

# Relevant School Wellness Legislation & Guidelines



Brief I-b • 2009

## Washington State Legislation

**Washington Senate Bill 5436\*** required each school district in Washington to establish a nutrition and physical fitness policy. Washington State School Directors Association (WSSDA), with the assistance of other organizations, convened an advisory committee to develop a model policy regarding access to nutritious foods, opportunities for developmentally appropriate exercise, and accurate information related to these topics. The model policy, along with recommendations for local adoption, was submitted to the governor and the legislature and then posted on the WSSDA website. Each district's board of directors was required to establish its own policy by August 1, 2005.

**Washington Senate Bill 5093\*** established goals to be achieved by 2010 including: ensure that only healthful foods meeting minimum nutritional standards are available in schools; provide at least one hundred fifty minutes of quality physical education to students in grades 1-8; and establish school health advisory committees in all districts. The law also creates a legislative task force on comprehensive school health reform.

Senate Bill 5093 Minimum Nutrition Standards for foods available outside the USDA School Meal Program:

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% of total weight or 15 grams per food item from sugar  
(Exceptions are noted in the law)

## Federal Legislation

**National legislation (Public Law 108-265)\*** required that all school districts participating in the USDA national school lunch and/or school breakfast program develop a Wellness Policy by the start of the 2006-07 school year.

The Wellness Policies were required to include the following items:

1. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate
2. Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity
3. Assurance that the guidelines for reimbursable school meals are not less restrictive than those set by the USDA
4. A plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy
5. Community involvement, including parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy

\* Washington State and federal school wellness policy legislation is available at: [http://www.healthyschoolswa.org/wellness\\_policies/legislation.html](http://www.healthyschoolswa.org/wellness_policies/legislation.html)

