

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:

Site Name: Riverdale School District

Date Completed: 5/3/22

Completed by:

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

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				
Health assessments for staff members			x	Contact BCBS health insurance provider for resources

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus.			x	

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
None				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Written school health and safety policies		x		Create and update school health and safety policies

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?

Current strengths include a physical education program that meets requirements.

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

Employee health screenings have not been offered in several years and would be a beneficial addition to our wellness program.

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

Contact insurance broker for further information and benefits offered to members.