

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: Lostant Local Wellness Committee

Site Name: Lostant CUSD #425

Date Completed: 7/31/2023

Completed by: Lostant Local Wellness Committee

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 checked="" type="checkbox"/> Wellness Leadership |
| <input checked="" 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 checked="" type="checkbox"/> Standards for All Foods/Beverages Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based Wellness Activities | <input checked="" type="checkbox"/> Food & Beverage Marketing | <input checked="" type="checkbox"/> Reporting |
| <input checked="" 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				
Nutrition education shall be integrated into the standards-based lesson plans of other school subjects, such as math, science, language arts, physical education health, family/consumer sciences, and social sciences to maximize classroom time and to achieve positive changes in students' eating behaviors.		X		
A minimum of fifty contact hours of nutrition education is recommended for students each school year. These contact hours can be provided through a combination of classroom instruction, nutrition education in the cafeteria, health fairs, field trips, and/ or assemblies.	X			
The nutrition education program may include enjoyable activities such as contests, taste testing, promotions, field trips, and school gardens.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)

Nutrition Promotion				
Schools shall support parent's efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in elementary school and continue through middle and high school.	X			
Parents shall be provided information to help them incorporate healthy eating and physical activity into their children's lives. This information may be provided in the form of handouts, postings on the school website, newsletter articles, or presentations in workshop settings that focus on nutrition and healthy lifestyles	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
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Physical Activity				
Students in K through grade 8 shall participate in daily physical activity that enables them to achieve and maintain a high level of personal fitness, emphasizing self-management skills including energy balance (calories in minus calories out). This program should also remain consistent with the Illinois Learning Standards and should be coordinated within a comprehensive health education curriculum.	X			
It is recommended that elementary students participate in physical education for a minimum of 150 minutes per week, and middle school students for 150 minutes per week (National Association for Sport and Physical Education recommendations). Special emphasis should be placed on promoting an active lifestyle in kindergarten through primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504	X			

plans, and other limitations.				
Schools may provide a daily supervised recess period for elementary students.	X			
As students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies including coordination of classroom and cafeteria activities.	X			
Food providers should work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals.	X			
To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that, to the extent that it is practical, students are not permitting to leave school grounds to purchase foods or beverages.	X			
Nutrition education shall be provided by trained and well-supported staff with adequate pre-service and in-service training.	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?

The strength of our local wellness policy is that it meets the needs of the stakeholders of our community and district.

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

Improvements that could be made to our local wellness policy would be the development of the nutrition units at younger grade levels through physical activity.

3. List any next steps that can be taken to make the changes discussed above.
Continued professional development for staff.