



## **Implementation**

### Steps for putting your Wellness Policy into place

1. Brief synopsis
  - Develop your action plan or procedures
  - Establish a realistic time frame for the implementation of the plan, remembering that the Wellness Policy can be a phased-in approach and does not have to be implemented all at once
  - Choose an individual who is responsible for evaluating and enforcing your guidelines
  - Find resources that are necessary to gain widespread approval by school staff, students, and the local community – for a few resources, click [here](#) and [here](#).
2. Helpful wellness policy implementation links
  - [Action for Healthy Kids Wellness Policy Tool](#)
  - [Guide to Implementing Your Local Wellness Policy](#)
  - [Indiana Healthy Schools Toolkit](#)
3. Strategies to overcome barriers
  - Be aware of the following barriers that could exist:
    - Threat to decreased revenue from school food service, school stores, vending and fund raisers
    - Confusion about nutrition standards or food allowed under the new policy
    - Lack of time to implement
    - Complaints from parents, students, staff about the changes
    - Lack of product availability
    - Existing vending contracts and compliance
    - Lack of facilities for physical exercise
    - Lack of priority from administrators and/or teachers
  - Strategy action steps
    - [Create a “Wellness Culture”](#) – goal of producing successful, healthy children
    - Build consensus and participation
    - Move to non-food items and physical activities as rewards
  - Parents in Action – [A Guide to Engaging Parents in Local School Wellness Policy](#)