

# **Madison County Youth Center**

## **Wellness Policy on Physical Activity and Nutrition**

The Madison County Youth Center supports the health and well-being of its youth by promoting good eating habits and physical activity. In accordance with federal law, it is the policy of the Youth Center to provide youth with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the facility meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated Wellness Committee has been formed to maintain and oversee these activities. The Youth Center Wellness Policy shall be made available to youth and families by means of program handbooks, parent intake packets, and the Youth Center website.

### **I. WELLNESS COMMITTEE**

The Madison County Youth Center will engage administrators, department supervisors, teachers, food service professionals, health professionals, the purchasing agent, and youth in developing, implementing, monitoring and reviewing the Youth Center's Wellness Policy on Physical Activity and Nutrition. The Wellness Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

### **II. NUTRITION EDUCATION**

Nutrition education will be provided monthly and will include lessons from the Choose My Plate 10 Tips Nutrition Education Series provided by the USDA, along with other supportive materials. Day Reporting program participants also receive hands-on training regarding food preparation, safety, proper sanitation, menu planning, portion control, reading recipes, reading labels, plating, etc. during on-site cooking groups.

At least one kitchen personnel will be certified in the Servsafe program.

#### **GOALS:**

- Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables.
- Make nutrition education interactive and teach youth skills to adopt healthy eating behaviors.
- Involve all staff as role models for youth. Staff members will join the youth at the table for meals and will consume the same healthy food and drink.
- Kitchen personnel will participate in a minimum of 1 in-service training per quarter.

### **III. MEAL CONTENT**

1. Meals served through the National School Lunch and Breakfast Programs will:
  - a. Be appealing and appetizing to children;

- b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
  - c. Contain 0% trans fats;
  - d. Less than 10% of total calories from saturated fats;
  - e. Offer a variety of fruits and vegetables, with a minimum of ½ cup fruit for breakfast and 1 cup both fruit and vegetable for lunch;
  - f. Include whole grains for at least half of all grains served;
  - g. Offer low-fat and non-fat milk;
  - h. Offer only 100% fruit juices.
  - i. Make potable (drinking) water readily available at all mealtimes.
2. Menus will be reviewed and approved by a licensed dietician.
  3. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
  4. Menu items may be substituted as needed for the safety and security of individual residents while on suicide watch or other limited circumstances. All substitutions will be made while maintaining compliance with USDA standards.
  5. The food services department will share information about the nutritional content of meals with students, program participants, and parents/guardians. The information will be available in resident handbooks and parent intake packets.

**GOALS:**

- All cooked foods will be baked or steamed.
- Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
- Introduce whole grain pastas to youth and staff.
- Provide opportunities for taste testing of new healthier foods being introduced on the menu.
- Menus will include larger variety of vegetables, particularly in the categories of beans/peas and red/orange.
- Transition in, over a two year period, healthier food and beverage choices in the vending machines that parents can purchase snacks for their child on visitation days.

**IV. MEALTIME SCHEDULE AND LOCATION**

1. Adequate time will be provided for youth to eat meals and snacks.
  - a. Detention meals will be served as follows:
    - Breakfast 7:15 am
    - Lunch 11:30 am
    - Afternoon Snack 2:30 pm
    - Dinner 5:45 pm
    - Evening Snack 8:00 pm
  - b. Day Reporting will serve lunch at 12:30 pm
2. Meals will be served in a clean, safe and appropriate setting (i.e. dining room, multipurpose room, and resident's cells as needed).

3. Appropriate supervision is provided in the dining area and rules for safe behavior shall be consistently enforced.
4. Meals and snacks will not be used as reward for good behavior or withheld for any reason, including punishment for inappropriate behavior.
5. Convenient access to hand-washing and sanitizing stations are available.

#### V. **PHYSICAL ACTIVITY**

The Madison County Youth Center supports the health and well-being of youth by promoting physical activity. Both Detention residents (1 hour) and Day Reporting program participants (:45 minutes) engage in a scheduled recreation period daily. Day Reporting program participants are also provided opportunities to participate in physical activities as a component of the WhyTry and Seven Challenges programs. In addition, Day Reporting program participants are provided opportunities to participate in recreational activities within the community (i.e., local parks, baseball fields, swimming pool, bowling alley, etc.); as well as, physical activity while engaging in community service (i.e., landscaping, picking up trash, cleaning, etc.).

Sufficient space is provided for youth to engage in various types of physical activities. Detention residents are able to utilize the gymnasium, enclosed/secure outdoor recreation areas, day rooms, and individual cells; while Day Reporting program participants have access to the gymnasium, open living spaces within the unit, non-secure outdoor recreation areas, and various locations within the community.

##### **GOALS:**

- A combination of aerobic, stretching and muscle building activities will be rotated to ensure a varied and holistic workout.
- Youth will be provided opportunities to develop knowledge and skills for specific physical activities.
- Youth will be educated on the short and long-term benefits of a physically active lifestyle.
- Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of youth.
- Limit TV and downtime.

#### VI. **STAFF WELLNESS**

The Madison County Youth Center supports the health and well-being of staff by promoting physical activity. Staff are encouraged to participate in daily recreational activities with youth. Staff are also provided opportunities to access the facility gymnasium and equipment, when not in use by the youth, during lunch breaks. Staff are also provided one well-balanced meal, at no cost, during each shift.

##### **GOALS:**

- Increase staff involvement during youth recreational periods.
- Attempt to make arrangements with local fitness centers to offer reduced membership fees to staff.
- Schedule more physical team building/stress relieving activities for staff.

- Transition in healthier food and beverage choices in the vending machines over a two year period.

**VII. EVALUATION**

The Wellness Committee will meet at a minimum of annually or more often as needed, to evaluate the implementation and impact of the Wellness Policy on Physical Activity and Nutrition. Goal attainment will be measured, using a tool designed by the Youth Center, and goals will be revised, updated or newly created. Policy language will be assessed each year and revised as needed.

Each department supervisor (Food Service, Learning Center, Secure Detention and Day Reporting) is responsible for monitoring daily implementation of the Wellness Policy within his/her department. Department Supervisors report directly to the Administrative Supervisor.

**GOALS:**

- Meet in the third quarter of each year.
- Review cyclic menus, production records, temperature charts, special diet documentation, and substitution documentation monthly.
- Observe meal preparation and serving at a minimum of once quarterly.
- Confirm staff and residents are receiving nutrition education as prescribed.

**Wellness Committee – policy updated, reviewed and approved: April 14, 2014**

Superintendent: \_\_\_\_\_ Date: \_\_\_\_\_

Administrative Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Food Service Representative: \_\_\_\_\_ Date: \_\_\_\_\_

Clinical Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Day Reporting Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Secure Detention Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Learning Center Coordinator: \_\_\_\_\_ Date: \_\_\_\_\_

Procurement Representative: \_\_\_\_\_ Date: \_\_\_\_\_

Health Care Representative: \_\_\_\_\_ Date: \_\_\_\_\_

**Addendum/ Changes to Wellness Policy**

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