

Wisconsin Local Wellness Policy Triennial Assessment Report Card

In accordance with the U.S. Department of Agriculture’s Final Rule: Local School Wellness Policy Implementation, all School Food Authorities (SFAs) participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy, at minimum, once every three years. The assessment requirement is designed to result in local school wellness policies that strengthen the ability of SFAs to create a school nutrition environment that promotes students' health, well-being, and ability to learn. The assessment must measure the SFA’s compliance with their local wellness policy, describe the SFA’s progress toward meeting their local wellness policy goals, and describe how the language in the SFA’s wellness policy compares to the model wellness policy. **The Wisconsin Local Wellness Policy Triennial Assessment Report Card is required to be used by all Wisconsin SFAs in order to fulfill the triennial assessment requirement.**

As part of the Triennial Assessment Report Card, SFAs are required to complete the Wellness School Assessment Tool (WellsAT). The WellsAT allows SFAs to rate the extent to which their policy contains language related to 67 policy items considered to be best practices for school wellness. Please note, the WellsAT only evaluates policy content. If your SFA has implemented best practices but has not included language within the policy, you must select the rating that corresponds with no policy language present. Once completed, an overall comprehensive score and strength score will be calculated. The assessment can be completed electronically at wellsat.org. To complete the assessment electronically, you will need to log-in to the online portal or register as a new user and begin a new assessment. The assessment may be completed manually by downloading the [assessment questions](#) and filling out the [scorecard](#) with your responses.

Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background ({Example Form Field}).

- 1. Assess Compliance with the Local Wellness Policy.**
Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.
- 2. Describe the overall progress made toward meeting policy goals.**
Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.
- 3. Report on results of the WellsAT.**
Describe areas of policy strength and areas for improvement based on the findings of the WellsAT. You may elect to include your WellsAT scores within the Triennial Assessment Report Card. If you do not want to include your scores, delete the text from the section.

Following completion of the Triennial Assessment Report Card, release the report to the school community. SFAs are required to provide documentation that the results of the triennial assessment were provided to the public as part of the Administrative Review of school nutrition programs. It is recommended you delete this instructional page prior to releasing the report.

This institution is an equal opportunity provider.

School District of Lodi

Local Wellness Policy Triennial Assessment Report Card1

Date Completed: 2020-2021

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Brent Richter, 608-592-1052, richtbr@lodischoolswi.org.

Section 1: Policy Assessment

Overall Rating:
{Score}

Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.

0 = objective not met/no activities completed

1 = objective partially met/some activities completed

2 = objective mostly met/multiple activities completed

3 = objective met/all activities completed

Nutrition Standards for All Foods in School	Rating
Menus shall be planned that meet or exceed the minimum standards set by the USDA National School Lunch/Breakfast Program mandates and ensure that all students have access to adequate and healthy food choices at reasonable prices Students who bring sack lunches from home will be encouraged to bring 100% juice or water with them instead of consuming heavily sweetened juice drinks or sport drinks.	3
They shall place the highest priority on foods rich in whole grains, low in fat and sodium, trans fat free and utilize a variety of fresh fruits and vegetables.	2
Milk shall be offered in fat-free (flavored) or skim (unflavored) varieties at every meal/nutrition break.	3
. Food service shall be sensitive to the presence of dyes, sulfites, MSG, caffeine, high fructose corn syrup and other additives by limiting their use and finding alternative products that have fewer additives when possible.	3
The use of locally produced products shall be utilized when possible.	1

Nutrition Promotion	Rating
To create and foster a healthy school environment it is important to consider all venues where food and beverages may be consumed or sold on school premises.	2
The foods and beverages offered should reflect, promote and encourage positive nutritional messages and healthy food choices.	3
A healthy school environment should not be dependent on revenue from high fat, low nutrient foods to support school programs.	3
When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutritional choices whenever appropriate.	3
Food sales, parties or special events that will interfere or conflict with the student's participation in the school lunch or breakfast programs shall be discouraged.	3

Nutrition Education	Rating
<p>A K-12 health curriculum shall be offered that meets or exceeds the standards as established by the Wisconsin Department of Public Instruction. The districts food service program will also play an active role in reinforcing the following nutrition/wellness related topics:</p> <ul style="list-style-type: none"> • USDA's Myplate Food Guide • Food varieties • Healthy diet 	2

Nutrition Education	Rating
<ul style="list-style-type: none"> • Diet and disease • Cultural food choices • Identify and encourage the consumption of whole grains • Food label basics • Healthy snack choices • Understanding calories and nutrient dense foods • Appropriate serving sizes • Proper food safety and sanitation • Food allergies • Healthy food demonstrations and tasting • Theme days/months featuring cultural food choices 	
The District has a Food Safety plan and all questions can be sent to the Director of Food Service who shall be available to assist as needed.	3

Physical Activity and Education	Rating
The minimum recommendations are: K-6 receives 150 minutes per week, grades 5-8 regular weekly instruction, and grades 9-12 at least 1.5 credits earned over three separate years	2
Students shall be offered co-curricular activities and recess to ensure their success in reaching the recommended allowance of engaging in 60 minutes of physical activity on most, and preferably all, days of the week.	3
The District will further encourage student, staff and community physical fitness by providing access to the District facilities and promoting a District staff wellness committee.	3
Any food item brought in from outside the district, on an occasional basis, that is offered to students, shall be limited to healthier, ready to eat, prepacked and shelf stable (requiring no refrigeration or temperature control) items.	3
The physical education curriculum shall teach students the value of physical activity and how overall health and fitness contributes to longevity. Students will participate in a wide range of physical activity to develop the knowledge and skills to become physically active for life.	3
The curriculum shall encourage that the recommended minimum times be met, as defined by the Wisconsin Department of Public Instruction, for physical education taught by a licensed physical education teacher.	3

Other School-Based Wellness Activities	Rating
The cafeteria climate shall provide students with a relaxed and enjoyable environment for their meal. The School Nutrition Association recommends a minimum time frame of 20 minutes, from when the last student is served, for the students to enjoy their meal and provide needed socialization with other students.	3
Adults serve an important role in modeling ideal behavior for our students. Adult wellness resources may be provided via the District web site, newsletters, handouts, food service menus, and/or presentations that focus on healthy lifestyles.	3
To create and foster a healthy school environment it is important to consider all venues where food and beverages may be consumed or sold on school premises. The foods and beverages offered should reflect, promote and encourage positive nutritional messages and healthy food choices. A healthy school environment should not be dependent on revenue from high fat, low nutrient foods to support school programs. When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutritional choices whenever appropriate. Food sales, parties or special events that will interfere or conflict with the student's participation in the school lunch or breakfast programs shall be discouraged.	2

Policy Monitoring and Implementation	Rating
Adult wellness resources may be provided via the District web site, newsletters, handouts, food service menus, and/or presentations that focus on healthy lifestyles	3
The foods and beverages offered should reflect, promote and encourage positive nutritional messages and healthy food choices.	3

Policy Monitoring and Implementation	Rating
A healthy school environment should not be dependent on revenue from high fat, low nutrient foods to support school programs.	3
When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutritional choices whenever appropriate	3
Food sales, parties or special events that will interfere or conflict with the student's participation in the school lunch or breakfast programs shall be discouraged.	3

Section 2: Progress Update

The school District of Lodi has worked diligently on preparing nutritious meals for our students while adhering to USDA guidelines. Specifically, food selection for low in sodium and low in fats, adequate protein and carbohydrate nutrient selection, monitoring food waste, opening communication lines with students and staff relative to taste and customer satisfaction, developing ongoing communications with administration, the Lodi Board of Education and community relative to knowledge, safety and nutritional content, working with the nursing staff on food safety and student and staff allergies have been some emphasis components recently. We are still working on taste testing, engaging students and families and choosing the most desirable meals for our students and staff.

Section 3: Model Policy Comparison

A required component of the triennial assessment is to utilize the Rudd Center's Wellness School Assessment Tool (WellSAT) for comparison of the Local Wellness Policy to a Model Wellness Policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identified policy strengths and areas for improvement.

Local Wellness Policy Strengths

The School District of Lodi School Wellness Policy is a detailed, highly inclusive policy that incorporates several aspects of healthy eating and living into it's procedures. The following are identified strengths of the wellness policy.

1. Includes nutritional guidelines and opportunities for student & staff nutritional education.
2. Student education examples are well laid out in the policy.
3. Examples of what food stuffs should be provided are clear.
4. Vending, concessions and other non-food service potential partnerships are addressed.
5. Clear examples of snack items brought from outside the district are identified.
6. The policy includes what a healthy and safe environment (cafeteria and more) shall look like.

Areas for Local Wellness Policy Improvement

1. Implement more educational initiatives, such as "Farm-to-Table" or "Kids in the Kitchen".
2. Develop the relationship with local food professionals and partnerships
3. Involve district staff in food service education.
4. Maintain and develop greater resources for families, such as website and food allergy apps.

5. Work toward the connection of educating concession partnerships with local clubs and organizations.
6. Food Service staff involvement is only cursory.
- 7.