

Local Wellness Policy Triennial Assessment

Sponsors participating in the National School Lunch Program and/or School Breakfast Program are required to have a local wellness policy for all participating sites under its jurisdiction. At a minimum, the local wellness policy must be assessed once every three years; this is referred to as the triennial assessment. Triennial assessments must determine, for each participating site under its jurisdiction, 1) compliance with the wellness policy, 2) progress made in attaining the goals of the wellness policy, and 3) how the wellness policy compares to model wellness policies. **This documentation should be kept on file with your organization's written local wellness policy for review by an ISBE monitor during your next school nutrition administrative review.**

Sponsor Name: Zion ESD 6

Site Name: Lakeview, East, Beulah Park, West, Elmwood, Shiloh Park, Zion Central

Date Completed:

Completed by: Samantha Snyder, & Rosa Munoz

Part I: Content Checklist

Below is a list of items that must be addressed in Local Wellness Policies, based on U.S. Department of Agriculture (USDA) and state guidance. Check the box for each item included in your Local Wellness Policy. For any box that is not checked, consider taking steps to add the item(s) to the policy in the future. For more information, see [ISBE's Local Wellness Policy Content Checklist](#).

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| <input checked="" type="checkbox"/> Goals for Nutrition Education | <input checked="" type="checkbox"/> Nutrition Standards for School Meals | <input type="checkbox"/> Wellness Leadership |
| <input type="checkbox"/> Goals for Nutrition Promotion | <input checked="" type="checkbox"/> Nutrition Standards for Competitive Foods | <input checked="" type="checkbox"/> Public Involvement |
| <input checked="" type="checkbox"/> Goals for Physical Activity | <input type="checkbox"/> Standards for All Foods/Beverages Provided, but Not Sold | <input type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based Wellness Activities | <input type="checkbox"/> Food & Beverage Marketing | <input type="checkbox"/> Reporting |
| <input type="checkbox"/> Unused Food Sharing Plan | | |

Part II: Goal Assessment

Per USDA regulations, the triennial assessment must determine compliance with and progress made in attaining the goals of the wellness policy. Input the goals of your local wellness policy into the table below for the corresponding areas: Nutrition Education, Nutrition Promotion, Physical Activity, and Other School-Based Wellness Activities. Indicate if the site is meeting, partially meeting, or not meeting each goal listed. Include any next steps in attaining the goal(s), if applicable. Table rows may be added for additional goals.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Education				
Students in PreK – 8th grade shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum.	X			
To maximize classroom time and to achieve positive changes in students eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects.	X			
To achieve positive changes in students eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year.	X			
The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Students, parents, school staff and community members bringing food and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthy options and shall be provided with a list of recommended food and beverage options.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Students in preschool through grade 8 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum.	X			
Schools shall provide a daily supervised recess period to elementary students.	X			
It is recommended that all students in all grades participate in physical education for the maximum number of minutes per week that can possibly be worked into the school schedule.	X			
Students shall be provided opportunities for physical activity through a range of before- and afterschool programs including intramurals, interscholastic athletics, and physical activity clubs	X			
Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education	X			

program shall actively engage families as partners in providing physical activity beyond the school day				
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children.	X			
Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district and Foodservice website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents	X			

Part III: Model Policy Comparison

As part of the triennial assessment, USDA requires sponsors to assess how their wellness policy compares to model wellness policies. Choose **one** of the model wellness policies below to compare against your local wellness policy. Indicate which model policy was chosen and provide a narrative for each prompt below based on the findings.

- [Alliance for a Healthier Generation's Model Wellness Policy](#) – Local wellness policy created in collaboration with USDA, which exceeds minimum requirements
- [Rudd Center's WellSAT 3.0](#) – Wellness assessment tool that asks a series of questions about your local wellness policy and generates a personalized scorecard based on the results. Users will need to create an account to access this tool.
- Other: _____

1. What strengths does your current local wellness policy possess?

Our current local wellness policy possesses a good basic framework to expand and meet our District's needs.

2. What improvements could be made to your local wellness policy?

The improvements that we need to make to our local wellness policy is to make more specific goals. We will also need to include additional information and new programing.

3. List any next steps that can be taken to make the changes discussed above.

Some of the following steps we will be taking include the following:

Reinvent the committee, including inviting new members.

Review and amend policies as needed.

Commit to four meetings per school year and access outcomes.