



# Children's Home Association of Illinois

2130 Knoxville Ave.  
Peoria, IL 61603  
(309) 685-1047  
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## Kiefer School and Academy for Autism Local Wellness Policy (Revised January 2026)

### Section 1

Recognizing that children need access to nutritious foods and opportunities for physical activity in order to grow, learn, and thrive, Kiefer School and Academy for Autism are committed to creating a school environment that supports student health, well-being, and academic success.

This Local Wellness Policy aligns with the Healthy Hunger-Free Kids Act of 2010, USDA Final Rule (2016), and Illinois State Board of Education guidance.

#### I. Wellness Leadership

Kiefer School and Academy for Autism shall maintain a Local Wellness Council responsible for the development, implementation, monitoring, and review of the Local Wellness Policy.

#### Wellness Council/Committee Membership may include:

- School administrator
- Residential administrator
- Food service personnel
- Teacher or classroom staff
- School nurse or health professional
- Activity coordinator
- Parent/guardian representative
- Student representative (when appropriate)
- Community member with nutrition or wellness expertise

The Wellness Council/Committee will meet at least annually.

The designated **Wellness Policy Leader** is responsible for:

- Ensuring policy implementation
- Coordinating the triennial assessment
- Maintaining required documentation
- Facilitating public communication



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## II. Nutrition Standards for School Meals

Kiefer School and Academy for Autism participates in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and is committed to providing nutritionally balanced meals that support student health, academic success, and therapeutic regulation.

All meals served shall comply with current USDA meal pattern requirements and applicable federal and state regulations.

### A. Meal Requirements

School meals shall:

- Meet or exceed USDA nutrition standards for calories, sodium, saturated fat, and trans fat
- Include a daily offering of fruits and vegetables representing a variety of colors and nutrient profiles
- Ensure that at least half of the grain products served are whole-grain-rich
- Offer only low-fat (1%) or fat-free milk and approved nutritionally equivalent non-dairy alternatives
- Limit added sugar and highly processed foods
- Be portioned appropriately based on age and developmental level

### B. Meal Environment

Kiefer School and Academy for Autism are committed to providing a positive and supportive dining environment. Meals shall:

- Be served in clean, safe, and orderly settings
- Allow adequate time for students to eat
- Encourage appropriate social interaction and independence
- Be supervised by trained staff who model healthy eating behaviors

### C. Student Access and Participation

- All students shall be offered breakfast daily through the School Breakfast Program.
- Meals are provided at no cost to eligible students in accordance with program guidelines.



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- Students are encouraged, but not required, to consume all components of the meal.

## **D. Dietary Accommodations**

- Special dietary needs supported by a physician's medical statement shall be accommodated at no additional cost.
- Food service staff shall collaborate with nursing and administrative personnel to ensure safe implementation of dietary modifications.

## **E. Outside Food Restrictions**

- Students are not permitted to bring food or beverages from home due to allergy management, safety concerns, and consistency with therapeutic programming.
- Food sharing among students is prohibited to reduce the risk associated with food allergies and medical dietary restrictions.

## **III. Competitive Foods and Nutrition Standards (Smart Snacks in School)**

Kiefer School and Academy for Autism comply with the USDA Smart Snacks in School nutrition standards for all foods and beverages sold to students during the school day.

### **A. Definition of Competitive Foods**

Competitive foods include any foods or beverages sold to students outside of the reimbursable school meal programs, including but not limited to:

- À la carte items
- Vending machine products
- Fundraisers occurring during the school day
- School stores or snack sales

### **B. Smart Snacks Compliance**

All competitive foods sold during the school day must:

- Meet USDA Smart Snacks nutrition standards for calories, sodium, fat, and sugar
- Include whole grains, fruits, vegetables, dairy, or protein foods as primary ingredients
- Be approved by school administration prior to sale



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## C. Current Practice

At this time, Kiefer School and the Academy for Autism do not operate vending machines, school stores, or routine food-based fundraisers during the school day. Should such activities be introduced in the future, all offerings shall comply with Smart Snacks requirements.

## D. Fundraising Activities

- Fundraising activities conducted during the school day shall not involve the sale of foods or beverages that do not meet Smart Snacks standards.
- Non-food fundraisers are strongly encouraged.

## E. Monitoring and Oversight

- The Wellness Policy Leader and school administration are responsible for monitoring compliance with Smart Snacks standards.
- Documentation of compliance shall be maintained for administrative review purposes.

## III. Competitive Foods (Smart Snacks)

All foods and beverages sold to students during the school day must meet Smart Snacks in School nutrition standards.

Kiefer School and Academy for Autism do not currently sell competitive foods during the school day.

## IV. Foods Provided but Not Sold

Kiefer School and Academy for Autism recognizes that foods and beverages provided to students but not sold—including classroom celebrations, instructional activities, snacks, incentives, and rewards—play an important role in shaping lifelong wellness habits.

All foods and beverages provided during the school day shall support student health, safety, and therapeutic consistency.

## A. Nutrition Standards

Foods and beverages provided but not sold shall:

- Emphasize fruits, vegetables, whole grains, low-fat dairy, and water
- Limit foods high in added sugars, sodium, and saturated fats
- Avoid sugar-sweetened beverages
- Align as closely as possible with USDA Smart Snacks nutrition standards



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## **B. Classroom Celebrations and Activities**

- Classroom celebrations shall emphasize healthy food choices and non-food activities.
- Staff are encouraged to utilize alternatives such as games, physical activities, crafts, or experiential learning.
- A list of healthy celebration ideas may be provided to staff and families.

## **C. Rewards and Incentives**

- Food shall not be used as the primary reward for academic performance or behavior.
- Non-food incentives are strongly encouraged, including praise, privileges, certificates, or activity-based rewards.
- Food shall never be withheld as a form of discipline.

## **D. Snacks**

- When snacks are provided, selections shall be based on the timing of school meals, student age, and nutritional needs.
- After-school snacks shall primarily include fruits, vegetables, whole grains, and low-sugar options.

## **E. Allergy and Safety Considerations**

- Due to documented food allergies and medical dietary needs, food sharing among students is prohibited.
- Outside food brought from home is not permitted during the school day.

## **F. Oversight**

- The Wellness Policy Leader and school administration are responsible for monitoring compliance with these standards.
- Practices shall be reviewed as part of the triennial wellness assessment process.

## **V. Food and Beverage Marketing**

Kiefer School and Academy for Autism permit marketing and advertising only for foods and beverages that meet Smart Snacks nutrition standards.

Marketing includes:



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- Posters and signage
- Fundraising materials
- Educational resources containing branded food content

## **VI. Physical Activity**

Kiefer School and the Academy for Autism provide:

- Physical education or structured physical activity at least four times per week
- Modified activities based on student needs and IEPs

Residential students participate in structured weekly physical activity programming aligned with therapeutic goals.

## **VII. Nutrition Education & Promotion**

Students receive developmentally appropriate, evidence-based nutrition education through:

- Classroom integration
- Interactive learning activities

Nutrition promotion strategies include:

- Student choice menus
- Visual wellness messaging
- Positive dining environments

## **VIII. Public Involvement & Reporting**

Kiefer School and Academy for Autism will:

- Make the Local Wellness Policy publicly available
- Share triennial assessment results upon request or via agency website
- Provide opportunities for stakeholder participation



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## SECTION 2

### USDA FINAL RULE COMPLIANCE CROSSWALK

USDA Requirement	Policy Section
Wellness leadership	Section I
Stakeholder involvement	Sections I & VIII
Nutrition education goals	Section VII
Nutrition promotion goals	Section VII
Physical activity goals	Section VI
Standards for school meals	Section II
Smart Snacks standards	Section III
Foods provided not sold	Section IV
Food marketing standards	Section V
Triennial assessment	Section VIII
Public reporting	Section VIII

## SECTION 3

### TRIENNIAL ASSESSMENT – COMPLETED NARRATIVES

#### Nutrition Education

**Status:** Meeting

Kiefer School and the Academy for Autism provide nutrition education grounded in research, delivered through integrated classroom instruction, with a focus on balanced nutrition, informed decision-making, and the development of lifelong wellness skills. Instruction is adapted to meet students' developmental and therapeutic needs.



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## **Nutrition Promotion**

**Status:** Meeting

Nutrition promotion occurs through student engagement, structured meal environments, visual support, and healthy snack offerings. Nutritional information is available to families upon request.

## **Physical Activity**

**Status:** Meeting

Students participate in physical education aligned with the Illinois Administrative Code. Residential programming includes structured physical activities that support physical health and emotional regulation.

## **Other School-Based Wellness Activities**

**Status:** Meeting

Kiefer School and Academy for Autism integrate wellness through trauma-informed practices, therapeutic programming, and coordinated school-residential supports to promote student health, safety, and well-being.

## **SECTION 4**

### **PUBLIC POSTING SUMMARY**

The following items will be made publicly available:

- Current Local Wellness Policy
- Most recent Triennial Assessment
- Summary of progress toward wellness goals

Posting methods may include:

- Agency website
- Parent handbooks
- Printed copies available upon request



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## SECTION 5

### ADMINISTRATIVE REVIEW DOCUMENTATION CHECKLIST

- Current Local Wellness Policy  Wellness Council membership list  Meeting notes or sign-in sheets
- Triennial assessment (most recent)  Public posting evidence  Policy update documentation  Smart Snacks compliance documentation

### Regulatory References

This Local Wellness Policy is aligned with the following federal and state regulations:

- Healthy, Hunger-Free Kids Act of 2010
- USDA Final Rule: Local School Wellness Policy Implementation (7 CFR §210.30)
- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Smart Snacks in School Nutrition Standards
- Illinois State Board of Education Nutrition Programs Guidance