

CHRISTIAN ACRES YOUTH CENTER, INC.	POLICY NUMBER 10.5	PAGES: 2
CHAPTER: TEN	RELATED STANDARDS:	
SUBJECT: Wellness Policy (updated 9/2019)		

**POLICY:**

Christian Acres Youth Center, Inc. shall promote a healthy environment by supporting and emphasizing resident wellness, good nutrition and regular physical activity and making them an integral part of the total learning environment. The facility will engage residents, parents, staff, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing facility wide nutrition and physical activity policies.

**PROCEDURE:**

- A. All residents shall have opportunities, support and encouragement to be physically active on a regular basis.
- B. Foods and beverages served to residents will meet the nutrition requirements as outlined in Bulletin 1196.
- C. Qualified child nutrition professionals will provide residents with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of the residents. The facility will accommodate the religious, ethnic, and cultural diversity of the residents in meal planning while providing clean, safe and pleasant settings and adequate time for residents to eat.
- D. To the maximum extent practicable, all Christian Acres Youth Center, Inc. will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program and Summer Food Service Program.
  1. Residents will be allowed adequate time for breakfast and the recommended 30 minutes for lunch.
  2. The facility will provide whole and enriched grain products that are high in fiber, low in added fats and sugars and served in appropriate portion sizes consistent with the current USDA standards.
  3. The facility will use fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100% fruit or vegetable juice.
  4. The facility will offer nonfat, reduced fat, low-fat, plain and/or flavored milk and yogurt, nonfat, reduced fat and/or low-fat real cheese.
  5. The facility will offer nuts, nut butters, seeds, trail mix, and/or soybean snacks.

## CHRISTIAN ACRES - POLICY AND PROCEDURE MANUAL

6. The facility will follow healthy food preparation techniques for lean meat, poultry, and fish.
  7. The facility will provide meals accessible to all residents with a variety of delivery strategies such as breakfast in the cottage, grab-and-go meals or alternate eating sites.
  8. The facility will provide a cafeteria environment conducive to a positive dining experience, supervision of eating areas by adults who model proper conduct and voice level; and with adults who model health habits by eating with residents.
- E. The facility will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
  - F. The facility will offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
  - G. The facility will encourage staff to participate in school meal program.
  - H. The facility shall ensure food safety is a key component of all school food operations and ensure that the food service permit is current for the Food Service site.
  - I. The facility will follow the State Board of Education policies on competitive foods and extra food sales.
  - J. The facility will ensure all food available during the school day is used to promote health and reduce obesity.
    1. The facility will eliminate the use of foods as rewards for resident's accomplishments.
    2. The facility will encourage serving healthy food at facility parties.
  - K. The Food Service Manager shall ensure that the facility meets all requirements of the National School Lunch Program.
  - L. The Food Service Supervisor shall monitor daily to ensure compliance and submit an annual report to the Director detailing compliance and non-compliance issues.
  - M. This policy shall be reviewed annually and updated as needed.