


Southwest Idaho Juvenile Detention Center	Chapter # 3 Food Services	Policy # 3-10 WELLNESS
		Pages: 1
Policies and Procedures Manual	Topic: Wellness Policy	
	Related ID Code, IDAPA, or ACA Standards: Section 204, IDAPA 5,1,2, Healthy, Hunger-Free Kids Act of 2010	
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POLICY

To promote healthy lifestyles for the youth in our care and to comply with federal guidelines for the National School Lunch Act, to include requirements of 7CFR §210.30 Local School Wellness Policy.

PURPOSE

To provide the juveniles in our care an environment that promotes health and well-being, including nutritional meals, nutrition education, physical activity, and to comply with all state and federal guidelines.

PROCEDURES

- 1) The Southwest Idaho Juvenile Detention Center (SWIJDC) (Pat Anderson School) shall review the wellness policy yearly to ensure compliance with the National School Breakfast and Lunch Act.
- 2) The wellness committee will comprise of food service staff, youth development staff, youth health care staff, education staff, staff involved with physical activity for youth, administration, and the (Child Nutrition Program) CNP Director. The committee shall receive input from youth, parents, and the public using methods that include, but are not limited to, surveys, targeted conversations, and informal feedback.
 - a) The committee shall meet yearly to address any changes needed to the policy.
 - b) On a triennial basis, the committee will evaluate compliance with the policy and the programs offered in detention, compare the policy to model policies, and measure progress toward wellness policy goals.
 - c) The CNP Director will keep the minutes of these meetings and ensure that needed changes to the policy are completed and implemented.

- 3) The Wellness Policy is Comprised of the Following Elements:
 - a. Wellness policy development and evaluation
 - b. Health and wellness topics
 - c. Nutrition education
 - d. Nutrition guidelines
 - e. Nutrition promotion
 - f. Nutrition environment
 - g. Food and beverage advertising
 - h. Physical activity
 - i. Communication and implementation

- 4) Health and Wellness and Nutrition Education: The Medical department, Education department, Physical Fitness Director, Counselor, and Youth Development Staff will provide health education presentations on the following classes:
 - a) Mental health
 - b) Nutrition education
 - c) Hygiene
 - d) Drug and alcohol education
 - e) Teen pregnancy
 - f) Healthy Lifestyle choices
 - g) Physical fitness

- 5) Nutrition Guidelines and Promotion: Efforts shall be made to adhere to the best possible standards in food preparation with due regard to the following principles:
 - a) Follow the United States Department of Agriculture (USDA) Nutritional Standards for school meals. Refer to 7 CFR Part 220 -- School Breakfast Program 7 CFR Part 210 -- National School Lunch Program
 - b) Continue offering healthy foods.
 - c) Ensure safety for consumption.
 - d) Promote nutritious choices using methods that include, but are not limited to, posting the monthly menu, posters/signage for healthy food choices, and positive reinforcement.

- 6) Nutrition Environment: SWIJDC will attempt to provide a pleasant eating experience for residents.
 - 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 are collected and shared with the kitchen.
 - ii) Through the grievance procedure as outlined in Policy 7-3
 - b) The kitchen will work with the medical department to meet the needs of residents with special diets whenever possible within regulatory requirements.
 - c) Cups in the room and drinking fountains will be available for residents to get water throughout the day.
 - d) Detention officers provide supervision during meal service times.
- 7) Food and Beverage Advertising: Due to SWIJDC being a detention center, there is no marketing of outside food or beverages and no vending machines inside the detention.
- a) The only food provided during school hours is made by the detention center kitchen staff. The kitchen adheres to federal meal pattern requirements, and 7 CFR 210.11 Competitive Food Service and Standards (Smart Snack regulations) adhere to the federal meal pattern requirements.
 - b) Outside food and drink are not permitted in the classrooms without the permission of the Detention CNP, Deputy Director, or Director.
- 8) Physical Activity: The physical fitness director and detention staff shall facilitate at least one hour of daily physical activity of large muscle exercise per IDAPA 5.01.02.265 for five days a week.
- a) The physical fitness director or detention staff shall also promote and conduct small group exercise and activity programs to promote a healthy lifestyle.
- 9) Communication: The wellness policy will be made public on the Canyon County website along with the triennial assessment.
- 10) Designee to Ensure Compliance: The CNP Director is responsible for the operational implementation of the wellness policy and will ensure that the wellness committee meets yearly.