



PERRY MULTI-COUNTY JUVENILE FACILITY

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Wellness Policy

Required under the Federal Child Nutrition and WIC Reauthorization Act of 2004. Public Law 108-265, Section 204, Dated June 30, 2004.

Policy: The Perry Multi-County Juvenile Facility participates in the National School Lunch Program under the Richard B. Russell National School Lunch Act and is required to establish a wellness policy. This policy will address the following:

- 1) This facility will follow all nutritional standards established by the Ohio Department of Education
- 2) Goals for nutrition education, physical activity and other activities that are designed to promote student wellness in a manner that the facility determines are appropriate.
- 3) Nutrition guidelines, in consultation with food service, medical, and the Department of Youth Services dietician, that promotes resident health and reduce childhood obesity.
- 4) This facility will follow the nutritional requirements that currently exist in the National School Lunch Program.
- 5) Under the law, we are required to involve parents, residents, and representatives of the school food authority, the school board, school administrators, and the public in the development of this policy. Our facility is formed as part of a multi-county juvenile community corrections facility, funded by the Ohio Department of Youth Services, serving youth aged 12-21 for a for a period of six to eight month. We routinely house juveniles from 8 different counties in Ohio but do take residents from through the State of Ohio. Due to the restrictions on outside involvement, Wellness Policy Council will consist of the following positions:
 - a. Facility Director
 - b. Facility Teachers
 - c. Facility Food Service Manager
 - d. Facility Compliance Coordinator
 - e. Facility Administration Personnel

Procedure:

The Perry Multi-County Juvenile Facility is committed to providing an environment that will promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the facility’s policy that:

- All residents will have opportunities, support, and encouragement to be physically active on a regular basis; at least 1 hour per day is set aside for physical activity.
- Foods and beverages at the facility will meet the nutrition requirements of the National School Breakfast and Lunch Programs.
- Residents will be provided a variety of nutritious and appealing foods that meet the health and nutritional needs of youth falling in their age group.
- We will accommodate reasonable requests for the religious, ethnic, and cultural diversity in meal planning; and will provide clean, safe, and pleasant settings and adequate time for residents to eat.
- We will accommodate any youth nutritional needs as it relates to a youth being allergic or unable to eat specific types of food due to a documented medical condition.
- We will participate in the National School Breakfast and National School Lunch Programs.
- The facility will provide nutrition education and physical education to help with lifelong habits of healthy eating and physical activity.
- We will provide residents with a healthy snack in the evenings on a daily basis.

To Achieve These Policy Goals:

Wellness Policy Council

The Wellness policy council will meet at least annually, during a supervisor monthly meeting. The council will review and discuss the current policy and/or the current recommended nutritional allowances and make any needed changes. Minutes of the meeting will be kept by the Food Service Manager.

Nutritional Quality of Foods and Beverages Services

Meals served at the Perry Multi-County Juvenile Facility will:

- Be appealing and attractive
- Be served in a clean and pleasant setting

- Meet the nutrition requirements established by State and Federal statutes and regulations
- Offer Grains/Breads that are Whole Grain
- Offer a variety of fruits and vegetables
- Serve a variety of low fat (1%) unflavored and/or nonfat flavored milk at meal times
- Continue to identify new, healthful, and appealing food choices
- Take into consideration the opinions of the residents on a like and dislike food basis by doing a biannual survey

Meal Times and Scheduling

The facility will:

- Provide residents with at least 30 minutes to eat after sitting down for breakfast and 30 minutes after sitting down for lunch
- Schedule meals at appropriate times; lunch will be scheduled between 11:30-12:30
- Provide residents with access to hand washing, and hand sanitation before they eat meals or snacks

Sharing of Foods and Beverages

Residents will not share foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions.

Snacks

Residents will be served a daily snack in the evenings consisting of a grain product, 100% juice, and milk.

Food Service Staff

All food service staff will comply with the principle that all meals are nutritionally well balanced, well planned, and prepared and served in a manner that meets the governmental health and safety codes. As part of the responsibility to operate a food service program, we will provide continuing education yearly in accordance to the individual's level of responsibility.

- The food service staff will be Serve Safe Certified
- A nutritionist, dietician, or physician approves the menu and annually approves the nutritional value of the food served

Nutrition and Life Skills

The Facility will provide an education program for the residents that:

- Consists of Nutritional education through a collaboration with the Perry County Health Department and the Personal Responsibility Education Program (PREP) classes that address social skills, personal responsibility, healthy and life choices
- Promotes fruits, vegetables, whole grain products, and low fat dairy products
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)

Physical Activity

Physical activity will be provided on a daily basis for the residents and will include the following:

- A minimum of 1 hour of physical recreation per day

Physical Activity and Punishment

The facility staff will not use physical activity (running laps, pushups, etc.) as a form of punishment.

Staff Wellness

The Perry Multi-County Juvenile Facility highly values the health and well-being of every staff member and will encourage and support personal efforts by staff to maintain a healthy lifestyle.

Monitoring

- The director or designee will ensure compliance with the established facility nutrition and physical activity wellness policy
- The food service staff will ensure compliance with nutrition policies within the food service area
- A review of nutrition and physical activity policies will be done annually and any changes will be revised at that time or as necessary to comply with any new or revised standards of the Ohio Department of Education or the National School Lunch Program.

This institution is an equal opportunity provider and employer