



FUMCH PROGRAM POLICIES Wellness Program Policy and Procedure		
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Date of Section Revision: 4/5/2023	Reference:	HMW 8.0

### HMW 8.1 Introduction:

FUMCH recognizes that good nutrition and regular physical activity affect the health and well-being of all youth. Furthermore, research suggests that there is a positive correlation between a youth's health and well-being and his/her/their ability to learn. Moreover, Residential Child Care Institutions (RCCI) can play an important role in the developmental process by which youth establish their health and nutrition habits by providing nutritious meals and snacks through the school meal programs, supporting the development of good eating habits and promoting increased physical activity.

FUMCH provides an environment that promotes and protects the overall well-being of all youth and staff. The entire campus environment shall be aligned with healthy goals to positively influence youth and staff understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

FUMCH supports and promotes proper dietary habits. All foods available on campus should meet or exceed nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high-quality meals.

FUMCH will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other RCCI-based activities that promote youth wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

The Director of Support Services shall ensure overall compliance with the local school wellness policy.

The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

### HMW 8.2 Nutrition Education and Promotion:

FUMCH will provide nutrition education and engage in nutrition promotion that:

- Is offered to all youth as part of a sequential, comprehensive, standards-based program designed to provide youth with the knowledge and skills necessary to promote their health;
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, and 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 physical activity; and
- Includes training for staff to increase related knowledge and to support effective implementation of youth nutrition programming

A coordinated program of accessible health services shall be provided to youth and staff and shall include, but not be limited to, violence prevention, safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

#### 1. Nutrition Education Goals

Youth receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom content, activities, and youth participation are provided through Social Emotional Learning (SEL) and Physical Education classes. Topics relating to health and nutrition will also be discussed in the After School Snack Program ASSP.

Staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Topics addressed in the classroom and through the ASSP will provide basic knowledge of nutrition with strategies designed to promote healthy eating habits.

The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other areas (SEL, Science, and Math) where there is a natural fit.

## 2. Nutrition Promotion Goals

- Increase youth awareness of useful nutrition from brochures, worksheets, handouts, and digital content by 10-15%.
- At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase the number of on campus locations that youth can access useful nutrition information by 10-15%.

### HMW 8.3 Physical Activity:

FUMCH will provide activities that are designed to promote youth and staff wellness.

#### A. Physical Activity Goals

- All elementary-aged (under 12) youth will have at least 20 minutes of daily recess/activity. Each child will be provided with space, equipment and an environment conducive to safe and enjoyable play.
- Youth will have an increase in both the number and variety of physical activity opportunities offered to them by the FUMCH Recreation Department.
- Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events.
- Staff will be encouraged to provide short physical activity breaks between lessons or classes at least biweekly, as appropriate.
- As applicable, FUMCH will take advantage of nearby facilities to provide expanded physical activity opportunities for students and staff (e.g. local parks, roller skating).

#### B. Employee Wellness

FUMCH wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff. All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost such as access to the facility weight room and pool during allotted company time and after hours, in addition to annual events such as the FUMCH marathon.

### HMW 8.4 Nutrition Guidelines for all Food Available on Campus:

#### 1. Meals

Meals served at FUMCH will be approved by a registered dietician and will follow the guidelines set forth by the Residential Child Care Institution. Staff shall be provided with trainings on youth nutrition and food handling.

#### 2. General Guidelines

- FUMCH shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other RCCI-based activities that promote wellness.
- FUMCH shall be in compliance with drug, alcohol, and tobacco-free policies.

#### 3. Eating Environment

- Youth will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- FUMCH will provide nutritious, fresh, local grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

#### 4. Behavior Management

FUMCH is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).

FUMCH employees shall not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity as punishment.

## 5. Competitive Foods

No foods or beverages are currently sold to the youth outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food (Smart Snacks in School) standards found at 7 CFR 210.11. Standards for food and beverages available during the school day that are not sold to youth:

- The school will provide parents and staff a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
- FUMCH will limit celebrations that involve food during the school day to no more than one party per class per month.

## 6. Fundraising

FUMCH does not hold fundraising events that involve food or beverage items.

## 7. Food and Beverage Marketing

No food or beverage marketing occurs in the program(s). If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).

## 8. Guidelines for All Foods and Beverages Available During the School Day

FUMCH shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, all sites in FUMCH will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all youth during each meal service.
- FUMCH will source 5-10% of all fresh fruits and vegetables from local farmers when practicable.

### **HMW 8.5 Plan for Implementation:**

FUMCH will integrate wellness activities across the entire Residential Child Care Institution setting. These initiatives will include nutrition, physical activity, and other wellness components so that all efforts work towards the same set of goals and objectives used to promote well-being, optimal development and strong educational outcomes.

#### 1. Community Involvement

FUMCH is committed to being responsive to community input, which begins with awareness of the wellness policy. FUMCH will actively communicate ways in which parents, youth, representatives of the school food authority, RCCI health professionals, staff, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

FUMCH will consider youth needs in planning for a healthy nutrition environment. Youth will be asked for input and feedback using surveys and attention will be given to their comments.

FUMCH will use electronic mechanisms, such as email or displaying notices on the FUMCH website, as well as non-electronic mechanisms, such as newsletters to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

FUMCH shall permit participation by the public and RCCI community on the Wellness Committee.

#### 2. Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but not be limited to the following:

- The written local school wellness policy;

- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

3. **Informing the Public**

FUMCH will ensure that the wellness policy and most recent triennial assessment are always available to the public. FUMCH will also actively notify households (as applicable/possible) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the RCCI nutrition environment.

FUMCH will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.

Wellness updates will be provided to youth, parents and staff, as applicable, in the form of handouts, FUMCH website, articles and each school’s newsletter, to ensure that the community is informed, and that public input is encouraged. The Director of the Wellness committee will report triennial assessment findings to the General Team Meeting to inform internal stakeholders.

As applicable, each site will provide all parents with a complete copy of the local school wellness policy as part of the admission process.

4. **Recycling**

FUMCH shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Implementing, Monitoring, and Reporting:

- The Vice President of Residential Treatment Services along with the Campus Life Administrator will direct and ensure staff implementation of Wellness Policies.
- The Vice President of Residential Treatment Services along with the Campus Life Administrator will ensure compliance with the established campus-wide nutrition and physical activity wellness policies.
- The Recreation Department staff will support Residential Care staff as they provide youth’s regular physical activities.
- The Wellness Coordinator will monitor and report on progress toward goals, and compliance with established campus-wide nutrition and physical activity Wellness policies. Recommendations shall be reported to the Vice President of Residential Treatment Services.
- Additionally, the Wellness Committee will file a Triennial Report that will shared with internal and external stakeholders.

Policy Review and Recommendations:

The Wellness Committee will meet annually to review policy compliance and make necessary recommendations for revision.

  
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Approval Signatures

April 5, 2023

Signature

Date

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