

Tri-County Youth Rehabilitation Campus Wellness Policy on Physical Activity and Nutrition

The Tri-County Youth Rehabilitation Campus support the health and well-being of its youth by promoting good eating habits and physical activity. In accordance with federal law, it is the policy of the Campus to provide youth with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require all meals served by the facility meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture Food and Nutrition Service. A Coordinated Wellness Committee will maintain and oversee these activities. The Campuses Wellness Policy shall be made available to youth and families by means of program handbooks, parent intake packets, and the Campuses website.

I. WELLNESS COMMITTEE

The Committee will engage administrators, department supervisors, teachers, food service professionals, health professionals, the purchasing agent, and youth in developing, implementing, monitoring and reviewing the Campuses Wellness Policy on Physical Activity and Nutrition. The Wellness Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

II. NUTRITION EDUCATION AND PROMOTION

The Campuses aim to teach, encourage, and support healthy eating by the youth.

Nutrition education will be provided monthly to youth and at least one-kitchen personnel will be ServSafe Food Protection Manager certified.

Posters displaying healthy eating habits, meal patterns, food groups, and other nutritional information will be on display where meals are consumed.

Menus will use Harvest of the Month to educate youth on the different types of seasonal fruits/vegetables and their health benefits.

GOALS:

- Promote whole grain-rich products, low-fat and fat-free dairy products, increased variety of fruits and vegetables, healthy food preparation methods, and health-enhancing nutrition practices.
- Utilize Tasting Tuesday's to promote new and healthy food items through the School Garden Program or local procurement.
- 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 at least once weekly and will consume the same healthy food and drink.
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- All staff working within the School Nutrition Program will participate in a minimum of one serving training per quarter.
- Incorporate Harvest of the Month as an educational afterschool-snack enrichment activity.

III. PHYSICAL ACTIVITY

The Campuses support the health and well-being of youth by promoting physical activity. Youth will engage in at least one hour of scheduled recreation daily.

Sufficient space is provided for youth to engage in various types of physical activities. Youth are able to utilize the gymnasium, enclosed/secure outdoor recreation areas, day rooms, and individual rooms.

GOALS:

- A combination of aerobic, stretching and muscle building activities will be rotated to ensure a varied and holistic workout.
- 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 television and downtime.
- The Campuses prohibit the use of physical activity as punishment.

IV. OTHER SCHOOL-BASED

ACTIVITIES GOALS:

- Have a garden on the school campuses.
- Campuses continue to house a therapist employed by Sutter Yuba Behavioral Health to provide counseling to ensure the emotional and social well-being of all youth are being met.
- Provide vocational training through the Youth Food Service Program
- Career Training Education (CTE) training through the Yuba County Office of Education (YCOE).
- Provide a health education course through YCOE.

V. MEAL CONTENT

1. Meals served through the School Nutrition Program will:
 - a. Be appealing and appetizing to youth;
 - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - c. Provide 450-600 calories for Breakfast and 750-850 calories for Lunch;
 - d. Contain 0% trans fats;
 - e. Less than 10% of total calories from saturated fats;
 - f. Offer a variety of fruits and vegetables, with a minimum of 1 cup fruit or vegetable for breakfast and 1 cup of fruit and vegetable for lunch;
 - g. Grains served will be whole grain-rich;
 - h. Offer low-fat and non-fat milk options;
 - i. Offer only 100% fruit juices.
 - j. Make potable (drinking) water readily available at all mealtimes.
2. Menus will be reviewed and approved by a licensed dietician.
3. In addition to the required calories for the School Nutrition Program, menus will provide daily calorie intake of 2500-3000 for males and females.
4. Special dietary needs of youth will be considered when planning meals, according to the document *2017 Edition of Accommodating Children with Disabilities in the School Meal Programs*.

5. 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 and School Nutrition Program standards.

GOALS:

- All cooked foods will be baked, steamed, or grilled.
- Proper procurement procedures and preparation methods will be used to decrease saturated fats, included sugars, and sodium levels in food.
- At least 80% of the weekly grains offered to youth will be whole grain-rich and the remaining enriched.
- 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 legumes, dark greens, and red/orange.
- Introduce Farm to Table through the school garden.

VI. MEALTIME SCHEDULE AND LOCATION

1. Adequate time will be provided for youth to eat meals and snacks.
 - a. Meals will be served as follows:
 - Breakfast 6:45 and 7:15 am
 - Snack 10:00 am
 - Lunch 12:30 and 1:15pm
 - Dinner 4:30 and 5:15 pm
 - Evening Snack 7:30 pm
2. Meals will be served in a clean, safe and appropriate setting (i.e. dining room, multipurpose room, and youth's rooms as needed).
3. Appropriate supervision is provided in the dining area and rules for safe behavior shall be consistently enforced.
4. Regularly scheduled 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 hand sanitizer stations.

VII. STAFF WELLNESS

The Facilities support the health and well-being of staff by promoting physical activity. Staff members are encouraged to participate in daily recreational activities with youth. Staff members working during the hours of 6:00 a.m. to 6:00 p.m. are also provided well-balanced meals, at no cost.

GOALS:

- Increase staff involvement during youth recreational periods.
- Have organized physical training led by teaching staff or institution staff at Juvenile Hall and at the Maxine Singer Youth Guidance Center.
- Add a calming room for staff.
- Offering low cost gym memberships.

VIII. EVALUATION

The Wellness Committee will meet annually, at minimum, or more often as needed to evaluate the implementation and impact of the Wellness Policy on Physical Activity and Nutrition. Goal attainment will be measured, using a tool designed by the committee, and goals will be revised and updated or newly created. Policy language will be assessed each year and revised as needed.

Each department supervisor (Food Service, Carden School and Facilities) is responsible for monitoring daily implementation of the Wellness Policy within their department. Department Supervisors report directly to the Deputy Superintendent. The Deputy Superintendents are responsible for calling the committee to meet for any concerns or changes.

GOALS:

- Meet in the first quarter of each year.
- Review cyclic menus, production records, temperature charts, special diet documentation, and substitution documentation quarterly.
- Observe meal preparation and serving at a minimum of once quarterly.
- Confirm staff and residents are receiving nutrition education as prescribed.
- Implement new ideas for the youth to participate in outside physical activities such as organized sports and dancing classes.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

Wellness Committee Policy Review – policy updated, reviewed and approved: 05/19/2022

Superintendent: _____

Date: _____

Deputy Superintendent: _____

Date: _____

Deputy Superintendent: _____

Date: _____

Supervising SJCO: _____

Date: _____

Kitchen Supervisor: _____

Date: _____

Facility Therapist: _____

Date: _____

Medical Representative: _____

Date: _____

Carden School Representative: _____

Date: _____