

Creating Wellness Policy Worksheet

From the list of strengths and weaknesses identified, list 5 recommended enhancements to improve the school's policies. You are encouraged to add new wellness policies. Make sure to have policies from each of the following categories: Physical Activity, Nutrition Education, Mealtime Environment, Celebrations, etc.

Category	Head Start Performance Standards	Suggested Enhancement	Potential Partner
Beverages	Sample: Children shall receive no more than 6 ounces of 100% juice per day	Sample: No juice (including 100% juice) is served in the center. The center serves ONLY water, low-fat unsweetened milk and fresh fruit.	