

POLICY #: 12-4	CHAPTER: Food Services	SUBJECT: Wellness Policy
RELATED STANDARDS: IDAPA 05.01.02 230 IDAPA 05.01.02 232 IDAPA 05.01.02 250 IDAPA 05.01.02 265		
<i>Dawn Burns</i> Administrator Approval	<u>5-4-18</u> Effective Date	Supersedes

POLICY

In order to promote healthy lifestyles for the youth in our care and to comply with federal guidelines for the National School Lunch Act ACJCS shall create a yearly wellness policy for the youth in our care.

PURPOSE

The purpose is to provide the juveniles in our care an environment that promotes health and wellbeing, including nutritional meals, nutrition education, physical activity, and to comply with all state and federal guidelines.

PROCEDURES

- 1) No later than the first day of the school year ACJCS shall establish a wellness policy to ensure compliance with the Richard B. Russell National School Lunch Act.
- 2) The wellness committee will be comprised of the food service supervisor, food service assistant supervisor, the youth development specialist, the inmate health care supervisor, education staff, and the assistant detention manager.
 - a) The committee shall meet yearly to address any changes needed to the policy
 - b) The committee will evaluate the effectiveness of the policy and the programs offered in detention
 - c) The Assistant Detention Manager will keep minutes of these meetings and ensure that needed changes to policy are completed and implemented.
- 3) The wellness policy is comprised of the following elements:
 - a) Nutrition education
 - b) Nutritional guidelines
 - c) Physical activity
 - d) Development and implementation
- 4) The medical department as part of their ongoing health education presentations in the classrooms shall have classes on:
 - a) Nutrition education
 - b) Hygiene
 - c) Drug and alcohol education
 - d) Teen pregnancy
- 5) The medical department will provide a monthly calendar of their health education courses to the teachers
- 6) Effort shall be made to adhere to the best possible standards in food preparation with due regard for the following principles:
 - a) Follow the Idaho Nutritional Standards
 - b) Continue implementing healthy foods
 - c) Enhancement of palatability and attractiveness
 - d) Assurance of safety for consumption
- 7) ACJCS will attempt to provide a pleasant eating experience for residents and adults
 - a) Residents have the ability to comment on the meals served in detention in the following ways:
 - i) As part of the exit surveys they complete upon release. The data from the surveys is collected and shared with the kitchen.
 - ii) Through the grievance procedure as outlines in chapter 4-5

- b) The kitchen will work with the medical department to meet the needs of residents with special diets whenever possible within regulatory requirements.
 - c) Drinking fountains will be available for residents to get water at meals and throughout the day.
 - d) Detention officers provide supervision during meal service times.
- 8) ACJCS promotes nutrition and healthy eating through signage, creative menus, and posters.
- 9) Due to ACJCS being a detention center there is no marketing of outside food or beverages and there are no vending machines inside detention
- a) The only food provided during school hours is made by the detention center kitchen staff. The kitchen adheres to the federal meal pattern requirements.
 - b) Outside food and drink are not permitted in the classrooms without the permission of the Detention Manager
- 10) The youth development specialist and detention staff shall facilitate at least one hour daily five days a week of large muscle exercise per IDAPA 5.01.02.265.
- a) The youth development specialist or detention staff shall also promote and conduct small group exercise and activity programs to promote a healthy lifestyle.
- 11) Ada County Juvenile Detention Center will share the Wellness Policy and the Idaho Wellness Policy Progress Report on our public website to show our progress with the public.
- 12) The Assistant Detention Manager is responsible for the operational implementation of the wellness policy and will ensure that the wellness committee meets on a yearly basis.]