



Alabama State Department of Education Child Nutrition Program



Local Wellness Policy: Triennial Assessment Report

This tool is intended to be a guide based on current regulations. It is the responsibility of the LEA to stay abreast of any updates and changes to the regulations and to implement any changes in local policies.

Background Information

To be compliant with the USDA final rule, at least once every three years, the district will assess the Local Wellness Policy. However, Local Education Agencies (LEAs) may assess their policy more frequently if they wish.

Purpose

The district should designate a representative to lead the wellness policy assessment. This representative must publicly invite members from the community, schools, and the district to participate. Members of the district wellness committee who are completing the assessment of the Local Wellness Policy may use this template. Section 3 of this template should be copied and completed for each school.

This template contains the three required components of the triennial assessment:

1. the extent to which the wellness policy compares to model wellness policies
2. progress made in attaining the goals of the wellness policy
3. the extent to which schools under the jurisdiction of the districts are complying with the district Wellness Policy

Results

A copy of the assessment must be made available to the public. How the assessment is made available is the decision of the LEA. (i.e., district website, local newspaper, etc.). The triennial assessment summary and the assessment details (e.g., WellSAT 3.0 report) must be shared.

Recordkeeping for the Child Nutrition Program Administrative Review:

- ☒ a copy of the most recent triennial assessment, along with supporting documentation
- ☒ a copy of the current and previous board approval of the policy
- ☒ documentation demonstrating the policy has been made available to the public
- ☒ documentation of efforts to review and update the policy, including who was involved and how the district made stakeholders aware of their ability to participate (i.e., meeting agendas and sign-in sheets)

Local Wellness Policy: Triennial Assessment Summary

General Information

LEA: TUSCALOOSA COUNTY SCHOOLS

Month and year of current assessment: MAY 2026

Date of last Local Wellness Policy revision: JUNE 2023

Website address and/or information on how the public can access a copy of the Local Wellness Policy and Triennial Assessment: TCSS.NET

Wellness Committee Information

How often does your district wellness committee meet? EVERY 3 YEARS OR MORE FREQUENTLY IF NEEDED

District Wellness Coordinator

Name	School	Job Title	Email Address
KRISTY O'LEARY	C/O	CNP DIRECTOR	koleary@tcss.net

Designated Wellness Assessment Leader (can be the District Wellness Coordinator)

Name	School	Job Title	Email Address
KRISTY O'LEARY	C/O	CNP DIRECTOR	koleary@tcss.net

District Wellness Committee Members

Name	School	Job Title	Email Address
KRISTY O'LEARY	C/O	CNP DIRECTOR	koleary@tcss.net
LINDSEY MCKINNEY	PARENT	PARENT	lmckinney@tcss.net
CINDY O'QUINN	CO	DISTRICT NURSE	coquinn@tcss.net
BRANDY SHANKLIN	CO	MTSS COORDINATOR	bshanklin@tcss.net
JULIE REID	MYRTLEWD	TEACHER	jreid@tcss.net

*See page 13 for space to add Wellness Committee members.

Section 1. Comparison to Model School Wellness Policies

Complete a Triennial Assessment Tool (WellSAT3.0 assessment tool, or other customized assessment tool) and keep a copy of the results on file for at least three full school years plus the current year. It will be reviewed during the next administrative review of your Child Nutrition program.

Indicate which model wellness policy language was used for comparison:

- ☐ Alliance for a Healthier Generation Model Policy
- ☒ WellSAT 3.0 example policy language (Print the WellSat report and include with your assessment)
- ☐ Other (please specify): _____

Describe how your wellness policy compares to the model wellness policy. (May use a bullet format to list comparisons)

Tuscaloosa County Schools utilized the WellSAT 3.0 assessment tool to compare the district's Local Wellness Policy to a model wellness policy. The results indicate that the district policy includes all required federal components and aligns with model policy expectations in the areas of school meals, competitive foods, and implementation procedures.

The policy demonstrates strong alignment in:

- USDA school meal compliance and nutrition standards
- Smart Snacks requirements and fundraising regulations
- Stakeholder involvement and triennial assessment processes

The policy is moderately aligned in the areas of:

- Nutrition education, where language supports integration but lacks measurable implementation requirements
- Physical activity, where opportunities are provided but specific time and frequency requirements are not defined
- Wellness promotion and marketing, where healthy choices are encouraged but not strongly enforced

Overall, the policy is comprehensive but would benefit from stronger, more specific language to fully align with model wellness policy best practices.

Section 2. Progress towards Goals

*NOTE: Required components are listed in blue.

Nutrition standards for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)	Describe progress and next steps:
To be compliant with the USDA final rule and ALSDE: - All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programs - All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation. - Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.	Nutrition Standards (Meals & Smart Snacks) Describe progress and next steps: Tuscaloosa County Schools is fully compliant with USDA school meal standards and Alabama Smart Snacks regulations. All foods and beverages sold during the school day meet federal and state requirements. Fundraisers are monitored and comply with Smart Snack guidelines or approved exemptions. Next steps: Continue monitoring compliance and provide ongoing staff training to maintain standards.

Access to free potable water on campus	Describe progress and next steps:
To be compliant with the USDA final rule: Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria. List how access to potable water is made available in schools.	Access to Free Potable Water Describe progress and next steps: All schools provide free, safe drinking water to students during meals and throughout the school day via water fountains and/or cafeteria access. Next steps: Continue ensuring consistent access at all campuses.

Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

Guidelines for other foods and beverages available on the school campus, but not sold	Describe progress and next steps:
To be compliant with ALSDE: All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guide and Implementation.	Foods Provided but Not Sold (Class Parties, etc.) Describe progress and next steps: Schools encourage Smart Snack-compliant foods for classroom celebrations and activities. Staff are guided to promote healthier options. Next steps: Strengthen communication and consistency across schools.
Marketing and advertising of only foods and beverages that meet Smart Snacks	Describe progress and next steps:
To be compliant with the USDA final rule: Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day. If applicable, list additional school goals below:	Marketing & Advertising Describe progress and next steps: Schools promote healthy food and beverage options during the school day. Smart Snack-compliant items are encouraged in promotions and school environments. Next steps: Strengthen enforcement to ensure only compliant items are marketed.

Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

Physical Activity Goal(s)	Describe progress and next steps:
To be compliant with the USDA final rule: The district requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school. List physical activity opportunities that are offered at schools:	Physical Activity Goals Describe progress and next steps: Students are provided opportunities for physical activity through physical education classes, recess, and other school-based activities. Next steps: Develop more specific guidelines for frequency and duration of physical activity.

Nutrition Promotion and Education Goal(s)	Describe progress and next steps:
To be compliant with the USDA final rule: The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs. List how nutrition promotion and nutrition education are provided in schools:	Nutrition Promotion & Education Describe progress and next steps: Nutrition education is integrated into the curriculum, and schools promote healthy eating habits through classroom instruction, cafeteria messaging, and participation in school meal programs. Next steps: Expand measurable goals and ensure consistent implementation across all schools.

Section 2. Progress towards Goals continued

*NOTE: Required components are listed in blue.

Other school-based activities to promote student wellness goal(s)	Describe progress and next steps:
To be compliant with the USDA final rule: The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities. List other school-based activities that are offered by the district:	Schools support student wellness through a variety of activities including health services, counseling, and promoting a healthy school environment. Next steps: Increase stakeholder engagement and expand wellness initiatives district-wide.

CHECKLIST:

Triennial Assessment was made public:

Date: June 1 2026

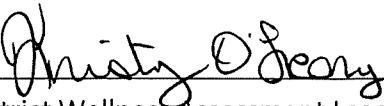
Updated Wellness Policy received Board approval: (if applicable)

Date: NA

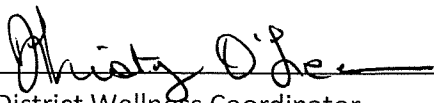
Wellness Policy was made public:

Date: Ongoing

SIGNATURES:


District Wellness Assessment Leader

PRINT NAME: Kristy O'Leary
DATE: 5/27/26


District Wellness Coordinator

PRINT NAME: Kristy O'Leary
DATE: 5/27/26

Superintendent

PRINT NAME: Daniel Bray
DATE: 5/27/26

WellSAT 3.0 Score Sheet

SECTION 1: Nutrition Education

NE1 = 1

NE2 = 1

NE3 = 1

NE4 = 1

NE5 = 0

NE6 = 0

SECTION 2: USDA School Meals

SM1 = 2

SM2 = 2

SM3 = 2

SM4 = 1

SM5 = 2

SM6 = 1

SM7 = 1

SECTION 3: Competitive Foods

NS1 = 2

NS2 = 2

NS3 = 1

NS4 = 1

NS5 = 1

NS6 = 2

NS7 = 2

SECTION 4: Physical Education & Physical Activity

PEPA1 = 1

PEPA2 = 1

PEPA3 = 1

PEPA4 = 1

PEPA5 = 0

PEPA6 = 1

PEPA7 = 1

PEPA8 = 1

PEPA9 = 1

PEPA10 = 0

SECTION 5: Wellness Promotion & Marketing

WPM1 = 1

WPM2 = 1
WPM3 = 1
WPM4 = 0
WPM5 = 1
WPM6 = 1
WPM7 = 0

SECTION 6: Implementation, Evaluation, Communication

IEC1 = 2
IEC2 = 2
IEC3 = 2
IEC4 = 2
IEC5 = 2
IEC6 = 1
IEC7 = 2
IEC8 = 2
IEC9 = 1
IEC10 = 1

Section 3: School Level Progress Report

Print or copy this section to be completed by each school.

Blue area includes specific guidance. Gray area includes examples.

Place an "X" in the appropriate column by each bullet and add additional goals in the space provided.

School: _____

Date: _____

School Wellness Leader: _____

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Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and Smart Snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<u>To be compliant with the USDA final rule and ALSDE:</u> - All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds the USDA regulations for the National School Lunch and School Breakfast programs - All foods and beverages outside of the school meal program are not sold within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation. - Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.				

Access to free potable water on campus	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<u>To be compliant with the USDA final rule:</u> Free, safe, unflavored drinking water is available to all students during mealtimes in the cafeteria.				
If applicable, list additional school goals below:				

Section 3: School Level Progress Report continued

Page 2 of 4

Guidelines for other foods and beverages available on the school campus, but not sold (i.e., classroom parties and rewards)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
To be compliant with ALSDE: All foods and beverages outside of the school meal program are not provided within the timeframe of 1 hour before or after school meals per Alabama Implementation of USDA Smart Snacks in School and Fundraising Activity Smart Snack and Fundraiser Guidance and Implementation.				
If applicable, list additional school goals below:				

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
To be compliant with the USDA final rule: Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day.				
If applicable, list additional school goals below:				

Section 3: School Level Progress Report

Page 3 of 4

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<u>To be compliant with the USDA final rule:</u> The district requires that a combination of physical activity opportunities be offered daily to all students, including students with disabilities, before during and after school.				
Examples: - Physical education: (structured and un-structured play) - Our school prohibits withholding activities/recess as a punishment.	X	X		
List school goals in this section:				

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<u>To be compliant with the USDA final rule:</u> The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.				
Examples: - Age-appropriate nutrition education lessons are provided to students in all grade levels throughout the school year - National School Lunch/School Breakfast Week promotion				
List school goals in addition to the required outreach included in this section: - School Breakfast Outreach - Summer Food Service Outreach				

Section 3: School Level Progress Report

Other school-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Notes:
<u>To be compliant with the USDA final rule:</u> The district integrates wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.				
Examples: • <i>Social Emotional Development</i> • <i>Counseling</i> • <i>Health Services</i> • <i>Physical Environment</i> • <i>Caregiver (Family) Engagement</i> • <i>Community Involvement</i>				
List school wellness activity goals in this section:				



Request for Resources and Support

Check the resources and support below if you would like to request assistance for your school in meeting the wellness goals?

- ☐ content specific training (*i.e., Nutrition Education, Physical Education/Activity*)
- ☐ assistance with a school-based health assessment
- ☐ strategies for implementing the local Wellness Policy
- ☐ healthy and profitable non-food fundraisers
- ☐ healthy school non-food celebrations
- ☐ increasing engagement
- ☐ grant writing support
- ☐ local and state resources
- ☐ other (please specify):

Local Wellness Policy Recommendations

This space is for your school to make recommendations for suggested wellness policy revisions for the district wellness committee to consider.

Signatures:

District Wellness Assessment Leader: _____

DATE: _____

School Wellness Leader: _____

DATE: _____

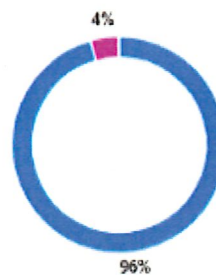
Principal: _____

DATE: _____

5. SCHOOL MEALS MEET USDA STANDARDS

[More details](#)

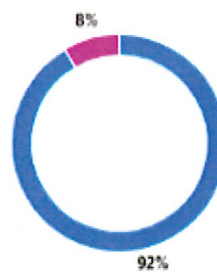
MEETING GOAL	23
PARTIALLY MEETING GOAL	1
NOT MEETING GOAL	0



6. ALL foods sold during the school day are smart snack compliant or accompanied by a fund raising exemption form

[More details](#)

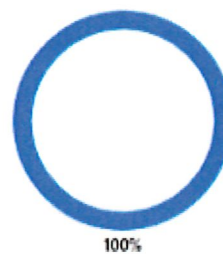
meeting goal	22
partially meeting goal	2
not meeting goal	0



7. FREE drinking water is available to all students

[More details](#)

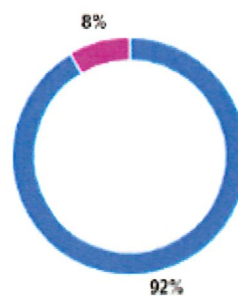
meeting goal	24
partially meeting goal	0
not meeting goal	0



8. foods provided but not sold (parties, special events) are not available 1 hour before or after established meal times

[More details](#)

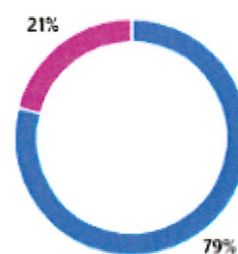
meeting goal	22
partially meeting goal	2
not meeting goal	0



9. Only smart snack compliant foods are marketed during the school day

[More details](#)

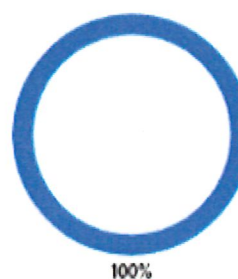
meeting goal	19
partially meeting goal	5
not meeting goal	0



10. Students receive regular physical activity opportunities

[More details](#)

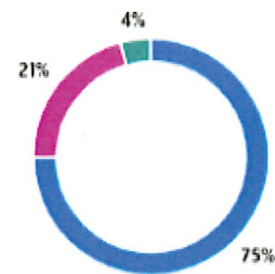
meeting goal	24
partially meeting goal	0
not meeting goal	0



11. Nutrition Education is provided across the school

[More details](#)

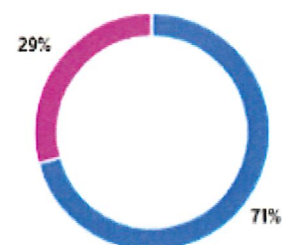
meeting goal	18
partially meeting goal	5
not meeting goal	1



12. School implements additional wellness activities

[More details](#)

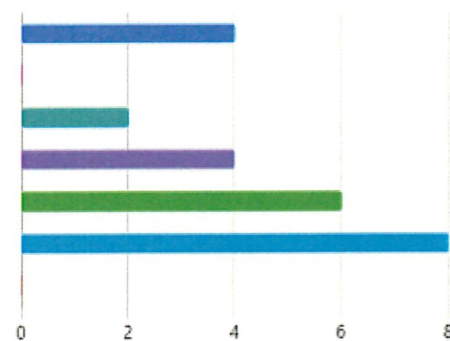
meeting goal	17
partially meeting goal	7
not meeting goal	0



13. Overall areas of improvement/ request for additional support

[More details](#)

Nutrition education training	4
Physical education training	0
implementation strategies	2
Healthy fundraisers	4
parent engagement support	6
none	8
other	0



To get involved in the TCSS Wellness Policy please call 205-324-5752