

## 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: Hardin County CUSD #1

Site Name: Hardin County K-12 School

Date Completed: May 2023

Completed by: Jessica Daymon, Ruth Potts

### 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<br>Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based<br>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)
<b>Nutrition Education</b>				
The District will provide nutrition education that follows the Illinois Learning Standards for health curriculum	X			
Cafeteria menus will be available on the School website, School App, posted in cafeteria and on bulletin boards	X			
Nutrition education shall also include taste testing ex: "try-it Tuesday"	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
The District will promote healthy food and beverage choices for all students as well as encourage participation in school meal programs	X			
U of I Extension Ag in the classroom	X			
Display posters in dining areas for healthy eating	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Students K-12 participate in physical education as per the minimum requirements unless otherwise exempted	X			

The District will promote physical activity through special activities such as field days and physical fitness.	X			
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Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
Cafeteria "try-it Tuesday"	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?

- School wellness policy 6:50 covers all the “legal” issues required
- Several extra-curricular opportunities for students
- U of I extension educate elementary students and work with community garden

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

- Although the School Wellness policy 6:50 is fine, the Local wellness policy needs to be updated with examples of ways these are carried out
- Better committee member involvement needed
- Expand on community involvement

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

- Encourage instructional staff to better integrate nutritional themes into daily lessons
- Find ways to make healthy eating more of a priority to students
- Schedule at least one event involving parents, teachers and the community