

Brewer-Porch Children's Center

Wellness Policies on Physical Activity and Nutrition

POLICY:

Brewer-Porch Children's Center (BPCC) shall be committed to providing an environment that promotes and protects clients' health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Brewer-Porch Children's Center that:

- BPCC will engage clients, health personnel, qualified food service professionals, and other community stakeholders in developing, implementing, monitoring, and reviewing center nutrition and physical activity policies.
- All clients served at BPCC will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at BPCC will meet the nutritional recommendations of the *U.S. Dietary Guidelines for Americans*. No foods and beverages will be sold to clients.
- Nutrition professionals will provide clients with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutrition needs; will accommodate the religious, ethic, and cultural diversity of the population in meal planning; and will provide a clean, safe, and pleasant environment with adequate time for clients to eat.
- To the maximum extent practicable, the facilities will participate in available federal school meal programs.
- Facilities will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish links between health education, school meal programs, and related community services.

PROCEDURES:

I. School Health Collaboration

Brewer-Porch Children's Center will create, strengthen, and work within existing committees to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Environment of Care/Client Rights Committee and the BPCC Advisory Board will also serve as resources to the center for implementing those policies.

Brewer-Porch Children's Center Environment of Care/Client Rights Committee will include:

School Teacher	School Nurse	Director
Food Service Supervisor	Program Coordinators	Client(s) (as appropriate)
Parent (when possible)		

The Child Nutrition Program and Wellness Advisory Committee was established in August 2016. The committee is composed of a parent, teacher, students, Aramark representatives, and other BPCC Team Members to assist in menu planning and to ensure that all students at Brewer-Porch Children's Center have access to high-quality, nutritious, and appealing meals. The committee will also promote an environment that protects clients' health, well-being, and ability to learn by supporting healthy eating and physical activity. The committee will meet quarterly.

II. Nutritional Quality of Foods and Beverages Served in Facilities

Meals

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

- be appealing and attractive to clients;
- 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 all grains served are whole grain.

A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

Food will not be available for sale to clients in residential care as part of the National School Lunch and Breakfast Programs.

Breakfast. To ensure that all clients have breakfast in order to meet their nutritional needs and enhance their ability to learn:

- BPCC will operate the School Breakfast Program.
- BPCC will, to the extent possible, arrange daily schedules to provide adequate time for preparing, serving, and consuming breakfasts.

Free and Reduced-priced Meals. BPCC residential clients will be served free meals. Outpatient program clients will be enrolled in the free and reduced priced meals program according to applicable standards.

Summer Food Service Program. BPCC will not participate in the Summer Food Service Program.

Meal Times and Scheduling.

BPCC:

- will provide client(s) with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch and dinner;
- will schedule meal periods at regular times. ***Agency policy requires 3 meals be provided during each 24-hour period.***
- should not schedule educational, counseling, or recreational activities during mealtimes, unless clients may eat during such activities;
- will provide clients access to hand washing or hand sanitizing before they eat meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified food service personnel will administer the center's meal programs. As part of the agency's responsibility to operate a food service program, BPCC will provide continuing professional development for all food service personnel. Staff development programs should include appropriate certifications and/or training programs for food service supervisors, managers, and other food service employees, according to their levels of responsibility.

Sharing of Foods and Beverages. BPCC shall discourage clients from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some client diets.

Foods and Beverages Will Not be Sold to Client(s)

Snacks. Snacks served at BPCC during or after the school day will make a positive contribution to client's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. BPCC will assess if and when to offer snacks based on timing of meals, client's nutritional needs, client's age, and other considerations.

Discipline. Agency policy prohibits the use of food as a disciplinary measure, and BPCC will not withhold food or beverages as a punishment. All children will have access to the primary snack/meal served as soon as they are able.

Field Trips. Foods and beverages provided by BPCC on field trips for clients will meet the nutrition standards for meals.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. BPCC aims to teach, encourage, and support healthy eating by clients. Clients will receive nutrition education and engage in nutrition promotion that:

- is part of not only health education classes, but also individual or group counseling, or basic life skills instruction.
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, taste testing, and appropriate outings;

- promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

Integrating Physical Activity into the Classroom Setting. For students 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 Therapeutic Recreation class. Toward that end:

- classroom health education at BPCCC will complement physical education by reinforcing 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;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. BPCCC will support parent's efforts to provide a healthy diet and daily physical activity for their children. Therapists and teachers will support parent's efforts to provide a healthy diet and daily physical activity for their children.

Team Member Wellness. The center highly values the health and well-being of every team member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. BPCCC will participate in the University of Alabama's WellBAMA Program¹ which is implemented by the Office of Health Promotion and Wellness. An employee will be nominated as an ambassador each term to represent the center and serve on The University's committee to promote wellness programs.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All clients will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a Therapeutic Recreation Specialist.

¹ See: The University of Alabama - Health Promotions & Wellness: WellBAMA Program. (www.wellness.ua.edu)

Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

V. Monitoring and Policy Review

Monitoring. The Executive Director or designee will ensure compliance with established agency nutrition and physical activity wellness policies. BPCC's Food Service Supervisor will ensure compliance with those policies and will report on compliance to the Executive Director or designee.

Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the Executive Director or designee. In addition, the agency will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

Policy Review. To help with the initial development of the agency's wellness policies, BPCC will review the program's existing nutrition and physical activity environments and policies. The centers review will be utilized to identify and prioritize needs.

BPCC will review policy compliance, assess progress, and determine areas in need of improvement annually. As part of that review, the BPCC will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. BPCC, and individual schools and programs within the agency, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

EFFECTIVE DATE: 11/1/2016

Issued By:

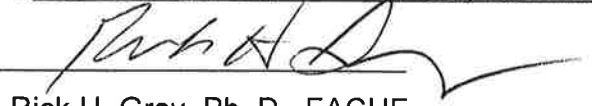
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REVIEW DATE: 11/01/2016

REVIEWED BY: The CNP and Wellness Advisory Committee

Approved By: _____


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