

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 saturated 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.

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, 2013, staff must place a white label on the ketchup bottle that says, "OPENED 12-13-13". (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.

The following items may not be served, sold or given out as free promotion anywhere on school property at any time before the end of the school day:

- Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations;
- All food and beverage items listing sugar, in any form, as the first ingredient; and
- All forms of candy.

Schools shall reduce the purchase of any products containing trans fats. (Federal labeling of trans fats on all food products is required by January 1, 2006.)

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:
 - Must be whole grain rich or contain 10% of the Daily Value of the nutrients
 - Snack items will not exceed the calorie, sodium, fat or sugar requirements
- 2) Beverages shall include the following:
 - Water, milk (one percent or less), water or 100 percent fruit or vegetable juices.
- 3) All beverages shall not exceed 12 ounces, with the following exceptions:
 - Water.

In middle and high schools:

- At least 60 percent of all beverages offered, other than milk and water, shall be 100 percent fruit or vegetable juices.
- No more than 40 percent of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat.

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.

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 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.

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school. At a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Center For Family Services

Reviewer Alexis Maneely

School Name Center For Family Services

Date 06/26/2019

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

Yes No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

Yes No We have a designee in charge of compliance.

Name/Title: Alexis Maneely, Quality Improvement Director

Yes No We make our policy available to the public.

Please describe: On our website, presented annually in staff meetings

Yes No We measure the implementation of our policy goals and communicate results to the public.

Please describe: Monthly Residential Team Meetings, Staff Meetings,

Yes No Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes No Our district's written wellness policy includes measurable goals for nutrition education.

Yes No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes No We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

Yes No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes No We ensure students have access to hand-washing facilities prior to meals.

Yes No We annually evaluate how to market and promote our school meal program(s).

Yes No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes No We offer taste testing or menu planning opportunities to our students.

Yes No We participate in Farm to School activities and/or have a school garden. (some sites)

Yes No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes No We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

Yes No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes No We provide teachers with samples of alternative reward options other than food or beverages.

Yes No We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- N/A We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- N/A We provide physical education for elementary students on a weekly basis.
- N/A We provide physical education for middle school during a term or semester.
- N/A We require physical education classes for graduation (high schools only).
- N/A We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- N/A We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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