

# Local Wellness Policy Triennial Assessment- March 2024

Schools 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 school 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.

District Name: Grant Park CUSD # 6

School Name: District

Date Completed: 3/20/2024

Completed by: Nancy Marcotte

## 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) 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](#).

Goals for Nutrition Education

Nutrition Standards for School Meals

Wellness Leadership

Goals for Nutrition Promotion

Nutrition Standards for Competitive Foods

Public Involvement

Goals for Physical Activity

Standards for All Foods/Beverages  
Provided, but Not Sold

Triennial Assessments

Goals for Other School-Based  
Wellness Activities

Food & Beverage Marketing

Reporting

**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>				
Health Education incorporated in Physical Education	X			
My Plate & Smart Snacks compared to My Pyramid in Health Module – MS Science	X			
Nutrition Module in Health Class - HS	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Nutrition Promotion</b>				
Conduct Smarter Lunchroom Assessment annually	X			
Elementary School Field Trips	X			
Monthly U of I Extension Agriculture Talks	X			
Menu on District Website	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Physical Activity</b>				
Elementary School - 40 min -3 times per week	X			
Middle School - 47 min. – 5 times per week	X			
High School - 55 min. – 5 times per week	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
<b>Other School-Based Wellness Activities</b>				
FFA offered for 9 <sup>th</sup> -12 <sup>th</sup> grade	X			
PTO Color Run	X			
Sample Days in Cafeterias	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?

- Provides a good foundation for students to understand the importance of nutrition and physical education.
- Students receive daily physical activity.

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

- Include more sequential and comprehensive nutrition education for all students.

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

- Investigate different avenues to advocate the importance of nutrition education for all students