

Wellness Policy

I. Nutritional Quality of Foods and Beverages Served

Healthy Environment-Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that grains served are whole grain.

Facility should engage students and staff, through taste-tests of new entrees and surveys in order to identify new, healthful and appealing food choices. In addition, schools should share information about the nutritional content of meals with students and staff. Such information could be made available on menus, a website on cafeteria menu boards, placards, or other point-of-service materials.

- To ensure that all children have a breakfast that meets their nutritional needs and enhances their ability to learn:
- Youth Town Cafeteria will, to the extent possible, operate the School Breakfast Program.

Meal Times and Scheduling:

- will provide students with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g.; lunch should be scheduled between 11 a.m. and 1 p.m.;

- should not scheduling tutoring, counseling or organization meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students to hand washing or hand sanitizing before they eat meals or snacks; and

Qualification of Food Service Staff. As part of the Cafeteria responsibility to operate a food service program, we will provide staff development training programs for cafeteria workers according to their Levels of responsibility.

Sharing of Foods and Beverages. Students will be discouraged from sharing their foods or beverages with another student during meal or snack times.

Rewards. Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Food and beverage marketing

There are no food and beverages sold. No marketing and advertisement will be taking place.

II. Nutrition and Physical Activity Promotion

Nutrition Education and Promotion: Youth Town aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Promote nutrition education through the use of posters displayed in the dining area to help promote selection of healthier food choices. These are to be updated at a minimum of once annually.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as taste testing.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)

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Integrating Physical Activity into the Facility Setting. For children to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Provide appropriate recreational materials for all youth served
- Provide safe recreational area available to all children.
- Provide daily opportunities for physical activity.
- Never use physical activity as a punishment.

III. Physical Activity Opportunities and Physical Education

Physical Activity Opportunities Before and After School. All students will be offered the opportunities to be physically active. This facility will offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and Students with special health-care needs.

Physical Activity and Punishment. Personnel will not use physical activity (e. g., running laps, and push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

IV. Public updates

Personnel will provided updates for residents and administration quarterly to ensure that policy is being followed. There will be a group setting to monitor the status and well-being of the cafeteria.

V. Monitoring and Policy Review

Monitoring. The Designee will ensure compliance with established nutrition and physical activity wellness policies. In each school, the designee will ensure compliance with those policies in his/her facility.

Recently this policy has been assessed and it was discovered, that everything was in compliance.

Assessments will be repeated annually to help review policy every 3 years compliance, assess progress, and determine areas in need of improvement.