

# Local Wellness Policy Fact Sheet

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all sponsors participating in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) to establish a written local wellness policy for all participating sites under its jurisdiction. Local wellness policies aim to promote sound nutrition and overall student health, while also reducing childhood obesity and providing transparency to the public about the organization's wellness environment. Sponsors have the flexibility to develop their own local wellness policy that best meets the needs of their community, but ultimately must meet the minimum requirements set forth by the USDA.

## Regulations

USDA's [Final Rule: Local School Wellness Policy Implementation Under the HHFKA of 2010](#) was published on July 29, 2016. Sponsors are also encouraged to review USDA's [Summary of the Final Rule](#) and [Policy Memo SP 24-2017](#) for additional guidance.

## Policy Content

At a minimum, USDA requires that local wellness policies contain language regarding the following areas:

- ❖ 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, but Not Sold
- ❖ Food & Beverage Marketing
- ❖ Policy Leadership
- ❖ Public Involvement
- ❖ Triennial Assessments
- ❖ Reporting

**Effective Aug. 13, 2021:** [Public Act 102-0359](#) requires Illinois school districts to incorporate a food sharing plan for unused food focused on students in need into their local wellness policy.

Check out ISBE's [Local Wellness Policy Content Checklist](#) for more information. Sponsors may also use ISBE's [Local Wellness Policy Template for Schools](#) and [Local Wellness Policy Template for RCCIs](#) when developing their policies.

## Triennial Assessment

Per USDA regulations, local wellness policies must be assessed at least once every three years; this is commonly referred to as the triennial assessment. Triennial assessments must describe:

- 1) The extent to which the local wellness policy complies with USDA requirements

## Training

View ISBE's recorded webinars for more details and training hours on Local Wellness Policies:

- [Local Wellness Policy Content Requirements](#)
  - [Slides](#)
- [Local Wellness Policies: Completing the Triennial Assessment](#)
  - [Slides](#)

- 2) The extent to which the local wellness policy compares to model local wellness policies
- 3) Progress made in attaining the goals of the local wellness policy

A triennial assessment must be completed for each participating site under the jurisdiction of the sponsor. These assessments are completed at the local level by the sponsor and sponsors have the discretion to determine who within the organization is best suited to conduct the assessments. Sponsors may use ISBE's [Triennial Assessment Template](#), [CDC's Wellness Policy in Action Tool](#), or may develop their own documentation that meets USDA's three requirements outlined previously in this section.

Under the original USDA guidance, the first triennial assessment was due June 30, 2020. Some sponsors may have been approved for a later due date as a result of several USDA waivers. Sponsors with extended due dates for their first triennial assessment are listed below.

- [June 30, 2021 Due Date](#)
- [June 30, 2022 Due Date](#)
- [June 30, 2023 Due Date](#)

For any new sponsors, the first triennial assessment is due 3 years after the sponsor's meal program start date. Second triennial assessments are due no later than 3 years after the first one was completed.

Sponsors must maintain documentation of:

- 1) The written local wellness policy
- 2) Triennial assessments
- 3) Documentation demonstrating compliance with community involvement requirements, including requirements to make the local wellness policy and triennial assessments available to the public

These records will be reviewed by an ISBE monitor during the School Nutrition Programs Administrative Review.

## Additional Resources

Check out [USDA's Local Wellness Policy webpage](#) for additional resources, including:

- Team Nutrition's [Popular Events Idea Booklet](#)
- CDC's [Putting Local School Wellness Policies into Action: Stories from School Districts and Schools](#)
- Alliance for a Healthier Generation's [Model Wellness Policy](#)
- And much more!

## Questions?

For questions related to local wellness policies, please contact Beth Tanner of ISBE's Nutrition Department at [etanner@isbe.net](mailto:etanner@isbe.net). The Nutrition Department can also be reached by phone at (800) 545-7892 or (217) 782-2491 and by email at [CNP@isbe.net](mailto:CNP@isbe.net).