

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: Freeburg CCSD #70

Site Name: Freeburg CCSD #70

Date Completed: February 2026

Completed by: Wellness Committee

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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| ☒ 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 |
| ☐ 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				
Provide a sequential, standards-aligned nutrition education program for all K-8 students.	x			
Integrate nutrition concepts into other academic subjects when appropriate.	x			
Provide ongoing professional development for staff delivering nutrition instruction.		x		Increase communication through newsletters and website postings.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Ensure all meals and competitive foods meet USDA Smart Snacks and Dietary Guidelines standards.	x			
Make nutritional information available to students and families.		x		Increase visibility at point-of-service and online.

Use signage and visual supports in cafeteria to encourage healthy choices.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Provide a comprehensive PreK-8 physical education program aligned with Illinois standards.	x			
Ensure students are engaged in moderate-to-vigorous activity for at least 50% of PE class time.	x			
Provide daily supervised recess for grades PreK-8.	x			
Avoid withholding physical activity as punishment.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Provide clean, safe meal environments with at least 20 minutes for eating.	x			

Minimize stigma associated with free/reduced meal eligibility.	x			
Maintain a Wellness Committee and review policy at least every three years.	x			Increase documentation of meetings and minutes.
Encourage staff wellness initiatives.		x		Explore formal staff wellness programming.

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: [ISBE Wellness Policy Template](#)

1. What strengths does your current local wellness policy possess?

The Freeburg C.C.S.D. #70 Wellness Policy comprehensively addresses nutrition education, physical education, food service standards, and student wellness practices. Strong elements include the requirement for 50% moderate-to-vigorous activity during PE, daily recess for

elementary students, Smart Snacks compliance (if applicable), a minimum 20-minute meal period, and protections against withholding physical activity as punishment.

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

Opportunities for enhancement include adding more measurable (SMART) goals, expanding public reporting language, strengthening food and beverage marketing language, incorporating food waste reduction strategies, and increasing documentation of wellness committee activities.

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

The Wellness Committee will review the ISBE model template during the 2026–2027 school year, update language to include measurable benchmarks, strengthen documentation practices, enhance public reporting transparency, and explore implementation of food waste reduction initiatives.