



Administrator Approval08-16-2019
Effective DateSupersedes: All Previous
Policies**POLICY**

In order to promote healthy lifestyles for the youth in our care and to comply with federal guidelines for the National School Lunch Act, Children's Services, Inc.-The Parris Home shall create a wellness policy for the youth in our care. This policy is effective immediately and will be reviewed annually for compliance.

PURPOSE

The purpose is to provide the youth in our care an environment that promotes health and well-being, including nutritional meals, nutrition education, physical activity, and compliance with all state and federal guidelines.

PROCEDURES

- 1) No later than the first day of the school year, Children's Services Inc.-The Parris Home shall establish a wellness policy to ensure compliance with the Richard B. Russell National School Lunch Act.
- 2) The wellness committee will be comprised of food service staff, youth development staff, residents, education staff, staff involved with physical activity of the youth, the CNP Director and the Executive Director. The committee shall receive input from the residents, parents and the public using methods that include, but are not limited to: surveys, targeted conversations and informal feedback.
 - a) The committee shall meet annually to address any changes needed to the policy.
 - b) On an annual basis, the committee will evaluate compliance with the policy and the programs offered in care, compare the policy to model policies and measure progress toward wellness and policy goals.
 - c) The Rasheedah Doss, Executive Director will record the minutes of these meetings and ensure the needed changes to the policy are completed and implemented.
- 3) The Wellness policy is comprised of the following elements:
 - a) Wellness policy development and evaluation
 - b) Health and wellness topics
 - c) Nutrition education
 - d) Nutrition guidelines
 - e) Nutrition promotion
 - f) Nutrition environment
 - g) Food and beverage advertising
 - h) Physical activity
 - i) Communication and implementation
- 4) Health and wellness and nutrition education: The resident medical information will be provided as record of their health education courses to Social Workers. The House Parents, as part of their

ongoing health education in the home, shall have discussions, as needed, based upon individual and overall needs of the resident on:

- a) Mental health
- b) Nutrition education
- c) Hygiene
- d) Drug and alcohol education
- e) Teen pregnancy

- 5) Nutrition guidelines and promotion: Effort shall be made to adhere to the best possible standards in food preparation with regard for the following principles:
- a) Follow the United States Department of Agriculture (USDA) Nutritional Standards for school meals.
 - b) Continue offering healthy foods.
 - c) Enhance palatability and attractiveness of menus.
 - d) Ensure safety for consumption.
 - e) Promote nutritious choices using methods that include, but are not limited to, posting the monthly menu, posters/signage for healthy food choices, and positive reinforcement.
 - f) Due to Children's Services Inc.-The Parris Home being a Basic Residential Group Home, we do not participate in the Smart Snack program.

Nutrition Environment:

- 6) Children's Services Inc.-The Parris Home will attempt to provide a pleasant eating experience for residents and adults
- a) Residents have the ability to comment on the meals served in care in the following ways:
 - i) As part of the exit surveys they complete upon release. The data from the surveys is collected and shared with the house parents and the CNP Director.
 - ii) Through the grievance procedure.
 - b) The house parent will work with the resident's medical caregiver to meet the needs of resident with special diets whenever possible within regulatory requirements.
 - c) The resident will have water available water at meals and throughout the day.
 - d) House Parents provide supervision during meal service times.
- (1) Food and beverage advertising: Due to Children's Services-The Parris Home being a Basic Residential Group Home, there is no marketing of outside food or beverages and there are no vending machines inside the home.
- e) The only food provided during school hours is served by the local school district staff of the Calhoun County Board of Education. Children's Services Inc. - The Parris Home adheres to the federal meal pattern requirements when its residents are not in school.
 - f) Outside food and drink are not permitted in the home without the permission of the Lead House Parent.
- 7) Physical activity: The house parents encourage all residents to participate in outside activities of at least thirty minutes daily when not in school, to ensure healthy living physical activity of large muscle exercise for five days a week.

- a) The Lead House Parent shall also promote and be involved in conducting small group activities to promote healthy lifestyles.
- 8) Communication: The Wellness policy will be made public on the Children's Services Inc. website along with the annual assessment.
- 9) Designee to ensure compliance: The Children's Services Inc. Rasheedah Doss, Executive Director, is responsible for the operational implementation of the Wellness policy and will ensure that the wellness committee meets on an annual basis.