

**HOCKING VALLEY COMMUNITY
RESIDENTIAL CENTER**

PART: Four – Facility Services

SECTION: A – Food Service

TITLE: Wellness Policy

ACA REFERENCE: N/A

O.D.J.F.S. REFERENCE: N/A

O.D.Y.S. REFERENCE: N/A

EFFECTIVE DATE: August 1, 2008

REVIEW DATE: Annually

EXECUTIVE DIRECTOR’S APPROVAL:

DATE:

EXECUTIVE BOARD APPROVAL:

DATE:

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Hocking Valley Community Residential Center is committed to providing an environment that promotes and protects the residents' health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore it is the policy of Hocking Valley Community Residential Center that:

- HVCRC will engage residents, parents, staff, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All residents will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages served at HVCRC will meet the nutrition recommendations of the US Dietary Guidelines for Americans.
- Qualified HVCRC staff will provide residents with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of residents; will accommodate the religious, ethnic, and cultural diversity of the residents in meal planning; and will provide clean, safe, and pleasant settings and adequate time for residents to eat.
- HVCRC will participate in available federal school meal programs.
- HVCRC will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish connections with related community services.

Nutrition Education Goals

HVCRC aims to teach, encourage, and support health eating by residents. HVCRC will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a classroom instruction in not only health education but also math, science, and language arts;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities such as promotions, taste-testing, and a facility garden;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- encourages caloric balance between food intake and physical activity/exercise;
- teaches media literacy emphasizing food marketing;
- includes training for staff.

Physical Activity Goals

Residents will receive an appropriate, scheduled amount of time for daily physical activity and will be encouraged to utilize additional opportunities for physical activity.

Life skills education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity will be incorporated into other subject lessons whenever possible.

HVCRC will provide parents with nutrition information, links to websites with nutrition tips, and other healthy eating ideas. HVCRC will also provide information about physical education and other physical activity opportunities to encourage parents to provide their children with opportunities to be physically active once returning home. This will be accomplished by providing take-home materials to parents throughout their child's stay at HVCRC.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Meals served at HVCRC will be appealing and attractive to residents, be served in clean and pleasant settings, meet nutrition requirements established by local, state, and federal statutes and regulations, offer a variety of fruits and vegetables, serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives, and ensure that half of the served grains are whole grain. HVCRC will not use food or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Setting Goals in the School Meals Program

All residents will be provided breakfast, lunch, dinner and a snack each day. Residents will be allowed no less than 20 minutes to eat each meal. Residents are encouraged and allowed time to wash and/or sanitize hands prior to eating each meal and snack. Time is provided following each meal to accommodate oral health needs.

Qualified staff will administer the food service program at HVCRC. As part of HVCRC's responsibility to operate a food service program, staff will be provided professional development opportunities including appropriate certification and/or training for all staff according to their levels of responsibility.

Snacks served at HVCRC will make a positive contribution to the residents' diets and health, with an emphasis on serving fruits and vegetables as primary snacks and water as a primary beverage.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

HVCRC values the health and well-being of every staff member and will support activities that encourage personal efforts by staff to maintain a healthy lifestyle. Staff serves as role models for residents and are the key to successful implementation of wellness programs. HVCRC provides a fitness room that is available to all staff, residents, parents and other community members.

Setting Goals for Measurement and Evaluation

The Wellness (Safety) Committee will assist in implementing and coordinating the program. The committee will obtain input from staff, parents/guardians, and residents regarding implementation and management of the program.