2025 ISBE School Nutrition Training

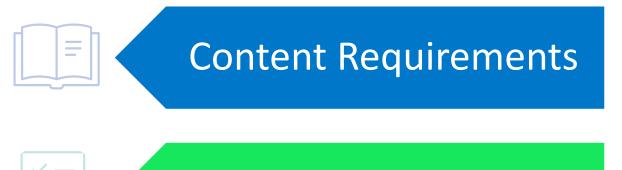
LOCAL WELLNESS POLICIES Beth Tanner, MS, RDN



CHILD NUTRITION PROGRAMS



Agenda









Overview of Regulations

Current local wellness policy regulations governing NSLP & SBP sponsors are located at 7 CFR 210.31

Who must have a local wellness policy

Content of the wellness policy

Public involvement and notification

Policy evaluation

Recordkeeping



Who must have a local wellness policy?

 Each sponsor participating in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) is required to establish a written local wellness policy for all sites under its jurisdiction



Agenda



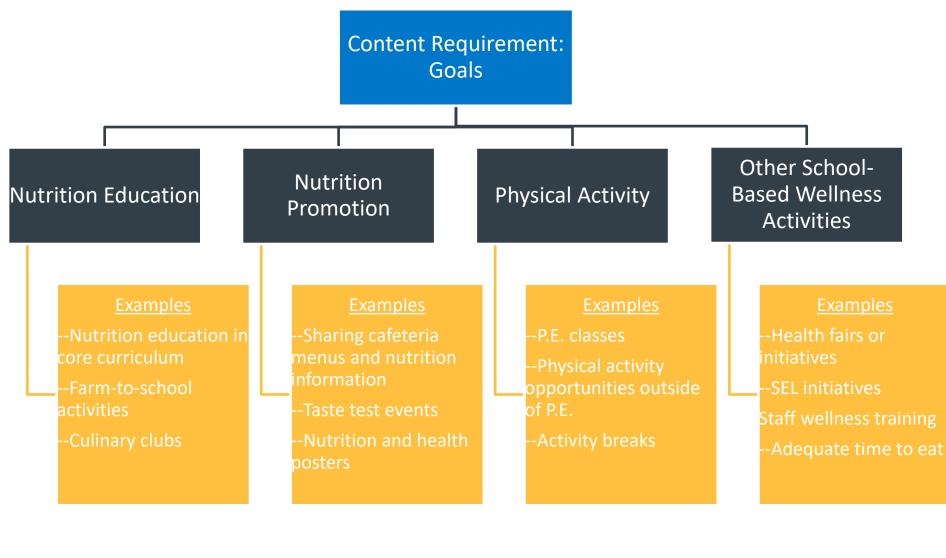






What must be included in a local wellness policy?

Goals for Nutrition Education	Goals for Nutrition Promotion	Goals for Physical Activity	Goals for Other School-Based Wellness Activities
Nutrition Standards for School Meals	Nutrition Standards for Competitive Foods	Standards for All Foods/Beverages Provided (Not Sold)	Food & Beverage Marketing
Unused Food Sharing Plan	Wellness Leadership	Public Involvement	Reporting
		nnial sments	STATE BOARD OF







*Sponsors are required to review and consider evidence-based strategies when determining goals to include in the local wellness policy. Places to start include <u>USDA's</u> <u>MyPlate</u>, <u>CDC's Whole School</u>, <u>Whole Community</u>, <u>Whole Child</u> (<u>WSCC</u>), and <u>Healthy</u> <u>People 2030 Evidence-Based Resources for Schools</u>.



Content Requirement: Nutrition Standards for School Meals

These are the USDA-required nutrition standards for reimbursable meals

What meal programs does your school participate in?



Where can information on these requirements be found? What are the current requirements for the meal pattern components?



Content Requirement: Nutrition Standards for Competitive Foods



These are the USDA-required *Smart Snacks in Schools Standards,* which apply to all food and beverages <u>sold</u> (outside of the reimbursable meal) on the <u>school campus</u> during the <u>school day</u>



<u>School campus:</u> Anywhere on the school grounds that is accessible to students during the school day



<u>School day:</u> The midnight before to 30 minutes after the end of the official school day



Examples of competitive food and beverages include à la carte, vending machines, school stores, snack bars, and fundraisers (unless exempt)

Content Requirement: Standards for all Food/Beverages Provided (Not Sold)

 These are standards for all food and beverage items provided to students <u>at</u> <u>no charge</u> on the <u>school campus</u> during the <u>school day</u>

Standards for these types of food and beverages are set at the local level

 USDA does not have requirements for food/beverage items provided at no charge to students

Examples of food/beverages provided, not sold, to students:

• Classroom parties, rewards/incentives for good behavior, etc.

Best practices (recommendations; not required) include:

- Non-food and beverage items, such as stickers, bookmarks, etc.
- Food and beverages that meet *Smart Snacks in Schools Standards*

Content Requirement: Food & Beverage Marketing



Food and beverage marketing is permitted, but only items that meet *Smart Snacks in Schools Standards* may be marketed during the school day

Marketing of non-compliant items is not allowed during the school day

Examples of marketing include, but are not limited to: posters, flyers, cups used for beverage dispensing, exterior or equipment (e.g., vending machines, coolers, trash cans)





Content Requirement: Unused Food Sharing Plan

Required by Public Act 102-0359, which went into effect Aug. 13, 2021





Requires IL school districts to incorporate a food sharing plan for unused food focused on students in need into the local wellness policy

Resources and ideas are included in ISBE's local wellness policy template at <u>https://www.isbe.net/Pages/Local-School-</u> <u>Nutrition-Wellness-Policy.aspx</u> (under *Templates & Tools*)





Plans must be consistent with the Richard B. Russell National School Lunch Act and all federal, state, and local regulations regarding food donations and food safety and sanitation. Districts should consult their local health department when developing these plans.

Content Requirement: Wellness Leadership

- Sponsors must have a designated official who is responsible for overseeing the local wellness policy process
- Sponsors have the discretion to determine who is best to be the official(s)
- At a minimum, the position title of the official must be identified in the local wellness policy



Content Requirement: Public Involvement

- Sponsors must permit participation by the general public and school community in wellness policy processes
- Examples include parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators
 - USDA does not require participation from all groups
- Local wellness policies must include a description of how these individuals are provided an opportunity to participate in the development, implementation, review, and updates of the policy



Content Requirement: Reporting

Sponsors are required to make the following available to the public: 1) the wellness policy, 2) any updates to the policy, and 3) triennial assessments

Local wellness policies must include a description of how the sponsor will ensure public notification and access to these documents



Content Requirement: Triennial Assessments

Sponsors must assess the wellness policy every 3 years, at a minimum (i.e., triennial assessment)



Local wellness policies must include a description of the plan for policy evaluation

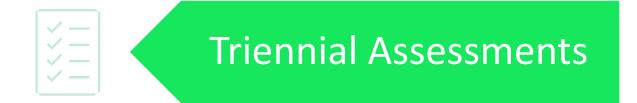


As part of that plan, sponsors must make triennial assessment results available to the public



Agenda

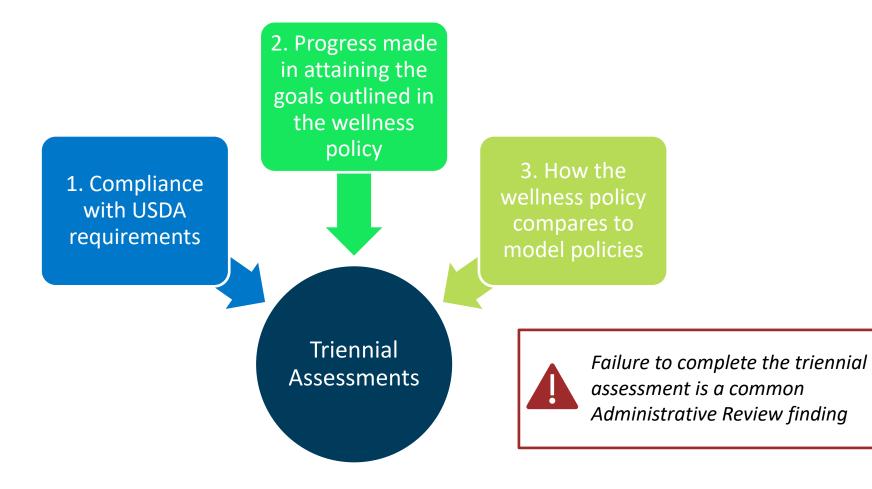






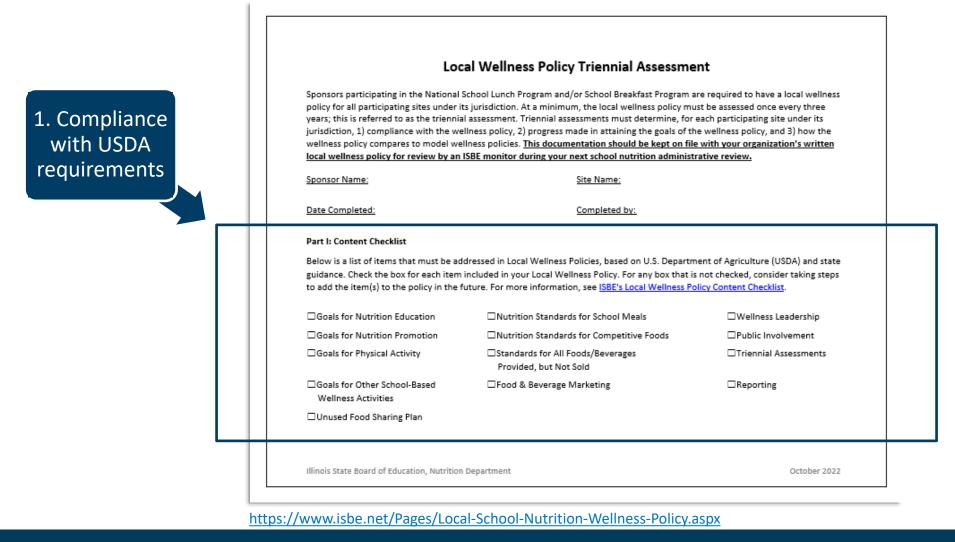


USDA requires all sponsors to assess their own local wellness policy **at least once every three years**. This triennial assessment must measure, for each participating site:



ISBE Triennial Assessment Template

Part I: Content Checklist



ISBE Triennial Assessment Template

Part II: Goal Assessment

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				

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion	_		_	

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https://www.isbe.net/Pages/Local-School-Nutrition-Wellness-Policy.aspx

2. Progress made in attaining the goals outlined in the wellness policy

ISBE Triennial Assessment Template Part III: Model Policy Comparison

3. How the wellness policy compares to model policies



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 <u>one</u> 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: _____

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

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

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

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https://www.isbe.net/Pages/Local-School-Nutrition-Wellness-Policy.aspx

Triennial Assessment: Due Dates

- Under original USDA guidance, the first triennial assessment was due <u>June 30, 2020</u>
- Some sponsors may have been approved for a later due date as a result of several USDA waivers
 - Extension #1 <u>June 30, 2021</u>
 - Extension #2 <u>June 30, 2022</u>
 - Extension #3 <u>June 30, 2023</u>
 - If your organization is not on any of these 3 lists, your due date was June 30, 2020



Where do I submit the triennial assessment once completed?

Completed triennial assessments should be kept on file at your organization and the results of the assessment must be made available to the public.



How do I know if we've previously completed a triennial assessment?

If your organization has completed a triennial assessment in the past, the organization should have that assessment on file with the date it was completed. You may also be able to find a previous triennial assessment by searching your organization's website or online platform.



How is the triennial assessment reviewed by ISBE?

During an Administrative Review of the School Nutrition Programs, which is conducted by an ISBE monitor, sponsors must provide documentation of their written local wellness policy, and documentation that the policy itself was made available to the public. Additionally, sponsors must provide documentation of triennial assessments of the policy for each participating site under its jurisdiction, as well as documentation demonstrating the sponsor made the triennial assessments, and any policy updates, available to the public.



Administrative Review Checklist

- Local wellness policy
- Most recent triennial assessment
- Documentation that the wellness policy and triennial assessment was made available to the public (i.e., web address, newsletter, etc.)
- Documentation of efforts to review and update



Agenda









Policy Content Resources

Local Wellness Policy Content Checklist

Local Wellness Policy Content Checklist

Τ	Ins tool is interfeed to help sporsors partogram in the valorial school unfor Program analysis school Breakfast Program meet the minimum requirements of what must be included in the content of their Local Wellness Policy. This checklist is not intended to take the place of the required triennial assessment of the Local Wellness Policy.
	Nutrition Education – Specific goals for Nutrition Education are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
	Nutrition Promotion – Specific goals for Nutrition Promotion are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
	Physical Activity – Specific goals for Physical Activity are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
	Other School-Based Activities that Promote Student Wellness – Specific goals for Other School-Based Activities that Promote Student Wellness are included in the Local Wellness Policy. These goals were developed using evidence-based strategies.
	Nutrition Standards for School Meals – Nutrition standards for school meals that are consistent with the Federal regulations are included in the Local Wellness Policy.
	Nutrition Standards for Competitive Foods – Nutrition standards that are consistent with the Foderal regulations for competitive food and beverage items (i.e. Smart Snacks in Schools nutrition standards) sold to students on the school campus during the school day are included in the Local Wellness Policy.
	Standards for All Foods and Beverages Provided, but Not Sold – Standards for all foods and beverages provided, but not sold to students (e.g. classroom parties, rewards, etc.) are included in the Local Wellness Policy. These standards are developed at the local level.
	Food and Beverage Marketing – Policies that allow the marketing of only food and beverage items that meet Smart Snacks in School nutrition standards are included in the Local Wellness Policy.
	Wellness Leadership – The position title of the LEA or school official(s) responsible for Local Wellness Policy oversight is identified in the Local Wellness Policy.
	Public Involvement – Language permitting the school community, including parents and students, and the general public to be involved in Local Wellness Policy processes, including development, implementation, and periodic reviews and updates, is included in the Local Wellness Policy.
	Trienal Assessments – Language regarding the completion of triennial assessments is included in the Local Wellness Policy. Please note, LEAs may conduct assessments more often than every three years. Local Wellness Policies must be updated or modified as appropriate.
	Reporting – Language outlining measures taken by the LEA to ensure public notification and access to the Local Wellness Policy and any assessments, reviews, and updates is included in the Local Wellness Policy.
	Unused Food Sharing Plan – In reference to Public Act 102-0359, language regarding the LEA's unused food sharing plan is included in the Local Wellness Policy.
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https://www.isbe.net/Documents/Local-Wellness-Policy-Content-Checklist.pdf

Local Wellness Policy Template

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https://www.isbe.net/Pages/Local-School-Nutrition-Wellness-Policy.aspx Under the *Templates & Tools* drop-down

Local Wellness Policy Template

Instructions for Local Wellness Policy Templates

- *Red, italicized text provides guidance and clarification on regulatory requirements and best practices. This text may be removed once the Local Wellness Policy is completed by the district.*
- Yellow, highlighted text designates sections where organizations should insert customized policy language based on its needs.

Nutrition Standards

<u>Meals</u>

[Nutrition standards for reimbursable meals consistent with Federal guidelines must be included in the content of the Wellness Policy.]

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. [Districts may need to alter programs included in this statement based on actual participation.] This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

[If your District goes beyond the basic meal requirements, insert a description. Examples include salad bars, serving fresh fruits and vegetables every day (<u>i.e.</u> not serving juice to meet fruit and vegetable component requirements), etc.]



Triennial Assessment Resources

Triennial Assessment FAQ

Local Wellness Policy Triennial Assessment FAQ

Sponsors participating in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) are required to have a local wellness policy. At a minimum, the local wellness policy must be assessed once every 3 years; this is referred to as the "rironial assessment." Frequently Asked Questions regarding the triennial assessment are below.

Who must complete a triennial assessment of the local wellness policy?
Each sponsor participating in the NSLP and/or SBP is required to establish a written local wellness policy for all sites

each points participating in the risc- and/or ser is require to be statistic a written local weines points of an isot under its jurisdiction. Therefore, all NSLP and/or SBP sponsors must complete a triennal assessment of their local wellness policy at each site participating in the meal program(s) under their jurisdiction.

2. What must be included in the triennial assessment?

Triennial assessments of the local wellness policy must assess: 1) the extent to which the policy complies with USDA requirements. 2) the extent to which the policy aligns with model policies, and 3) progress made towards attaining the goals outlined in the policy.

3. Who is responsible for conducting the triennial assessment?

This is determined at the local level Sponsor must designate at least one official as responsible for determining the texts to which examplicity and pairs in comparison with the whethers pairs. The sponsor may conduct the trienaid assessment on behalf of each participating site under its jurisdiction, or may alone each title to conduct the non assessment. In addition to the sponsor's official () it entities () dentities that the conduct the trienaid assessment and addition to the sponsor's official () it entities () dentities that the conduct the parameters of the sponsore of the sponsore is the sponsore that the sponsore is the sponsore that the involved in the review process. Sponsors have discretion in how they implement this requirement since each organization in the studied to determine the discretion resch.

4. When is the first triennial assessment due?

Under original USA guidance, the first triennal assessment was due Jane 30, 2020. However, some sponsors may have been approved for a later due date as a result of COVP-related USA waiver. Und Shaved there triennal assessment extensions with the following due dates: Jane 30, 2021, Jane 30, 2022, and Jane 30, 2022. These lists provide a list of opposing approved for the corresponding extended due date. For extensing sponsors, not on any of these lists, the first triennal assessment was due Jane 30, 2020. For any new NSP and/or SBP apposings, the first triennal assessment is due 3 years from the meal program start date approved by SER.

5. When is the next triennial assessment due?

Triennia assessments are required to be completed at least once every 3 years. If you've already completed your first triennial assessment, the next one is due no later than 3 years from that date. For example, if you completed the first triennial assessment on June 30, 2020, the next one will be due no later than June 30, 2023. Please next persons are responsible for tracking the dates their triennial assessment was completed and maintaining their 3-year triennial assessment type.

> 6. Our first triennial assessment was late. When will the next one be due? If a sponrer mixed the due date of their first triennial assessment; and was not approved for an extended due date, their next triennial assessment is still due based on their original due date. For example, if a sponrer mixed is a 20, 2020, but they completed their first triennial assessment late on January 32, 2022, the their second triennial assessment would still be due by June 80, 2023 because their original due date was June 80, 2020.

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https://www.isbe.net/Documents/Triennial-Assessment-FAQ.pdf

Due Date Extension Lists

List of Sponsors Approved for Triennial Assessment Due Date Extension - June 30, 2021

Original guidance under the Healthy Hunger-Free Kids Act of 2010 required NSLP and/or SBP sponsors to complete their first triennial assessment of the local wellness policy by June 30, 2020. However, due to COVID-19, USDA offered an extension of the due date to sponsors who wished to extend their due date to June 30, 2021. Sponsors on this list are approved for a due date of June 30, 2021.

A-C Central CUSD #262	
Addison School District 4	
All Saints Catholic Academ	ny - Rockford
Althoff Catholic High Scho	ol
Anna-Jonesboro CHSD #8	L
Annawan CUSD 226	
Archdiocese of Chicago	
Aviston Elementary School	I District 21
Barrington CUSD 220	
Batavia School District 10:	1
Beecher City CUSD #20	
Belle Valley School Distric	t No. 119
Belleville District 118	
Benton CCSD #47	
Berwyn North District 98	
Blessed Sacrament - Belle	ville
Bloomington Public Schoo	Is District 87
Blue Ridge District 18	
Breese Elementary Distric	t 12
Bureau Valley CUSD #340	
Cahokia Unit School Distri	ct 187
Calvary Academy	
Carbondale Elementary St	hool District/District 95
Catalyst Schools	
CCSD 146 – Tinley Park	
Central CUSD 301	
Central SD 51	
Centralia City Schools Dist	135
Cerro Gordo CUSD #100	
Chester-East Lincoln CCSD	#61
Chicago Collegiate Charte	r School
Chicago International Cha	rter School Foundation
Church of the Holy Family	- Mt. Sterling

Illinois State Board of Education Nutrition Department

https://www.isbe.net/Pages/Local-School-Nutrition-Wellness-Policy.aspx Under the *Triennial Assessment* drop-down

Triennial Assessment Template

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policy for all participating sites under years; this is referred to as the trienni jurisdiction, 1) compliance with the w wellness policy compares to model w	School Lunch Program and/or School Breakfast Program a its jurisdiction. At a minimum, the local wellness policy mu al assessment. Triannial assessments must determine, for ellness policy. 2) progress made in attaining the goals of the ellness policies. This documentation should be kept on file a ISBE monitor during your next school nutrition administr a ISBE monitor during your next school nutrition administration.	st be assessed once every three each participating site under its e wellness policy, and 3) how the with your organization's written
Sponsor Name:	Site Name:	
Date Completed:	Completed by:	
Part I: Content Checklist		
Relative to a line of issues show much have	ddressed in Local Wellness Policies, based on U.S. Departm	
guidance. Check the box for each iten	udressed in Local weilness Folicies, based on U.S. Departin nicluded in your Local Wellness Policy. For any box that is future. For more information, see <u>ISBE's Local Wellness Po</u>	not checked, consider taking step
guidance. Check the box for each iten	n included in your Local Wellness Policy. For any box that is	not checked, consider taking step
guidance. Check the box for each iten to add the item(s) to the policy in the	n included in your Local Wellness Policy. For any box that is future. For more information, see <u>ISBE's Local Wellness Po</u>	not checked, consider taking step licy Content Checklist.
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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				
Goals	Meeting	Partially	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion		weeting	weeting	
	-			

Goals	Meeting	Partially	Not Meeting	Next Steps (If Applicable)
ysical Activity		weeting	weeting	
Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities		1	1 1	
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https://www.isbe.net/Pages/Local-School-Nutrition-Wellness-Policy.aspx Under the Triennial Assessment drop-down

Additional Resources

SDA Food and Nutrition Service US SERVICE STOCKTORE Team Nutrition's Local **Resource to Sustain** School Wellness Policy and Strengthen Local Local School Wellness **Outreach Toolkit** Wellness Initiatives Policy Refresh! Does your district's Local School Wellness Policy need an update? New is a great time to bring your school community together to create strong school environments. that support students' genuith, learning, and well-being. Incentives/Prizes School Meals Alliance for a Healthier Classroom Celebrations Nutrition Education Model Local Wellness **Generation's School** What's in a Local School Snacks Policy Wellness Committee Wellness Policy? Toolkit Fundralsers Physical Activity And more! At

https://www.fns.usda.gov/tn/wellnesspolicy/implementation-tools



TeamNutrition USDA gov

FNS 949 - August 20221 USDA is an escal opportunity provider, employer, and lender

Marketing

ideas

Questions?

ISBE Local Wellness Policy Webpage: <u>https://www.isbe.net/Pages/Local-School-Nutrition-</u> <u>Wellness-Policy.aspx</u>

> Contact Information Nutrition Department: 217-782-2491 <u>CNP@isbe.net</u> <u>etanner@isbe.net</u>





