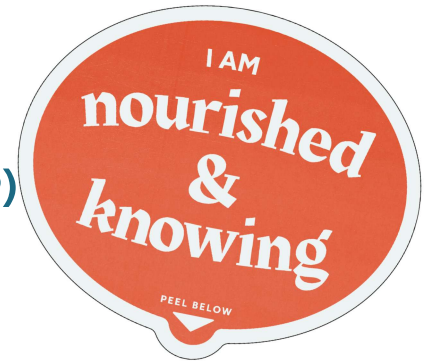
Step 1

Extent To Which the Local Wellness Policy (LWP) Complies with USDA Requirements and Compares to a Model Policy Assessment Tool



Complete one of the LWP assessment tools listed below. Check the box next to the tool used. Retain a copy of the completed comparison assessment.

- ☒ Alliance for a Healthier Generation 10-step Checklist (see pages 2-5 of this document)
- ☐ The WellSAT School Assessment Tool

Open the completed comparison assessment and respond to the following questions based on the responses.

1. **List areas of strength in the wellness policy:**
   - **a.** Nutrition Education and Promotion
   - **b.** Physical Activity: Classroom Physical Activity Breaks

2. **List opportunities for improvement in the wellness policy:**
   - **a.** Policy Focus/Public Involvement
   - **b.** Offering nutrition education to our families

3. **As a result of the comparison, was new language adopted in the LWP?**
   - ☐ Yes (complete notes section & question 4)
   - ☒ No (skip to question 5)

Notes: Delete this text and briefly describe what was adopted. If possible, include the location/page numbers in the updated wellness for any new language.

4. **Have the changes been approved by the board?**
   - ☐ Yes
   - ☐ No

5. **Describe the next steps for strengthening your LWP.**

Although we do not need new language in our policy, we do need to focus attention on involving students in developing, implementing, monitoring and reviewing nutrition and physical activity policies. Our students have benefitted from our policy, but have not been stakeholders in planning.

Skip & delete the following pages if utilizing the WellSAT tool to complete the model policy comparison.

Alliance for a Healthier Generation 10-step Checklist

According to 7 CFR 210.31(e)(2), all School Food Authorities (SFAs) are required to complete an assessment of their compliance with their local wellness policy (LWP) at least once every three years and make this assessment available to the public by posting assessment responses/documentation to your school/district/residential child care institution (RCCI) website.

The local wellness policy (LWP) triennial assessment must be completed by **June 30, 2026**. Non-compliance with this requirement will result in a hold of the SFAs Child Nutrition Program claims for reimbursement until this requirement is met.

The questions contained in this survey have been taken from the Alliance for a Healthier Generation's LWP assessment.

This survey outlines the ten required components of the LWP as defined by the USDA final rule of 2016. SFAs can use this checklist with Healthier Generation's Model Wellness Policy to revise/update their LWP to ensure that it meets federal requirements. Healthier Generation's Model Wellness Policy includes model language for the required components, as well as resources to support implementation.

Please provide your SFA's information and then select the rating that applies to your LWP for each of the 10 questions below.

The rating scale is:

2 = Current policy includes **all** required language for this component
1 = Current policy includes **some** of the required language for this component
0 = Current policy includes **none** of the required language for this component

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Please provide your SFA's information in the space provided below.

School/District/RCCI name
Blessed Sacrament Catholic School

Agency ID Number/Agreement Number (6 digits, no dashes)
550701

Wellness policy contact name (first & last)
Sister Marie Caritas, CK

Wellness policy contact email address
sr.marie-caritas@cdolinc.net

1. The policy identifies one or more district/school/RCCI official(s) who have the authority and responsibility for ensuring that each site complies with the policy.

   Rating
   2

2. The policy includes language inviting parents, students, representatives of the school food authority (SFA), teachers of physical education, health professionals, the school/RCCI board, administrators, and the general public to participate in the development, implementation, review and update of the LWP.

   Rating
   2

3. The policy includes language describing the methods for informing the public (including parents, students, and others in the community) about the LWP, and updates this information on an annual basis.

   Rating
   2

4. The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public:

   - the extent to which the school(s) comply with LWP;
   - the extent to which the LWP compares to model local wellness policies;
   - the progress made in attaining the goals of the LWP

   Rating
   2

5. The policy includes nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with federal regulations for school meals and the Smart Snacks in Schools nutrition standards.

   Rating
   2

6. The policy includes standards for foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties or classroom snacks brought by parents).

   Rating
   2

7. The policy includes specific goals for nutrition education and promotion activities.

   Rating
   2

8. The policy includes requirements for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day.

   Rating
   2

9. The policy includes specific goals for physical activity opportunities.

   Rating
   2

10. The policy includes specific goals for other school-based activities that promote student wellness.

    Rating
    2

Discussion/Notes:

Questions? Contact lauren.christensen@nebraska.gov