

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.** This Assessment was completed utilizing the School Year 2025-2026 Chicago Public School's Local School Wellness Policy.

Sponsor Name: Chicago Public Schools

Site Name: Chicago Public Schools

Date Completed: 6.23.26

Completed by: Cassie Griffith

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 Assessment¹

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				
<i>All schools and campuses serving grades PK-8 are required to integrate evidence-based nutrition education into the curriculum in all grade levels included therein. Elementary schools that do not serve all grades PK-8 (e.g. PK only, K-3, K-4, K-5, etc.), Middle Schools serving grades 6-8 or 7-8, Academic Centers located in high schools serving grades 7-8, and High Schools serving grades 6,7, or 8 are subject to the requirements of this section.</i>		X		CPS is developing its first Health Education Policy. During this time there was a continued community request for nutrition education. To ensure consistency, CPS will work to integrate Nutrition Education into the Health Education Scope and Sequence that is being developed to ensure consistency.
<i>High Schools serving grades 9-12 are required to integrate evidence-based nutrition education into the curriculum of at least two high school courses required for graduation.</i>		X		CPS is developing its first Health Education Policy. During this time there was a continued community request on nutritional education. CPS will work to integrate Nutritional Education into the Health Education Policy that is being developed to ensure consistency. Currently, 80% of ES are compliant with this requirement.

¹ Data used for this assessment was pulled from the most recent [Healthy CPS survey \(SY24-25\)](#)

				Currently 80% of HS are compliant with this requirement.
Schools should utilize the school garden, if one exists, for nutrition education and ensure that all students have opportunities to interact with the garden throughout the growing season.	X			SY 24-25 Healthy CPS report that 84% of schools who have a school garden engage in school programming with their garden.

Goals	Meeting	Partial Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
i. <i>Nutrition Education and Wellness in School Dining Centers.</i> NSS, district food service providers and school dining center staff shall be engaged in wellness activities that support taking nutrition lessons beyond the classrooms and into school dining centers to encourage and promote healthy eating habits. The District must: 1. Ensure that, through NSS, food service staff receive ongoing professional development opportunities that include training regarding nutrition, meal planning, and wellness in accordance with current contracts. 2. Encourage creativity in menu promotion and implementation of strategies that provide tasty, appealing and healthy school meals. 3. Collaborate with Principals to ensure meals are served in clean, safe and pleasant settings with adequate time provided for students to eat, at a	X			NSS continues to promote and engage in wellness activities that connects classroom to the cafeteria and home: - Monthly student taste tests to gain feedback on new menu items - School Food Survey invites all students and caregivers to provide feedback on menus - Posters, activities, digital assets, and PA announcements are provided to schools that promote the meal program and reinforce health messaging. - Professional development and training is provided to food service staff at the beginning of each school year and throughout the year. - Food Service Management Companies support culinary

minimum, in accordance with state and federal standards and guidelines. 4. Reinforce healthy food messages in the dining center through printed materials like posters and nutrition pamphlets and/or presentations like taste-tests or cooking demonstrations.				and farm to school programming, bringing hands-on engaging activities to students across the district - Ongoing collaboration with school admin to ensure smooth meal operation.
All schools with edible gardens must complete the Eat What You Grow Certification or Recertification training and PFSP (personalized food safety plan), annually as well as adhere to the guidelines, policies and procedures outlined within Eat What You Grow: A Food Safety Manual for Consuming Produce Grown at Schools.		X		SY 24-25 data showed only 32% of schools who had a garden completed the required certifications. In SY 25-26, CPS concentrated on providing more robust support to school garden teams, making it clearer who needs to take the certification; this led to more than doubling our previously compliance number with 65% of schools being Eat What You Grow Certified in SY 25-26. CPS plans to update this language in the Local School Policy to showcase the same consistency of language, and clarify that all gardens need to have a garden team and that all garden teams must complete the Eat What You Grow Certification and that the PFSP (personalized food safety plan) is no longer a requirement for maintaining a garden.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				

Schools must provide all students, PK-12 with daily opportunities for physical activity before, during and after school. Pre-K programs must provide a mix of structured physical activity and unstructured free play, including at least 30 minutes per day for half day programs and 60 minutes per day for full day programs. K-8 Schools must provide daily opportunities for moderate to vigorous physical activity for all students in addition to recess and physical education. Grades K-5. District schools must provide all students in grades K-5 30 minutes of supervised, unstructured physical activity daily. All unstructured physical activity must not include student use of any electronic devices (computers, tablets, phones, or videos that encourage sedentary behavior). Grades 6-8. Schools must provide daily opportunities for moderate to vigorous physical activity in addition to recess and physical education. Grades 9-12. High Schools are encouraged to maximize existing daily opportunities for physical activity (in addition to physical education) before, during, and after school.	X			Per SY24-25 Healthy CPS Survey, 81% of schools reported meeting this requirement. CPS should work to provide more opportunities for brain breaks throughout the day, provide professional development opportunities to teach teachers how to incorporate movement throughout the day. CPS will start with a targeted educational campaign for our lowest performing grades, 9, PK, K, 1 and 2 who all reported about 82% of compliance for this category.
Recess: All elementary schools, middle schools, and high schools with elementary grades, must provide elementary students (K-8) with a daily opportunity for recess that: ii. Is a non-instructional activity and occurs during non-instructional time. iii. Is at least 20 minutes in length per day. Schools that serve grades K-5 may schedule a 30 minute recess in accordance with section V.A.1.b of this policy.	X			Per SY24-25 Healthy CPS Survey, 97% of schools meet this goal.

iv. Includes physical activity and/or activities that promote social skill development.				
v. Is scheduled prior to students' lunch periods when possible.				
vi. Is implemented in accordance with guidelines set by the Office of Student Health and Wellness, including but not limited to weather guidelines for outdoor recess .				
vii. May not be withheld or revoked for any reason, including as a disciplinary measure.				
The District recognizes that Physical Education is an important part of overall physical activity in schools. Schools must offer physical education programming in accordance with the Illinois School Code and the CPS Physical Education Policy , as overseen and administered by the Office of Teaching and Learning.			X	CPS has struggled to meet school code due to some logistical challenges of being a large school district. Schools are meeting the required minutes of PE but are struggling to offer it the required number of days, often due to block scheduling. CPS has applied and been approved for a waiver through ISBE for this hardship.

Goals	Meeting	Partial Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
Principals, school staff, parents/guardians and students are strongly encouraged to promote non-food fundraisers. Food fundraisers are not permitted during the school day. School fundraising activities that begin 30 minutes after the scheduled end of the school day are not bound by these policies (i.e. sporting events, family nights, student clubs,	X			Per SY24-25 Healthy CPS Survey, 91% of schools surveyed reported meeting this goal.

etc.). Food fundraisers are permitted during the school day if the items sold are intended to be consumed outside of school hours and away from school grounds (e.g. cookie dough).				
A school may permit a maximum of two school wide celebrations per school year with outside food (food that is not sourced or provided by the school's dining center, e.g. through the NSS Catering Menu). Any other events where food is served, including those that celebrate student attendance or other achievements must follow the nutrition criteria outlined in the CPS Guidelines for Competitive Foods. Schools must not serve any outside food during regularly scheduled school meals (e.g. ordering food from a restaurant or bringing a food truck to school during the lunch period).		X		Per SY24-25 Healthy CPS Survey, 78% of schools met this criteria.
Teachers and other school personnel are prohibited from using physical activity (e.g., running laps, pushups) as discipline or withholding opportunities for physical activity (e.g., withholding recess or physical education) as punishment.	X			Per SY24-25 Healthy CPS Survey, 98% of schools met this criteria.
Rewards are incentives offered to students in recognition of good behavior or performance. Teachers and other school personnel are encouraged to promote non-food rewards. Individual student rewards using food are not permitted.		X		Per SY24-25 Healthy CPS Survey, 78% of schools met this criteria.

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

x [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.

This section used information from the full analysis of [WellSAT WSCC SY25-26](#)

☐ Other:

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

According to the WellSAT WSCC assessment, the “Section 2. Nutrition Environment and Services” and “Nutrition Education” were areas with the most comprehensive and strong policy language. Specifically around addressing the nutrition standards, regulations for foods sold in schools, amount of “seat time” students have to eat meals, and prohibiting the use of food for fundraisers and rewards. Other strengths include requirements for physical activity outside of physical education and school-based wellness team requirements for implementation and evaluation.

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

The LSW policy could strengthen language around “Joint or shared-use agreements for physical activity participation at all schools” and “Addresses family and community engagement in physical activity opportunities at all schools”. The CPS Local School Wellness policy could strengthen language around how to engage parents in more physical activities.

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

Chicago Public Schools is currently reviewing its Local School Wellness Policy and just completed a Survey of activities in our schools. Several schools mentioned hosting family fit nights. Chicago Public Schools will invite these schools to a stakeholder engagement meeting to learn how more schools could engage in this. Chicago Public Schools can then work to provide these guidelines and case studies to Wellness Teams across the district.