

ALLEGAN COUNTY JUVENILE CENTER

WELLNESS POLICY

Updated: June, 2024

Nutrition Standards

The Allegan County Juvenile Center promotes healthy meals by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The Allegan County Juvenile Center shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.ⁱ The Allegan County Juvenile Center shall encourage students to make nutritious food choices. Free Breakfast, Lunch, Dinner, and Snack are provided to residents daily, seven days per week. Meals are provided free of charge to residents through the USDA National School Lunch Program at our facility (2243 - 33RD Street, Allegan, MI 49010) at designated meal and snack times each day.

Component 1 - Nutrition

Goal - Nutrition plays an important role in the overall physical and mental development of residents, and poor nutrition adversely affects academic achievement and overall physical and mental health. The Allegan County Juvenile Center will be committed to providing an environment where students are taught healthy eating and physical activity knowledge, skills, and values. Our staff is committed to providing nutritious meals following all Michigan Department of Education National School Lunch Program guidelines and USDA rules regulating the National School Lunch Program for all residents. Residents are allowed sufficient "seat time" to enjoy each of the daily meals provided.

Component 2 - Nutrition Promotion and Education

Goal - Nutrition Education will involve utilizing "Smarter Lunchroom" or Behavioral Economics techniques on the serving line to encourage healthy choices by residents. Residents will have at least 20 minutes of seat time to eat meals served and residents are allowed to converse with one another at least part of the meal time. Youth Home personnel will model healthy eating in the dining areas and encourage students to taste new and/or unfamiliar foods. Youth Home personnel will use positive communication cues with students to promote consumption of food served as part of the Child Nutrition Programs. Nutrition education will be provided as a component of the school curriculum and as a life skills component in the facility, including utilizing the unit kitchens and garden for life skills education in food preparation and cooking. Residents will provide input on foods offered in the cafeteria as well as some residents having an opportunity to learn about nutrition requirements for school meals by assisting in menu planning and food preparation. Youth Home personnel will collaborate with school nutrition staff to use the cafeteria as a learning laboratory that allows residents to apply critical thinking skills. Youth Home personnel will discuss with residents the nutrition and health posters, signage, and displays that are posted in the cafeteria and dining areas, classrooms, hallways, and bulletin boards. Nutrition and health materials will be updated at least quarterly. Residents have access to free drinking water throughout the school day, including during meal service. Residents are allowed to have clear individual water bottles in the classrooms.

Component 3 - Physical Activity

The Allegan County Juvenile Center offers lifetime physical activity that teaches basic motor skills, enhances knowledge of concepts related to movement needs to achieve and maintain health. Residents learn the benefits of and appreciation for regular physical activity. The physical education curriculum encourages a multi-dimensional fitness assessment. All residents, grades 6-12, including those with disabilities, special health care needs, and those in alternative education settings, have the opportunity to participate in moderate to vigorous physical activity each day. Physical activity facilities in and on the property are safe with sufficient age-appropriate equipment for all residents and adequate staff supervision is provided. The Allegan county Juvenile Center prohibits the use of physical activity as punishment. The Allegan County Juvenile Center prohibits withholding physical activity, including physical education, as punishment.

Component 4 - Other School Based Activities

The Allegan County Juvenile Center supports the initiative to promote good health, lifelong wellness, and physical activities in the daily life of each resident. All residents in grades 6-12, including those with disabilities, special health care needs, and those in alternative education settings will have the opportunity to participate in culturally relevant participatory activities and a variety of learning experiences that support the development of healthful eating habits and physical activity. The Juvenile Center has a garden that is planted and maintained by the residents with coordination and support from staff. Produce from the garden are offered to residents and their families as it becomes available. Music therapy sessions are provided to residents throughout the school year.

Implementation and Measurement

All employees of the Allegan County Juvenile Center are encouraged to be a positive, healthy lifestyle role model for residents. Residents can learn healthy lifestyle habits by observing the food and physical activity patterns of Juvenile Center staff and other adults who serve as role models in their lives. In order to send consistent messages to residents, all adults in the Juvenile Center

environment are encouraged to make healthy food choices and engage in physical activity. Staff wellness is also promoted at the County level with the Allegan County Wellness Program.

The Allegan County Juvenile Center Director shall implement this policy and measure how well it is being managed and enforced. Input from teachers, nurses, parents/guardians, residents, and staff shall be considered regarding implementation and enforcement of this policy.

To accomplish these goals the Allegan County Juvenile Center will ensure the following:

Offer reimbursable meals that meet USDA nutrition standards.

All foods items served and offered during the school day will meet federal, state, and local standards for all nutrient and competitive food guidelines.

All food service personnel will receive required food safety and civil rights training annually and continuing education for all food service personnel will meet federal and state requirements.

Bi-annual food service inspections conducted by the Allegan County Health Department.

Local food commodities are incorporated into the school meal program at least once per week.

Residents will be provided with an opportunity to maintain a garden. Residents are also able to enjoy the produce from the garden as a supplement to meals provided. Produce may also be offered to families of residents as it is available.

The nutrition education program shall work with the dietary director to use the cafeteria as a learning lab for nutritional education.

Nutrition education will incorporate lessons helping students acquire life skills to include reading food labels and menu planning.

Nutrition and health posters will be posted throughout the facility and updated quarterly.

Physical activity will be available as a component of the curriculum as required.

Physical activities will be promoted and provided outside the curriculum and school day and a variety of age-appropriate equipment will be provided.

Physical activity during the school day will not be withheld as punishment.

Physical activity will not be assigned to residents because of poor behavior or punishment for any reason.

Residents will be provided at least 20 minutes daily for meals.

An attractive, clean environment will be provided for meals.

The Wellness committee will meet at least once annually.

Leadership

Development and implementation of this Local School Wellness Policy will include the following stakeholders: Juvenile Center Director, Cheever Treatment Center Director, Dietary Supervisor, Dietary Aide, and Juvenile Register, as well as residents' comments on food surveys, grievances, and classroom studies, any comments/concerns from parents or guardians of residents, and staff.

The Allegan County Juvenile Center Director will be the designated official to ensure compliance with the Local Wellness Policy.

This Local Wellness Policy will be reviewed annually in June of each year and will be updated or modified as appropriate based on the results of the Triennial Assessments or as needs, goals, health science and information changes, or new federal or state guidance or standards are issued.

The policy will be assessed at a minimum of every three years regarding compliance and progress made towards the policy goals. The results of each assessment will be communicated to the public by posting on a bulletin board in a public area of the facility.

The Allegan County Juvenile Center will retain records to document compliance with the wellness policy requirements. Documentation maintained will include a copy of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process and their role.

ⁱ Title 7 - United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program.

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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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05/05/2022

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