

RECESS BEFORE LUNCH CHECKLIST

Use this checklist to consider all the issues involved in the successful scheduling of Recess Before Lunch. *Adapted from Iowa Recess Before Lunch Guide produced by the Iowa Team Nutrition Program.*

Key issues for RBL success	Yes	No	Maybe
Are school administrators supportive?			
Are teachers and aides supportive?			
Is the school nutrition program supportive?			
Would current school nutrition staffing schedule work with RBL?			
Have nearby schools with RBL been contacted for best practices, sample schedules, etc.?			
How will students and parents have chance to provide input on RBL?			
How will all affected staff (teachers, school nutrition, aides, custodians) be able to provide input on RBL?			
Is there a plan to assess success pre- and post- RBL with data collection of food/ beverages consumed vs. wasted?			
How much seated time will students have to eat lunch (at least 20 min.)?			
Is there a plan for adequate staff coverage of recess, lunch and transitions?			
Is there a plan for storage of coats, boots and other outdoor gear?			
Is there a plan for effective handwashing procedures (page 12)?			
Is there a plan for the safe management of lunches brought from home?			
Is there a plan for the management of students with food allergies and other special medical needs?			

Next steps: