

Wellness Program

Janus Youth Programs, Inc.

Agreement Number: 26100001

Local Wellness Policy Area 1: Setting Nutrition Education Goals

The primary goal of nutrition education, which may be defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being," (ADA 1996) is to influence youth's eating behaviors.

- a) Groups: Youth are taught the basic nutrition guidelines for healthy eating to include food groups, portion sizes, reading labels and water.
- b) Staff training: Educate/train staff to become knowledgeable in the area of nutrition or ongoing professional development for teaching nutrition.

Local Wellness Policy Area 2: Setting Physical Activity Goals

The primary goal for RCCI's physical activity component is to provide opportunities for every youth to develop the knowledge to maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

- a) A physical activity program encompasses a variety of opportunities for students to be physically active including: outdoor games, health education that includes preventive maintenance for sustaining a healthy lifestyle, indoor activities, and breaks for stress release when requested.
- b) Youth will receive 30 or more minutes per day of physical activity
- c) Staff will prohibit the use of physical activity as punishment

Local Wellness Policy Area 3: Establishing Nutrition Standards for All Foods Available on sight while youth are in the program.

Youth's lifelong eating habits are greatly influenced by the types of foods and beverages available to them. The RCCI will establish standards to address all foods and beverages served to youth, including those available outside of the RCCI meal programs. The standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. The RCCI must ensure that reimbursable meals and snacks meet the program requirements and nutrition standards set forth under the CNP.

- a) The nutritional value and standards for nutrient value of foods and beverages that are made available to youth will meet the CNP guidelines.
- b) Portion size: the per serving amount of a food or beverage to offered to youth will be in accordance to the CNP criteria.
- c) Parties, celebrations, or meetings types of foods shall be allowed on special occasions.
- d) Food donations from outside resources will be accepted without restrictions and made available to youth during appropriate times. Portion sizes will controlled and based on nutritional value.

Local Wellness Policy Area 4: Setting Goals for Other RCCI-Based Activities Designed to Promote Youth Wellness

Youth’s lifelong eating habits are greatly influenced by the types of foods and beverages available to them. The RCCI will establish standards to address all foods and beverages served to youth. The standards set by the CNP will focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. The RCCI will ensure that reimbursable meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

- a) Nutritional value of foods and beverages: reimbursable meals ad snacks for the CNP will be in accordance with the 7 CFR Part 210 and 220. All attempts will be made to limit sugar and fat from these snacks.
- b) Portion size: the per serving amount of a food or beverage to offer to students will be based on the CNP guidelines
- c) Youth at the RCCI are restricted from any activities outside the program and will not have access to food resources other than what is served at the RCCI.
- d) Parties, celebrations, or meetings: types of foods or beverages served during these occasions will include a choice of foods that offer nutritional and non-nutritional foods.
- e) On occasion, special snacks may be offered to youth for positive behaviors. These foods will not take the place of meals or reimbursed snacks. Food will never be used as punishment.

Local Wellness Policy Area 4: Setting Goals for Measurement and Evaluation

The RCCI play a role in helping students make healthy food choices. The RCCI will serve reimbursable meals that meet the CNP requirements as well as follow the principles of the Dietary Guidelines for Americans.

- a) Access to RCCI nutrition programs: all youth who require food are able to obtain it in a non-stigmatizing manner
- b) Time and scheduling for meals: Meal and snack times are allowed for in the daily schedule which gives youth ½ hours to eat. Youth entering the program during non meal times are given a full meal upon request regardless of time of day.
- c) Special nutritional needs will be made available to all youth upon notification of dietary requirements.

Local Wellness Policy Area 5: Setting Goals for RCCI Activities Designed to Promote Student Wellness

Policies established under this category create an environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- a) Access to RCCI nutrition programs: all children who require food are able to obtain it in a non-stigmatizing manner
- b) Time and scheduling for meals: Meal and activity times are posted on the daily schedule for youth to see. Forty five minutes is allotted for meals. Activities and recreation are scheduled in the morning, afternoon and evening.
- d) Access to space for physical activity: The RCCI has space for indoor games and backyard space.. Youth have access to these areas during the daily schedule.
- e) Coordinated RCCI Health approach: Staff meetings are held monthly. During this time, discussions are held related to health, safety, food and nutrition, and wellness. Smoking is not allowed at the RCCI and a designated space in accordance with the law is allotted for staff smoking that is not accessible to youth. Materials are available and posted concerning smoking, health, nutrition
- f) Staff wellness: physical activities and/or nutrition services or programs designed to benefit staff health: All staff are required to go through various trainings and preparedness for working with “at risk” youth. These include TB testing, HIV,AIDS, and Infectious Disease. The RCCI also has an Alcohol and Drug Free workplace policy. Staff are encouraged to take time for self care and accrue vacation and sick time for this purpose. Staff are allowed access to meals and snacks that are prepared in accordance with the CNP. Staff also participate in all activities with youth.