

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. 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 a sponsor's 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.

Sponsor Name: Kathleen Kaiser

Site Name: Lake Zurich District 95

Date Completed: 5/13/26

Completed by: Kathleen Kaiser

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

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)
Nutrition Education				
Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.	x			
Nutrition education will be part of the District's comprehensive health education curriculum.	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Schools will support and promote sound nutrition.	x			
Schools will provide information to students on meal options, (breakfast, lunch, snacks, etc.)		x		Explore options for providing additional information to students on meal options available.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Schools will support and promote an active lifestyle for students.	x			
Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.	x			
During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted.	x			
The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Ill. State Board of Education (ISBE).	x			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Schools will incorporate wellness-based activities outside of the cafeteria and gym.	x			
Schools will implement the district food sharing plan.		x		Expand the district food sharing plan so that it is available at all schools across the district.

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?

Lake Zurich Community Unit School District 95 is committed to providing students with a wide range of opportunities to engage in physical activity and develop lifelong healthy habits. In addition to comprehensive K–12 physical education programming, students have access to numerous extracurricular and co-curricular activities that promote physical fitness, teamwork, and overall wellness. The district offers a variety of traditional athletic programs, including basketball, baseball, softball, wrestling, cheerleading, and other interscholastic sports. Students may also participate in a range of activity-based clubs and programs such as running clubs, dance clubs, weightlifting programs, and other special-interest organizations that encourage regular physical activity and healthy lifestyles. Through these diverse opportunities, District 95 supports the physical, social, and emotional well-being of students while fostering a culture that values health, fitness, and active engagement.

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

The district will explore strategies to provide students with additional information about available meal options, including breakfast and lunch offerings.

Additionally, the District will work to expand its food sharing plan to all schools, increasing equitable access to available food resources while reducing food waste and supporting sustainability efforts throughout the district.

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

Beginning in the 2026–2027 school year, the District will explore opportunities to provide students with additional information regarding available meal options, including breakfast and lunch offerings. To support this effort, the District will work with building leaders to determine the most effective methods for sharing this information with students.

Additionally, the District will collaborate with building leaders to identify and address barriers to implementing food-sharing programs. Schools will be supported in either establishing new food-sharing plans or strengthening existing programs to promote consistent food-sharing opportunities across all K–12 buildings.