

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: Mundelein ESD 75

Site Name: All Schools

Date Completed:06/03/2026

Completed by:Patty DeLozier

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 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 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				
Health Education Incorporated in physical education	X			
Promote fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products, and healthy food preparation	X			
Public Involvement online surveys and questioners	X			
Promote our scratch made choices.			x	Have principals put in their weekly eblasts. Indicate on our menus.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Promotes healthy food and beverage choices for all students throughout the schools, as well as encourage participation in school meal programs. Promote foods and beverages that meet the USDA smart snacks in School nutrition standards.	X			

Promote more gluten free/ vegetarian options and ordering.		X		Promote options for parents before the start of school and to new families coming into the district.
Offered a fruit infused water station during lunch.	X			
Rotating food choices throughout the year for more variety.		X		Need to include all schools.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Offer at least 20-35 minutes of recess/gym on all or most days, during the school year with outdoor recess/ gym when weather is permitting.	X			
Offer a variety of athletic sports for students to participate in with peers. In addition, we offer Girls on the Run, Dunk for diabetes field days, Jump rope for heart, and all school field days.	X			
Incorporate physical activities for family participation at home instead of screen time.			X	Work with gym teachers to create an event and send home packet for families.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Cafeteria “try days” to have students test out new food offerings to pick the ones they would like on the menu.	X			

Incorporate more scratch made items.			X	Meeting with our food provider to incorporate more items.

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?

-We have student and parent involvement about menus.

- We are not adding additional sugar into our menu items.
- We have portioned out our fruits and vegetables into easy grab and go containers.
- Try-it days are happening at all schools.

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

- Incorporating more classroom opportunities to learn about healthy eating.
- Include more promotion of our scratch made items and glute/vegetarian options.
- Develop a packet of physical activities for families to do at home instead of screen time.

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

- Start a teacher committee.
- Work with our food service providers to ensure menu rotations seasonally.
- Working with food service providers to include more scratch made items.