


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		
 Administrator Approval	3/2/2022 Effective Date	Supersedes

POLICY

ACJS promotes healthy lifestyles for the youth in our care and complies with federal guidelines for the National School Lunch Act. ACJS 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. This includes nutritional meals, nutrition education, physical activity, and compliance with all state and federal guidelines.

PROCEDURES

- 1) No later than the first day of the school year ACJS 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, Food Service Assistant Supervisor, Nursing Supervisor, education staff, and Assistant Detention Manager.
 - a) The committee shall meet yearly to address any changes needed to the policy.
 - i) The Food Service Supervisor will coordinate the annual meeting.
 - b) The committee will evaluate the effectiveness of the policy and the programs offered in detention.
- 3) The wellness policy is comprised of the following elements:
 - a) Nutrition education
 - b) Nutritional guidelines
 - c) Physical activity
 - d) Development and implementation
- 4) Efforts 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
- 5) ACJS will provide nutritious meals for residents and adults.
 - a) Residents have the ability to comment on the meals served in detention through the grievance procedure as outlined in chapter 4-5.
 - b) Kitchen staff will work with the medical department to meet the needs of residents with special diets whenever possible within regulatory requirements.
 - c) Drinking fountains will be available for residents to get water at meals and throughout the day.
 - d) Detention officers provide supervision during meal service times.
- 6) ACJS promotes nutrition and healthy eating through signage, creative menus, and posters.
- 7) Due to ACJS being a detention center there is no marketing of outside food or beverages and there are no vending machines inside the detention center.
 - a) All meals are provided by the detention center kitchen staff. The kitchen adheres to the federal meal pattern requirements.
 - b) Outside food and drink are not permitted for detention residents without the permission of the Detention Manager or designee.

- 8) Detention staff shall facilitate at least one hour of large muscle exercise at least five days a week per IDAPA 5.01.02.265.
 - a) Detention staff shall also promote and conduct small group exercise and activity programs to promote a healthy lifestyle.
- 9) Ada County Juvenile Detention Center will share the Wellness Policy and the Idaho Wellness Policy Progress Report on our public website to show our progress with the public.
- 10) The Assistant Detention Manager is responsible for the operational implementation of the wellness policy.