

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:05/19/2023

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](#).

- | | | |
|---|--|--|
| <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 type="checkbox"/> Nutrition Standards for Competitive Foods | <input 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 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 methods.	X			
Public involvement.			x	Need to establish a committee. Due to covid we were unable to do so.

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			
Menus are made available through our website.	X			

Field trips and gardening to promote farm to table.		X		Include all schools in these field trips.
We offer a food sharing table for unused food.	X			

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			
Wellness Wednesdays talking about the body, mind and heart. Healthy eating.		X		We need to branch out and include all schools.

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		Need to include all schools.

Have teachers do a unit on creating a healthy menu.		X		Would like to see it at all grade levels and be the focus of the unit.
No tv/games week promote outdoor physical activites.				Need to implement.

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 district offers many physical educations options.

- Our food vendor has optimum nutrition standards and is always looking for ways to improve students' healthy food choices.

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

- Recruitment of committee members.
- Nutrition Education section "Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-8).
- Have our food provider incorporate more food testing days at each school.
- Have students go on food to table field trips.

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

- Reach out through the PTO to recruit parents/ community members to join menu and wellness committee.
- Speak with the head of the health curriculum to discuss incorporating a unit on healthy eating /meal planning and setting up field trips that promote farm to table.
- Work with our food provider to seek out new food options for the students to try and recommend as additions to our menu.