
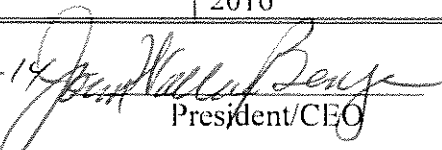


Nutrition and Physical Well-Being

Policy		
Scope: Milieu-Based Programs and Residential Schools		
Original Effective Date: April 28, 2010	Revised: March 19, 2014	Next Review: 2016
Approved:  Board of Directors	Date 4-09-14	 President/CEO
		Date 4/9/2014

Purpose:

In compliance with the Child Nutrition and WIC Reauthorization Act of 2004, the Healthy Hunger-Free Act of 2010 (HHFKA), and the National School Lunch and School Breakfast Program (NSLP) operated by the MA Department of Elementary and Secondary Education, The Home for Little Wanderers (“The Home”) established this local wellness policy that promotes the nutritional health and physical activity of youth and children we serve.

Statement of Policy:

The Home is committed to providing environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. The Home will have written practice guidelines related to physical activity, nutrition and food services for each of its relevant Programs. Such guidelines will be reviewed regularly (at least annually) to ensure compliance with best practice guidelines established by applicable federal and state guidelines.

It is The Home’s policy that the environment of each of The Home’s Programs promote healthy eating and wellness behaviors. All meals served to clients of The Home shall meet nutrition requirements as set forth by the U.S. Dietary Guidelines for Americans. School programs will comply with the Nutrition Standards in the National School Lunch and School Breakfast Programs. Accordingly, the promotion of healthy foods including fruits, vegetables, whole grains and low-fat dairy products will be required. All events, where food is being served to clients and families/caretakers shall be supportive of healthy eating by offering water and a healthy food option.

Physical activity opportunities shall be required, and will be provided by meeting, at a minimum, 60 minutes per day for children and adolescents.

Clients/students shall not be denied participation in physical activities as a form of punishment. For example:

A staff member cannot forbid a client from attending gym class if he did not first attend science class.

A client cannot be prohibited from participating in a basketball game after school if he swore at his peers earlier that morning.

Clients / students shall not be denied food as a form of punishment. For example:

A client cannot be denied dinner because he refused to clean his room.

A client cannot be denied lunch because he threw his breakfast at the wall earlier that day.

The use of food as an incentive or reward is discouraged.

Nutrition education shall be provided to staff, families, and the youth and clients.

Documenting healthy eating and physical activity behaviors will be included in each client's health assessment at intake and treatment planning process.

Each Program Director and/or his/her designee shall establish clear written annual goals for wellness initiatives for their program.

- Involvement from clients, families, community, and staff should be elicited when developing goals for wellness initiatives.
- Goals should be established through an annual program goal setting process and approved by the Senior Director.

Each program shall designate one staff person who will be responsible for ensuring that the nutrition and physical activity goals are met.

Outcomes from the wellness initiatives shall be documented by the program and submitted to the Project Manager for Wellness on an annual basis for continuing quality improvement.

Schools shall develop and implement curriculum in accordance with the MA Frameworks and Department of Elementary and Secondary Education (DESE) requirements that connects and demonstrates the interrelationship between physical activity, good nutrition, and health.

Schools receiving funding from the National School Lunch and Breakfast Program, shall ensure compliance with guidelines for reimbursable school meals set by the National School Lunch Act and Healthy Hunger Free Kids Act, which include, among other requirements, establishing wellness goals and

- The maintenance of a School Wellness Committee to monitor and measure the implementation of wellness initiatives for school programs
- The School Wellness Committee shall meet at least 4x/year to establish nutrition, physical activity, and wellness promotion goals for their school.
- The School Wellness Committee shall include at a minimum: staff members who are responsible for food services, physical education and activity, health services, and involvement from clients, families, and community agencies.
- The School Wellness Committee shall keep minutes of all committee meetings.

General:

The Home will investigate all credible allegations of non-compliance of this policy. Employees' compliance with this Policy is a term and condition of employment.

The Home reserves the right to amend or terminate this Policy as The Home deems necessary or warranted.

This Policy replaces and supersedes any and all previous policies relating to the subject matter of this Policy.