carte. <i>(Advanced)</i>			
3.	Fruits and/or vegetables are offered a la carte. <i>(Exemplary)</i>			

Nebraska Wellness Policy Builder – Part 1. Nutrition

For each numbered item fill in one of the following for each school level which is part of your system:
 [Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A]

D. A la Carte (continued)		Elem	MS	HS
4.	a. Regular yogurt is offered a la carte <i>(Advanced)</i>			
	b. Low-fat/nonfat yogurt is offered a la carte; serving size is no more than 6-8 oz. <i>(Exemplary)</i>			
5.	Guidelines for “other” a la carte items (i.e. items other than those listed above) per serving: • Fat – Except for nuts, seeds and nut butters, 30% or less of total calories from fat; or 7 grams fat per serving • Saturated fat – 10% or less of total calories from saturated fat; or 2 grams saturated fat maximum. • Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar; or 15 grams maximum per serving • Calories – 200 calories or less per selling unit.			
	a. Less than 50 percent of other a la carte items meet all of the guidelines above. <i>(Basic)</i>			
	b. At least 50 percent of other a la carte items meet all of the guidelines above. <i>(Advanced)</i>			
	c. All other a la carte items meet all of the guidelines above. <i>(Exemplary)</i>			
Skip any item not offered.				
6.	Water (non-caloric) <i>(Exemplary)</i>			
7.	a. Fluid milk (any fat content) <i>(Basic)</i>			
	b. Only milk with 360 calories or less per selling unit; no more than 27 grams sugar per serving; serving size is no more than 12-16 oz. <i>(Advanced)</i>			
	c. Only low-fat (1% or ½%) and/or skim (nonfat) milk; serving size is no more than 12-16 oz. <i>(Exemplary)</i>			
8.	a. Only juice products containing at least 50% juice <i>(Advanced)</i>			
	b. Only 100% fruit or vegetable juice and serving size is no more than 12 oz. <i>(Exemplary)</i>			

E. Vending – Machines & School Stores		Elem	MS	HS
If vended foods or beverages are NOT offered, check here and skip to section F.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.	The sale of foods of minimal nutritional value is not allowed on school property in areas accessible to students:			
	a. In food service areas during the food service period <i>(Basic)</i>			
	b. Until one hour after the end of the last lunch period <i>(Basic)</i>			
	c. Until after the end of the school day <i>(Advanced)</i>			
	d. At all <i>(Exemplary)</i>			

Nebraska Wellness Policy Builder – Part 1. Nutrition

For each numbered item fill in one of the following for each school level which is part of your system:
[Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A]

E. Vending – Machines & School Stores (continued)		Elem	MS	HS
2.	Guidelines for vended food items per selling unit: <ul style="list-style-type: none"> • Fat – Except for nuts, seeds and nut butters, 30% or less of total calories from fat; or 7 grams fat per serving • Saturated fat – 10% or less of total calories from saturated fat; or 2 grams saturated fat maximum. • Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar; or 15 grams maximum per serving • Calories – 200 calories or less per selling unit. 			
	a. Less than 50 percent of vended food items meet all of the guidelines above. <i>(Basic)</i>			
	b. At least 50 percent of vended food items meet all of the guidelines above. <i>(Advanced)</i>			
	c. All vended food items meet all of the guidelines above. <i>(Exemplary)</i>			
3.	Water (non-caloric) <i>(Exemplary)</i>			
4.	a. Fluid milk (any fat content) <i>(Basic)</i>			
	b. Only milk with 360 calories or less per selling unit <i>(Advanced)</i>			
	c. Only low-fat (1% or ½%) and/or skim (nonfat) milk <i>(Exemplary)</i>			
5.	a. Only juice products containing at least 50% juice <i>(Advanced)</i>			
	b. Only 100% juice <i>(Exemplary)</i>			

F. During the School Day		Elem	MS	HS
1.	All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period. <i>(Basic)</i>			
2.	Students are:			
	a. Allowed to have individual water bottles in the classroom <i>(Advanced)</i>			
	b. Encouraged to have individual water bottles in the classroom <i>(Exemplary)</i>			
3.	Foods and beverages for classroom rewards, parties and celebrations will meet the same guidelines as the:			
	a. Basic level for a la carte foods and beverages <i>(Basic)</i>			
	b. Advanced level for a la carte foods and beverages <i>(Advanced)</i>			
	c. Exemplary level for a la carte foods and beverages <i>(Exemplary)</i>			

Nebraska Wellness Policy Builder – Part 1. Nutrition

For each numbered item fill in one of the following for each school level which is part of your system:
 [Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A]

F. During the School Day (continued)		Elem	MS	HS
4.	Foods and beverages for classroom rewards, parties and celebrations will not be provided until at least one hour after the end of the last lunch period. <i>(Advanced)</i>			
5.	a. 50 percent or more of fundraising activities will involve the sale of food or beverages. <i>(Basic)</i>			
	b. At least 50 percent of fundraising activities will NOT involve the sale of food or beverages. <i>(Advanced)</i>			
	c. At least 75 percent of fundraising activities will NOT involve the sale of food or beverages. <i>(Exemplary)</i>			
6.	Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period. <i>(Advanced)</i>			
7.	Refreshments provided for students participating in school events adhere to the:			
	a. Basic guidelines for vended foods and beverages <i>(Basic)</i>			
	b. Advanced guidelines for vended foods and beverages <i>(Advanced)</i>			
	c. Exemplary guidelines for vended foods and beverages <i>(Exemplary)</i>			
8.	Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them. <i>(Advanced)</i>			

G. After School Programs		Elem	MS	HS
Check here if the After School Care Snack Program is NOT offered. If the After School Care Snack Program is offered, complete the following items.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.	Snacks served under the USDA After School Care Snack Program comply with all applicable federal regulations and state policies. <i>(Basic)</i>			
2.	Guidelines for after school snacks: • Fat – Except for nuts, seeds and nut butters, 30% or less of total calories from fat; or 7 grams fat per serving • Saturated fat – 10% or less of total calories from saturated fat; or 2 grams saturated fat maximum. • Sugar – Except for fruit without added sugar, 35% or less of weight from total sugar; or 15 grams maximum per serving • Calories – 200 calories or less per selling unit.			
	a. Snacks meet both of the above guidelines on at least 3 days of the week. <i>(Advanced)</i>			
	b. Snacks meet both of the above guidelines on all days of the week. <i>(Exemplary)</i>			

Nebraska Wellness Policy Builder – Part 1. Nutrition

For each numbered item fill in one of the following for each school level which is part of your system:
 [Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A]

F. Staff Wellness		Elem	MS	HS
1	The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students. <i>(Basic)</i>			
2	The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness. <i>(Advanced)</i>			
3	The school's staff wellness committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle. <i>(Exemplary)</i>			
4	At least one school-wide activity will be conducted each year that promotes staff wellness. <i>(Exemplary)</i>			
5	All school employees serve as positive role models by adhering to vending guidelines adopted for students			