



## Washtenaw County Youth Center Local Wellness Policy

June 7, 2017

On June 30, 2004, Congress passed Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program authorized by Richard B Russell National School Lunch Act or the Child Nutrition Act of 1966 to establish a local school wellness policy by July 1, 2006. In 2010, Public Law 111-296 The Healthy, Hunger-Free Kids Act was implemented.

As part of the requirement, RCCI (Residential Child Caring Institutions) which participate in the USDA Food Nutrition Program must also have a Wellness Policy/Program. The Federal Government recognizes that such institutions are not entirely similar to regular school programs or school districts so the Wellness Policy can be tapered to fit the needs of the children lodged at RCCI's.

### **Nutrition Education and Promotion**

Students housed at Washtenaw County Youth Center will receive consistent messages throughout classroom instruction and with MSU Extension Master Gardener's program, and WCYC staff:

- Education staff will integrate nutrition education into science & health course curricula (Mr. Porter's health science class).
- The MSU Extension Master Gardeners will provide nutrition education to students when residents are not in the school program (occurs May through October each year).
- Staff of the youth center are strongly encouraged to model healthy eating habits, and are not permitted to eat a non-facility issued meal in front of the youth in our care
- Youth Center Kitchen staff will participate in professional development training that focuses on health and the meal pattern overview.

### **Specifically, the nutrition curriculum will encompass:**

- The promotion of adequate nutrient intake and healthy eating habits
- Skill development-reading nutrition labels
- USDA my plate material-posted in cafeteria at food serving window
- Nutrition information posted in classroom
- Dietary guidelines
- Food safety (residential treatment youth housed at the youth center will be eligible for the Safe-Serve food handler course).
- Childhood obesity reduction
- Fruits/ Vegetable and benefits associated with these foods grown here at the youth center

- Updates to the youth center RBT store. Removal of the majority of the candy, and the addition of sparkling water and healthy snacks as an option for youth to eat.

### **Nutrition Standards for All Food and Beverages Served in the facility**

USDA School meals-breakfast and lunch: School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural preferences. All meals will meet the USDA standards and our facility will participate in the USDA breakfast and lunch, and snack programs.

In addition:

- All reimbursable meals will meet the nutrition standards mandated by the USDA
- All kitchen staff will be trained on USDA standards and meal planning, reimbursable meals, sanitation and food safety
- Students will be provided at least 15 minutes to eat breakfast and 20 minutes to eat lunch after being seated
- Meals will be served in a clean setting and under appropriate supervision
- Youth housed in the facility will have access to hand washing/hand sanitizing facilities before each meal
- Participation in school meal programs will be promoted.
- Whole fruits, vegetables, nuts are preferable to processed food items
- Only low-fat (1), non-fat or non-dairy milk in 8oz portions (plain or flavored) will be served
- 100 fruit juice in 8oz or 4oz portions will be served
- Students will have access to free, safe fresh drinking water at all times throughout the school day
- Water will be promoted as a substitute for sugar sweetened beverages
- The use of withholding food as a punishment is strictly prohibited

### **Physical Education**

All Washtenaw County Youth Center residents will receive physical education (55 minutes per day), five days per week. Youth will also be given one hour in the gym per day in the afternoon for programming, 7 days per week. Physical education standards will be followed using state & national measures. The courses will include motor skills, concepts and strategies, engagement in physical activity, fitness and benefits of physical education. This will include:

- Physical education class will count towards credits toward graduation. Time spent in class will transfer to a residents home school when they depart the facility
- Teacher to student ratio will no greater than 1: 10
- The WCYC will provide adequate space for physical activity and equipment in our gym
- All physical education classes will be taught by a qualified physical education teacher

### **Physical Activity**

All youth center residents will have opportunity for physical activities beyond physical education class on a daily basis. In addition to the 55 minutes of physical education, our residents will participate in 60 additional minutes of physical activity 7 days per week in the

gymnasium or outdoor courtyards during afternoon programming. Students are encouraged to reduce sedentary time by participating in physical activity throughout the afternoon programming each day.

### **Evaluation and Enforcement**

The WCYC wellness policy was developed by a wellness committee that is comprised of a Cook, Assistant Director, Supervisor and a School Educator (Physical Education Teacher). The LWP will be reviewed and evaluated. When necessary, changes will be made to the policy. The following items will be considered when reviewing and evaluating the LWP: (1) extent to which the facility is in compliance with the wellness policy; (2) progress made in attaining goals of the policy; (3) any recommended changes to the policy; (4) action plan of goals and objectives for the upcoming year; (5) any other required information required by the USDA.

The wellness plan will be available for review by the public on Washtenaw County Youth Center Website.

The Youth Center Assistant Director will be the designated official that will ensure compliance for the wellness policy.