Local Wellness: Policy VS Plan

Local Wellness Policy

In accordance with 7 CFR 210.31, each Local Educational Agency (LEA) establish and follow a local school wellness policy (LWP) for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the LEA.

The Local Wellness Policy is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment regarding applicable minimum federal standards.

The wellness policy identifies "WHAT" wellness requirements must be implemented at the school district level, however the policy only provides general direction allowing for specific actions to be determined by the Local Wellness Plan Team.

Local Wellness Plan

The wellness plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

The wellness plan generates as strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified by Local Wellness Plan Team.

The wellness plan includes descriptive objectives and action steps which include timelines and measures of success that explain the wellness policy's broad goals, is more easily customizable for your district's needs as this does not need board approval, and allows for more creative implementation.

Wellness Plan

This document, referred to as the "wellness plan" is intended to accompany policy which has been adopted by the board to comply with the requirements for a school wellness policy that follows 7 CFR 210.31.

Effective Date
July 01, 2026
Last Date Updated
July 01, 2026

School Official (name and title) Responsible for Implementation and Oversight
Lindsey Bridges, Food Service Director, Fulton County Schools

Local Wellness Plan Team

Name	Title	Start Date
Lindsey Bridges	Food Service Director	2021
Tamra Parker	Director of Operations	2024
Natasha Fields	District School Nurse	2015
Kayla Mathis	PE Teacher	2023
Brandon Uzzle	FRYSC Coordinator	2018

Notification

Description of how stakeholders are provided with an opportunity to participate in the development, implementation and review of policy.
The following statement appears on Fulton County Schools website: www.fulton.kyschools.us. Fulton County Schools provides stakeholders with opportunities to participate in the development, implementation, and review of the Local Wellness Policy and Wellness Plan through wellness committee meetings, school council input, public comment opportunities, and district communications
Description of how content, implementation and progress is shared with stakeholders.
The wellness policy, implementation updates, and triennial assessment results are shared with stakeholders through the Fulton County Schools district website, board reports, wellness committee meetings, and other district communication channels.

Evaluation

Description for measuring implementation of policy.
Implementation of the wellness policy will be measured through annual review of district wellness initiatives, school-level feedback, Smart Snacks compliance monitoring, school meal participation data, and completion of the required triennial wellness assessment.
Date of last Triennial Assessment
2026

Recordkeeping

Each local educational agency must retain records to document compliance with the requirements of CFR 210.31. Please list where you maintain the following records:

Written local school wellness policy
Fulton County Schools district administrative offices, schools, and district website.

Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessment available to the public.
District website postings, board meeting records, wellness committee meeting documentation, and public communications.

Documentation of the triennial assessment of the local school wellness policy.
School Nutrition Department records, district administrative files, and district website.

Specific Goals

Please input your District's objectives in the left column. In the right column, provide comprehensive Action Steps detailing the strategies to accomplish each listed objective.

Nutrition Education Goals

Objective	Action Steps
Increase student nutrition knowledge through school-based education opportunities.	Support classroom nutrition lessons, cafeteria signage, taste tests, and nutrition education activities aligned with grade-level learning opportunities.

Promote healthy decision-making among students.	Provide age-appropriate education on balanced meals, hydration, healthy snack choices, and lifelong healthy habits.
Reinforce nutrition education through school meal programs.	Use cafeteria signage, nutrition promotions, and meal program messaging to support healthy food choices.

Nutrition Promotion Goals

Objective	Action Steps
Increase participation in school meal programs.	Promote school breakfast and lunch programs through signage, announcements, menus, and student engagement activities.
Encourage healthy food choices.	Offer fruits, vegetables, whole grains, and healthier meal options through positive promotion and taste-testing activities.
Support a positive cafeteria environment.	Have welcoming meal environments where students are encouraged to make nutritious choices.

Physical Activity

Objective	Action Steps
Support daily opportunities for physical activity.	Provide recess, physical education classes, classroom brain breaks, and movement opportunities throughout the school day.
Encourage active lifestyles beyond the school day.	Support running clubs, walking programs, and family wellness opportunities.
Promote movement as part of student wellness.	Encourage schools to integrate physical activity into classroom instruction and daily routines.

Other School Based Activities

Objective	Action Steps
Support staff wellness.	Encourage staff wellness challenges, wellness initiatives, and healthy workplace activities.
Promote family and community engagement.	Offer family wellness nights, health promotion events, encourage parents or guardians to participate in monthly meals, and partnerships that support student wellness.
Support social and emotional wellness.	Encourage school environments that support student well-being, positive relationships, and healthy habits.

Standards and Nutrition Guidelines

Please input your District's standards and nutrition guidelines for the following areas.

Food and Beverage Marketing Guidelines on School Grounds

Standards
Fulton County Schools limits food and beverage marketing during the school day to items that meet Smart Snacks in School nutrition standards in accordance with federal requirements and district policy.

Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds

Standards
Fulton County Schools encourage healthier food and beverage options for classroom celebrations, school events, and activities involving food not sold to students. Birthday treats or classroom snacks may be permitted with school administration approval in alignment with district wellness expectations.

Nutrition guidelines for all foods and beverages available SOLD on school grounds

Standards
All reimbursable school meals served in Fulton County Schools meet USDA nutrition standards. All competitive foods and beverages sold to students during the school day must meet Smart Snacks in School requirements. Compliance is monitored districtwide through the School Nutrition Program.