

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: Kane County

Site Name: Juvenile Justice Center

Date Completed: 01/28/2025

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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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| <input checked="" type="checkbox"/> Goals for Nutrition Education | <input checked="" type="checkbox"/> Nutrition Standards for School Meals | <input checked="" type="checkbox"/> Wellness Leadership |
| <input checked="" type="checkbox"/> Goals for Nutrition Promotion | <input checked="" type="checkbox"/> Nutrition Standards for Competitive Foods | <input checked="" type="checkbox"/> Public Involvement |
| <input checked="" type="checkbox"/> Goals for Physical Activity | <input checked="" type="checkbox"/> Standards for All Foods/Beverages Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based Wellness Activities | <input type="checkbox"/> Food & Beverage Marketing - Not Applicable | <input checked="" type="checkbox"/> Reporting |
| <input checked="" type="checkbox"/> 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 & Promotion				
The JJC garden ensures residents have the opportunity to experience planting, harvesting and tasting food grown onsite by the youth. Ethnic and cultural diversity of the resident population is reflected in the crops grown. The JJC incorporates the garden into the standards-based curriculum as a hands-on, interdisciplinary teaching tool to influence resident food choices and lifelong eating habits.	X			
Residents will receive a combination of classroom instruction, gardening instruction, nutrition education, guest speaker/assemblies and other appropriate, approved nutritional/wellness education.	x			
Medical and mental health teams, including nurses, nurse practitioners, physicians and mental health professionals will communicate with the JJC Administrative Cook regarding the dietary needs of the youth. This includes the need to increase caloric intake, food allergies and other nutritional needs.	X			
JJC education program teachers, JJC Youth Counselors, Supervisors, and appropriate guest presenters to incorporate nutrition education into their academic courses, cognitive focus groups, and other opportunities.	X			

<p>Periodic meetings (quarterly) will be held to assess progress of and implement any changes to the wellness policy. Meetings will include the administrative cook, the education program coordinator, the JJC Superintendent, Assistant Superintendent, representatives from the JJC.</p>	<p>X</p>			<p>Next meeting to be held April, 2025</p>

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
All residents shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.	X			
In accordance with Section 3-15-2 of the Unified Code of Corrections, all residents will receive one hour a day of physical activity in either the facility's gymnasium or outdoor recreation area	X			
School personnel shall not use physical activity as a punishment or withhold participation in physical education class as a punishment.	X			

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
School meals shall be served in clean, safe and pleasant settings with adequate time provided for residents to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that residents have adequate time to eat, relax and socialize.	X			
All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.	X			
The Administrative Cook shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where residents can learn about and practice healthy eating.	X			
The Administrative Cook shall take every measure to ensure that resident access to foods and beverages meets federal, state and local laws and guidelines.	X			

<p>The JJC shall promote nutritious food and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.</p> <p>All foods and beverages made available shall comply with the federal, state and local food safety and sanitation regulations.</p>	<p>X</p>			
<p>For the safety and security of food, access to any area involved in storage, preparation or service of food shall be limited to authorized personnel.</p>	<p>X</p>			
<p>School personnel shall be encouraged to use non-food incentives or rewards with residents and shall not withhold food from residents as punishment.</p>	<p>X</p>			
<p>The Administrative Cook shall offer a variety of appealing foods and beverages and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (i.e., provide a variety of fruits and vegetables; serve low-fat and fat-free dairy products; ensure that whole grain products are served).</p>	<p>X</p>			
<p>School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.</p>	<p>X</p>			

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: Illinois State board of Education Wellness Policy template & guidelines.

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

The Kane County Juvenile Justice Center Local wellness policy is a very well-rounded plan. It is fully implemented by the wellness committee members, educational staff, medical staff, supervisors and youth counselors. It offers many learning opportunities, as well as hands on experience to promote a healthy lifestyle for our residents.

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

The Kane County Juvenile Justice Center will continue to educate our residents in the areas of wellness & nutrition. We will carry on encouraging healthy eating as well as physical / recreational activities.

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

The Kane County Juvenile Justice Center wellness committee will continue to meet quarterly to ensure all areas of this policy are being met or exceeded.