

3-4-50 Vermont

3-4-50 is a new way to understand and talk about chronic disease in our schools, workplaces, cities and towns. Schools and Farm to School Programs play a particularly important role in making it easier for Vermonters to make healthy choices.



School Wellness Policies

Through school gardening, access to healthy, local foods and nutrition education, Farm to School programs are already helping Vermont kids live healthier lives. Farm to School programs can have even greater impact when they join in the development and implementation of districts' Local Wellness Policies.

Federal and State Requirements

The wellness policy requirement, finalized in 2016, was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each School District participating in the National School Meal Program to develop a wellness policy. http://www.fns.usda.gov/sites/default/files/tn/LWP_summary_finalrule.pdf

How to Get Involved

- Join your School Health or Wellness Team
- Read and revise your School Wellness Policy
- Help design and implement the District Wellness Policy
- Evaluate and monitor activities that occur under the District Wellness Policy

Vermont Resources

Vermont School Wellness Policy Guidelines:

This guide was created to help Vermont schools meet federal and state wellness laws and regulations. Find policy requirements, recommended evidence based implementation strategies and resources and suggested policy language:

http://healthvermont.gov/local/school/healthy_schools.aspx

Vermont Department of Health 3-4-50 Campaign:

Find chronic disease information for your county and tips on using 3-4-50 in your school:

<http://healthvermont.gov/prevent/3-4-50/index.aspx>

Vermont Farm to School Network:

<http://vermontfarmtoschool.org/>

National Resources

National Farm to School Network:

<http://www.farmtoschool.org/policy>

Whole School, Whole Community, Whole Child:

<http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>



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