

## Youth Services Health & Safety-Nutrition

Date of Origin: 2/2019, revised 7/2025

### **Policy Name: Wellness Goal and Plan**

Purpose:

Policy:

#### 1) Goals for Nutrition Education, Physical Activity and Other School-based Activities

##### a. Nutrition Education

1- All youth will receive health and nutrition screening at admission and additional one on one education and training will be provided as needed. Specific concerns will be addressed and documented through the individualized treatment plan.

2- Youth Services staff will monitor and encourage healthy eating daily.

##### b. Physical Activity

1-Physical Activities are an important part of the Youth Services program where youth will have the opportunity to participate in regular physical activity. This may include activities such as basketball, soccer, volleyball, ultimate frisbee and walking.

2-All youth will receive a recreational screening and assessment at intake. At that point any restrictions or limitations to physical activity will be documented in the individualized chart.

3-Other activities the youth can participate in include attending the local park, academic classes, sports events, and community events.

##### c. Other School Base Activities

1-The wellness committee will develop, implement, monitor, review and as necessary revise the wellness policy and related procedures.

2-Youth Services will not use food or beverages, especially those not meeting current Dietary guidelines, as rewards for academic performance, incentive for good behavior, or punishment during the school day.

3-Supervising staff will provide opportunities and encourage youth to spend time outside each day.

4-The school food authority representative is Michelle Brown

## 2) Nutrition Guidelines

### a. Youth Services will ensure:

1. Meals are appealing and attractive to youth
2. Youth are served in clean pleasant settings
3. A variety of fruits and vegetables are offered.
4. Meals favor the use of fresh, frozen or canned fruits and vegetables
5. All the served grains are whole grains except for after school snack
6. Foods are emphasized that are low in fat, cholesterol, added sugars, starches, and sodium, and foods that are low in nutritional value are avoided.
7. That access to alternative snacks outside of regular scheduled snacks are monitored at the group home.
8. No food provided outside of meals except fruit bowl.
9. Youth height and weight will be monitored on a regular basis and used to identify youth at risk.

## 3) Plan for measuring implementation of the Wellness Policy and related procedures.

- a. The wellness committee will remain engaged in monitoring the implementation and outcomes of the wellness policy and related procedures through bi-annual review of activities and efforts as well as a full review of the wellness policy and related procedures annually.

#### 4) Community Involvement

- a. The Wellness Committee will include members from staff from all of youth services campus.
- b. Health and wellness events and news is communicated to youth.
- c. Youth input is actively sought in menu planning, wellness activities, and events.