



STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



To: Superintendents of Schools Participating in the United States Department of Agriculture's (USDA) Child Nutrition Programs

From: George A. Coleman, Interim Commissioner of Education

Date: February 8, 2007

Subject: Collection of Districts' School Wellness Policies

All school districts that participate in the United States Department of Agriculture's (USDA) Child Nutrition Programs were required to develop a School Wellness Policy by the first day of the 2006-2007 school year. At a minimum, USDA requires that the policy:

1. Includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;
2. Includes nutrition guidelines for all foods available on the school campus during the school day, with the objectives of promoting student health and reducing childhood obesity;
3. Provides an assurance that guidelines for school meals are not less restrictive than those set by the Secretary of Agriculture;
4. Establishes a plan for measuring implementation of the local wellness policy, including the designation of one or more persons within the local education agency or at each school, as appropriate, charged with ensuring that the school meets the local wellness policy; and
5. Involves parents, students, representatives of the school food authority, the school board, school administrators and the public in development of the local wellness policy.

The Connecticut State Department of Education (CSDE) provided additional recommendations and extensive guidance on developing and implementing school wellness policies in the *Action Guide for School Nutrition and Physical Activity Policies* (<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Action>) and in numerous workshops and conferences conducted during the 2005-2006 school year.

Now that the policy development process is complete, CSDE is collecting all district wellness policies for review. The policies will be evaluated for compliance with federal requirements and state recommendations. Districts will receive feedback via a new school wellness policy assessment tool, developed by the Rudd Center for Food Policy and Obesity at Yale University in partnership with CSDE. Please submit your district's school wellness policy by **March 9, 2007** to:

Susan S. Fiore, MS, RD, Nutrition Education Coordinator  
Connecticut State Department of Education  
Bureau of Health and Nutrition Services and Child/Family/School Partnerships  
25 Industrial Park Road  
Middletown, CT 06457

**Please note that in addition to the policy document, it is very important to include all accompanying regulations, guidelines, action plans or other policy implementation documents.** If the policy and supporting documents are available electronically or online, please email the links and/or documents to Susan Fiore at [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov). If you have questions or need further assistance, please contact Susan Fiore at 860-807-2075.

GAC:sff  
Cc: school food service directors