


BASHOR POLICY and PROCEDURE STATEMENT

Subject: **School Wellness**

Date: 6-22-2015

Authorized Signature: 

POLICY STATEMENT:

In accordance with federal requirements, it is the policy of the agency to provide youth with access to healthy foods and beverages, provide opportunities for developmentally appropriate physical activity, and to require that all meals served by the facility meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. Parents and staff invited to participate in the development and review of this policy.

PROCEDURE STATEMENT:

I. Nutrition Education:

Nutrition education will be provided and will include lessons from the Choose My Plate 10 Tips Nutrition Education Series provided by the USDA, along with other supportive materials.

Other educational opportunities will be provided such as children receiving hands-on training regarding food preparation, safety, proper sanitation, menu planning, portion control, reading recipes, reading labels, plating, etc. during on-site cooking groups.

At least one kitchen staff will be certified in the Servsafe program. Staff will receive nutrition training annually.

Goals:

- Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables.
- Make nutrition education interactive and teach youth skills to adopt healthy eating behaviors.
- Involve all staff as role models for youth. Staff members will join the youth at the table for meals and will consume the same healthy food and drink.

II. Nutrition Promotion:

Bashor Children's Home aims to teach, encourage, and support healthy eating.

Goals:

- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)

Meal Content:

1. Meals served through the National School Lunch and Breakfast Programs will:
 - a. Be appealing and appetizing to children;
 - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - c. Contain 0% trans fats;
 - d. Less than 10% of total calories from saturated fats;
 - e. Offer a variety of fruits and vegetables, with a minimum of ½ cup fruit for breakfast and 1 cup both fruit and vegetable for lunch;
 - f. Include whole grains for at least half of all grains served;
 - g. Offer low-fat and non-fat milk;
 - h. Offer only 100% fruit juices.
 - i. Make potable (drinking) water readily available at all mealtimes.
2. Menus will be reviewed and approved by IDOE office of School and Community Nutrition.
3. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.
4. Menu items may be substituted as needed for the safety and security of individual residents while on suicide watch or other limited circumstances. All substitutions will be made while maintaining compliance with USDA standards.
5. The food services department will share information about the nutritional content of meals with students, program participants, and parents/guardians. The information will be available in resident handbooks and parent intake packets.

Goals:

- 50% of all cooked foods will be baked or steamed.
- Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
- Introduce whole grain pastas to youth and staff.
- Provide opportunities for taste testing of new healthier foods being introduced on the menu.
- Menus will include larger variety of vegetables, particularly in the categories of beans/peas and red/orange.

Mealtime schedule and location:

1. Adequate time will be provided for youth to eat meals and snacks.
 - a. Residential meals will be served approximately as follows:
 - Breakfast 7:00 am
 - Lunch noon
 - Afternoon Snack around 3:00 pm
 - Dinner 4:30 pm
 - Evening Snack around 8:00 pm
 - b. Day Reporting meals will be served approximately as follows:
 - Breakfast 7:30 am
 - Lunch 11:30 am

2. Meals will be served in a clean, safe and appropriate setting (i.e. dining room, multipurpose room, and resident's unit as needed).
3. Appropriate supervision is provided in the dining area and rules for safe behavior shall be consistently enforced.
4. Meals and snacks will not be used as reward for good behavior or withheld for any reason, including punishment for inappropriate behavior.
5. Convenient access to hand-washing and sanitizing stations are available.
6. Efforts will be made to eliminate stigma attached students eligible for free / reduced meals

III. Physical Activity:

Bashor promotes physical activity and pursuing leisure interests to improve overall quality of life. Children are provided the opportunity to engage in recreation daily. Sufficient facilities are provided for youth to engage in various types of activities including the gymnasium, art room, outdoor recreation areas, day rooms, campus grounds and individual personal unit bedrooms. Indiana code prohibits the use of physical activity as punishment.

Goals:

- Youth will be provided opportunities to develop knowledge and skills for specific physical activities.
- Youth will be educated on the short and long-term benefits of a physically active lifestyle.
- Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of youth.
- Limit TV and downtime.

IV. Other school – based activities:

Goals:

- Provide alternative opportunities such as gardening
- Provide counseling to ensure the emotional and social well-being
- Provide education and support to parents

V. Evaluation:

The Wellness Committee will meet annually, or more often as needed, to evaluate the implementation and impact of the Wellness Plan and the School Wellness Policy. Goal attainment will be measured, using a tool designed by the Committee, and goals will be revised and updated. Policy language will be reviewed and revised as needed.

Goals:

- Meet in the December of each year.
- Review cyclic menus, production records, temperature charts, special diet documentation, and substitution documentation monthly.
- Observe meal preparation and serving regularly.
- Confirm staff and residents are receiving nutrition education as prescribed

Original: 3-31-2008

Reviewed:

Revised: 6-22-2015