

Center For Family Services

School Nutrition/Wellness Policy

The Center For Family Services recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn. The Center For Family Services is committed to:

- Providing students with healthy and nutritious foods;
- Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains;
- Supporting healthy eating through nutrition education;
- Encouraging students to select and consume all components of the school meal; and.
- Providing students with the opportunity to engage in daily physical activity.

All reimbursable meals shall meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. All items served as part of the After School Snack Program shall meet the standards as outlined within Smart Snacks Program.

Youth residing at a residential program operated and managed by Center For Family Services must adhere to the following rules:

1. All foods and beverage items listing sugar as the primary ingredients will not be served to youth during mealtimes.
2. Foods that contain low nutritional value will not be served to youth during mealtimes.
3. Meals will provide less than ten percent of the total calories as saturated fat per serving and zero grams of trans fat per serving during mealtimes.
4. A serving of fruit and vegetables will be offered during mealtimes. Vegetables varieties, and subgroups, will be offered throughout the week in accordance with the Child Nutrition Policies.
5. All grain products served should be whole grain rich.
6. Beverages, such as 100% fruit juices, given to youth should not exceed 12 ounces during mealtimes.
7. Milk containing no more than 1% or less fat will be given to youth at the residence and/or shelter. Milk will not exceed 12 ounces during mealtimes. Any flavored milk products will be non-fat. Two milk varieties, within the guidelines, will be offered.
8. Food items that are low in fat, sugar and calories will be offered during snack time. Snacks items must be whole grain rich, or have as a first ingredient a fruit, vegetable, dairy product or protein.
9. No types of candy will be given to youth at the residence and/or shelter during mealtimes.
10. Food items for youth residing in the residential programs should be nutritious as well as economical. It is imperative that staff promotes healthy choices, while being conscientious in teaching the youth how to purchase food items, and what food items to purchase at a reasonable price.
11. Salt should not be provided to the youth at the residence to maintain sodium requirements in accordance with the Child Nutrition

Please Note:

1. All food items MUST be purchased and consumed prior to the expiration date listed on each food item.
2. All food items MUST have a Written Label indicating the "Date the Food Item Was Opened". For example, if staff purchased a bottle of ketchup on Monday, December 13, 2023, staff must place a white label on the ketchup bottle that says, "OPENED 12/13/23". (This only applies to Shelters, Group Homes and Transitional Living Programs).
3. Generally, specialty food items, such as prime rib, prime steak, crab legs, lobster tails, crab cakes and lobster cakes, may not be purchased. Specialty items need to be asked for and approved, ahead of time, by your supervisor.

All snack and beverage items sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores and fundraisers or served in the reimbursable After School Snack Program, shall meet the following standards:

- 1) Based on manufacturers nutritional data or nutrient facts labels:
 - Be a whole grain rich (WGR) product
 - Have as the first or protein food (meat, beans, poultry, etc.) ingredient a fruit, vegetable, dairy product
 - Be a "Combination Food" with at least ¼ cup fruit or vegetable
- 2) Beverages shall include the following:
 - Water, milk (low fat 1% or less), water or 100 percent fruit or vegetable juices.
- 3) All beverages shall not exceed 12 ounces, with the following exceptions:
 - Water.

Food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy, with the exception of foods of minimal nutritional value as defined by USDA regulations.

This policy does not apply to: medically authorized special needs diets pursuant to 7 CFR Part 210; school nurses using FMNVs during the course of providing health care to individual students; or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

Adequate time shall be allowed for student meal service and consumption. Schools shall provide a pleasant dining environment. Center For Family Services will include recreational activities within their regular recreation schedule.

After School Snack is provided in support of regularly scheduled activities in a structured and supervised environment, which includes but is not limited to educational and enrichment activities.

The residence and/or shelter will provide weekly physical activities for the youth. A monthly activity schedule will be posted in the residence and/or shelter.

The Center For Family Services is committed to promoting the Nutrition and Wellness Policy with all food service personnel, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices. The Center For Family Services will work toward expanding awareness about this policy among students, parents, teachers and the community at large.