

# 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. 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 a sponsor’s 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.

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Site Name: Dunlap CUSD #323

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## 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](#).

- |   |   |   |
|---|---|---|
| <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<br>Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based<br>Wellness Activities | <input type="checkbox"/> Food & Beverage Marketing  | <input checked="" type="checkbox"/> Reporting             |
| <input checked="" type="checkbox"/> Unused Food Sharing Plan                            |   |   |

**Part II: Goal Assessment**

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 school 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)
<b>Nutrition Education</b>				
Schools will support and promote sound nutrition for students.	X			
Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.	x			
Nutrition education will be part of the District’s comprehensive health education curriculum.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Schools will support and promote sound nutrition for students.	X			
Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.	x			
Nutrition education will be part of the District’s comprehensive health education curriculum.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Schools will support and promote an active lifestyle for students.	x			
Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increase students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthier habits and attitudes for a healthy lifestyle.	x			
During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.	x			
The curriculum will be consistent with and incorporate relevant <i>Illinois Learning Standards for Physical Development and Health</i> as established by the Illinois State Board of Education.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Restrict the sale of <i>competitive foods</i> , as defined by the USDA, in the food service areas during meal periods.	x			


**Part III: Model Policy Comparison**

Indicate the Model Wellness Policy used for comparison against your Local Wellness Policy. Provide a narrative for each prompt below based on the findings.

- Alliance for a Healthier Generation's Model Wellness Policy
- Rudd Center's WellSAT 3.0
- Other: \_\_\_\_\_

1. What strengths does your current Local Wellness Policy possess?

The district's wellness policy promotes nutrition education and physical education and physical activity.

2. What improvements could be made to your Local Wellness Policy?

An area that was lower and we would like to focus improvements is our nutrition programs and school meals. The district does a great job in training staff, providing meals that meet the USDA nutrition standards, and using local foods for our school meals. The district will work to improve communication and accessibility for our free/reduced meal programs. This will help to ensure that all of our students are given access to healthy meals while at school.

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

The District will add the information regarding free/reduced meals to the registration packet that all families will have access to upon pre-registration. This will allow everyone an opportunity to complete the paperwork upon the beginning of the school year each year.