

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: Lisle CUSD 202

Site Name: All School

Date Completed: May 2025

Completed by: Keith Filipiak

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 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 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 | | | | |
| Students in grades Pre-K – 12 receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum. | X | | | Younger grades-Nutrition Day with activities; Need to infuse nutrition education with PE; 5th grade-Units in Science; looking into coordinating elementary health curriculum with Family Consumer Science and PE classes at Lisle Jr. High School in 6th Grade. |
| Nutrition education is integrated into the standards-based lesson plans of other subjects | X | | | |
| Staff who teach Health or Nutrition attend health conferences and County Institute Days. Nurses attend nutrition-related conferences/workshops. | X | | | |
| A combination of classroom instruction, nutrition education in the cafeteria, health fairs, field trips, or assemblies provides 50 contact hours each year for each student. | X | | | |
| Lisle 202 participates in Forward through the DuPage County Health Department. Nurses collect data from students' physicals and send students' height, weight, and body mass index data in grades kindergarten, sixth, and ninth grades. The district receives school reports for each academic school year in comparison to participating schools in DuPage County and the United States. | X | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|---|---------|-------------------|-------------|----------------------------|
| Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day | | | | |
| Food providers offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing, and meal planning practices consistent with the current Dietary Guidelines for Americans. | X | | | |
| All foods and beverages sold individually (apart from reimbursable school meal) on school campuses during the school day meet the nutrition standards | X | | | |
| Nutritious and appealing foods and beverages are available wherever and whenever food is sold or offered by Aramark at school | X | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|--|---------|-------------------|-------------|----------------------------|
| Nutrition Promotion | | | | |
| Health curriculum, physical education programming, and school-based wellness activities. | X | | | |
| District Website | X | | | |
| Bulletin Board by Cafeteria | X | | | |
| Emails to Parents | X | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|--|---------|-------------------|-------------|----------------------------|
| Other School-Based Wellness Activities | | | | |
| Schools support parents' efforts to provide a healthy diet and daily physical activity for their children in elementary through high school. | X | | | |
| Parents are provided with information to help them incorporate healthy eating and physical activity into their students' lives. | X | | | |
| Food providers share information about the nutritional content of school meals and/or individually sold foods with students, families, and school staff. | X | | | |
| School meals are served in a clean, safe, and pleasant setting with adequate time to eat. The National Association of State Boards recommends that students have at least 10 minutes after sitting down for breakfast and 20 minutes for lunch to eat. | X | | | |
| Food service personnel have pre-service training and regularly participate in professional development activities. | X | | | |
| Food providers involve families, students and other school personnel in food and beverage selections for their local school. | X | | | |
| Food providers work with suppliers to obtain food and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually | X | | | |
| Food providers reinforce school nutrition and foster an environment where students can learn about and practice healthy eating. | X | | | |
| Food providers take every measure to ensure that student access to foods and beverages on school campuses meets federal, state, and local laws and guidelines. | X | | | |
| Foods and beverages brought into school for parties and meetings are encouraged to be healthful options. | X | | | |
| School-based organizations are encouraged to raise funds with non-food items. | X | | | |
| Students are not permitted to leave school grounds to purchase food and beverages. | X | | | |

| Goals | Meeting | Partially Meeting | Not Meeting | Next Steps (If Applicable) |
|---|---------|-------------------|-------------|--|
| Commercial advertising involves only foods and beverages that meet nutrition standards. | X | | | |
| Foods and beverages are consistent with the current Dietary Guidelines for Americans, and the Food Guidance System is promoted. | X | | | |
| All foods and beverages on campus comply with the federal, state, and local food safety and sanitation regulations. | X | | | |
| Physical Activity | | | | |
| Students in grades PK-12 participate in daily standards-based physical education aligned with Illinois Learning Standards for Physical Development and Health, and it is coordinated within a comprehensive health education curriculum by state-certified staff who regularly participate in continuing education. | X | | | |
| Lisle Elementary School students participate in physical education for a minimum of 225 minutes per week. | X | | | |
| Physical education classes have a student-to-teacher ratio comparable to those in other curricular areas | X | | | |
| Elementary students have daily supervised recess. | X | | | |
| Unused Food Sharing Plan | | | | |
| A school district's unused food sharing plan, often called a " share table " program, allows students to place unopened, packaged, or whole fruit items they do not want in a designated, supervised area for other students to take, reducing food waste and combating insecurity. These programs are encouraged by the USDA and must comply with local health department safety regulations, often involving, at least in Illinois, a joint effort with the school's local health department. | | | X | The District has attempted to provide a table for students, but participation by the students has been limited and the District lacks personnel to support monitoring the program. |

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: _____
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1. Strengths of the District's Local Wellness Policy

- The District has implemented the Local Wellness Policy across all schools through health education, physical education programming, and school-based wellness activities.
 - The District's food service program operates in compliance with federal meal pattern requirements and **USDA Smart Snacks in School standards** for competitive foods.
 - Students are provided regular opportunities for physical education and physical activity consistent with Illinois Learning Standards for Physical Development and Health.
 - The District complies with federal requirements prohibiting the marketing of foods and beverages during the school day that do not meet Smart Snacks standards.
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2. Areas for Improvement

- Increase stakeholder participation in the District Wellness Committee in order to strengthen ongoing review and implementation of the Local Wellness Policy.
 - Continue to enhance nutrition education opportunities across grade levels to further support student understanding of healthy choices.
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3. Planned Next Steps

- The District will seek additional participation from parents, staff, students, food service representatives, and community members to support the work of the Wellness Committee.
 - Administration will review wellness practices and food-sharing initiatives implemented in other school districts to determine whether adoption of a similar **Unused Food Sharing Plan** would be appropriate for the District.
 - The District will continue periodic monitoring of wellness policy implementation and make updates as appropriate.
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