

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 for all participating sites under its jurisdiction. 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 its 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. **This documentation should be kept on file with your organization's written local wellness policy for review by an ISBE monitor during your next school nutrition administrative review.**

Sponsor Name: **Chadwick-Milledgeville School District #399**

Site Name: **Chadwick-Milledgeville K-12**

Date Completed: **02/27/2026**

Completed by: **Jody Mertz- Food Service Director**

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

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				
Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.	X			
Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health	X			
Signage should be made available to all students promoting school menus and healthy eating standards.	X			
Health and wellness are a part of the K-12 Curriculum	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
Students shall have access to valid and useful health information and health promotion products and services.	X			
The school will support and promote a healthy eating environment for students.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Physical Education Programs shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity	X			
The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Staff Wellness Challenges will be incorporated.	X			
The school will offer other school-based activities to support student health and wellness, including coordinated events and clubs.	X			
Weight room and cardio room will be made available to students before school with a trained supervisor present.	X			

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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 **one** 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?

We have a large group of educators, administrators, staff, and community members interested in collaborating on our goals for a healthier school environment.

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

A system to track the progress of new wellness activities put into practice.

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

Record keeping goals will be discussed at the next Wellness meeting.