

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		
 //signed Janet M. Wallace// Administrator Approval		4 June 2013 Effective Date
Supercedes: All preceding effective date		

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, the recreation specialist, the inmate health care supervisor and the assistant detention manager.
- 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 implement nutrition education classes.
- 5) 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
- 6) The recreation specialist and detention staff shall facilitate at least one hour daily five days a week of large muscle exercise.
 - a) The recreation specialist or detention staff shall also promote and conduct small group exercise and activity programs to promote a healthy lifestyle.
- 7) The assistant detention manager is responsible for the operational implementation of the wellness policy and ensuring that the wellness committee meets on a yearly basis.