

Performance Objective:

To promote wellness for youth

Policy:

The CAPWN Youth Shelter/Group Home is committed to providing an environment that promotes and protects children and youth health, well-being, and ability to learn by supporting healthy eating and physical activity.

Responsibility:

The Director of Youth Programs is responsible for the update and implementation of the process. Program Coordinators are responsible for direct and specific training structures.

Operational Procedures:

- The Youth Shelter/Group Home will engage youth, parents/legal guardians, youth workers, teachers, health professionals, the Youth Leadership Council and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All youth in the Youth Shelter/Group Home (grades K-12) will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served will meet the nutrition recommendations of the U.S. Dietary Guidelines.
- A variety of affordable, nutritious, and appealing food that meet the health and nutrition needs of youth/students will be provided that accommodates the religious, ethnic, and cultural diversity of the youth in meal planning.
- A clean, safe, and pleasant setting with adequate time for youth to eat will be provided.
- To the maximum extent practicable, the Youth Shelter/Group Home will participate in available federal school meal programs (including the School Breakfast Program, National School Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers].
- The Youth Shelter/Group Home will provide nutrition education/guidance and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health, nutrition and related community services.
- The Youth Shelter/Group Home with consultation from the Youth Leadership Council and CAPWN Health Center, will review nutrition and physical activity policies. The Youth Leadership Council consists of individuals representing the Youth Shelter and youth in the community. The Council will consult with a committee which can include parents, youth, representatives of the Shelter food management and members of the Youth Leadership Council, administrators, youth workers, health professionals, and members of the public as needed.
- The Youth Shelter/Group Home Policy will be available to the public via our agency website.

YOUTH SHELTER/GROUP HOME MEALS:

- Meals will be appealing and attractive to children and youth
- Meals will served in a clean and pleasant setting
- All meals will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- All meals will be offered with a variety of fruits and vegetables
- Low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives will be offered at every meal (to be defined by USDA).
- Half of the served grains will be whole grain.
- Free water is available at any time.

- Fruit is available at any time.

BREAKFAST: To ensure that all children have breakfast to meet their nutritional needs and enhance their ability to learn, the Youth Shelter/Group Home will:

- Operate the School Breakfast Program.
- Arrange schedules and utilize methods to serve breakfasts that encourage participation, “grab-and-go” breakfast, or other such efforts.
- Serve breakfast to youth in a timeframe that allows them to eat before leaving for school or other appointments.

FREE AND REDUCED-PRICED MEALS:

All youth in residence at the CAPWN Youth Shelter/Group Home receive meals at no cost to them. Therefore, there is no social stigma attached to receiving meals while residing at the CAPWN facility.

SUMMER FOOD SERVICE PROGRAM:

The Youth Shelter/Group Home is a 24 hour, 365 day a year operation and provides meals and snacks to all youth every day of the year either through the School Food Programs or through other resources.

MEAL TIMES AND SCHEDULING: The Youth Shelter/Group Home will:

- Provide students with at least 10 minutes to eat after sitting down for breakfast, and 20 minutes after sitting down for lunch;
- Schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Take reasonable steps to accommodate the tooth-brushing regimens of youth with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

QUALIFICATIONS OF FOOD SERVICE STAFF:

Qualified professionals will administer the meal programs. As part of the program’s responsibility to operate a food service program, we will provide continuing professional development for nutrition professionals as is required for non-school care facilities. Staff development programs will include appropriate certification and/or training programs according to their levels of responsibility.

NUTRITION EDUCATION AND PROMOTION:

The CAPWN Youth Shelter/Group Home aims to teach, encourage, and support healthy eating. The Program will provide nutrition education and engage in nutrition promotion that:

- Is offered to youth to provide them with the knowledge and skills necessary to promote and protect their health;
- Is part of health education instruction and/or discussion groups;

- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as taste testing, visits to a local greenhouse, and gardens;
- 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);
- Links with meal programs, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for youth workers and other staff.

PHYSICAL ACTIVITY AT THE YOUTH SHELTER/GROUP HOME:

Shelter/Group Home staff will provide the nationally-recommended amount of daily physical activity at least 60 minutes per day, beyond physical education classes. The Program will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities such as watching television. Staff will incorporate short physical activity breaks the daily routine.

Employee Responsibilities:

Employees are responsible for maintaining training requirements and reporting.

Supervisor Responsibilities:

Supervisors are responsible for direct oversight of employees.

List of forms that implement this policy:

Approval:

Board of Directors; January 2018