

# 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: Panhandle School District

Site Name: Panhandle Cafeteria

Date Completed: March 1, 2024

Completed by: Aaron Hopper, Superintendent

## 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 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 LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.	Yes			The LEA will work to add Offer vs. Serve option for students. This will also include an opportunity to provide a second entrée and the possible addition of a salad bar which would successfully meet nutrition requirements.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
<p>Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services.</p>	Yes			<ul style="list-style-type: none"> <li>• The district would like to expand its opportunities for food education for students and the effects of nutrition on one's health and mental health.</li> <li>• The district will provide offer vs. serve training for staff and for students who utilize the district's cafeterias.</li> <li>• Ag-related field trips will also be pursued to provide learning opportunities for students outside of the classroom.</li> </ul>

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education.	Yes			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day	Yes			<ul style="list-style-type: none"> <li>The district will pursue providing a program for staff wellness outside the school day by promoting access to the district's weight room.</li> <li>The district participates in the kid's heart challenge to promote health an wellness in the community as well.</li> </ul>

### 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 policy details the requirements for the school district as it relates to promoting wellness. The policy also helps staff review the needs of the district through the lens of the policy. The district plan is well defined.

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

The policy helps the local education agency to pinpoint specific areas for improvement.

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

The district will provide additional training for staff during the spring/summer 2024. The district will also work to provide education and promote nutrition through the district's social/emotional curriculum and programming to increase awareness of eating appropriate/nutritious meals. The district will work to effectively implement an offer vs. serve program within the district's cafeterias.