



Multnomah County Department of Community Justice

EXHIBIT A: School Nutrition and Wellness Guide

Federal Law Citation

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Local Wellness Policy Rationale

Healthy Kids Learn Better...

Discouraging statistics emerge daily regarding the general health of America's school aged population. In 1946, the national health concern for children was malnutrition while today the concern is over nutrition and lack of physical activity. The National School Lunch Act was passed in 1946 to ensure healthy affordable meals for America's school aged children. In the last 60 years, Child Nutrition programs have expanded to include school breakfast, After-School Snacks and At Risk Suppers. Today's children may be the first generation to have a shorter life expectancy than their parents. Academic success will become more and more difficult for children to achieve if they are not healthy.

The role of US Department of Agriculture Child Nutrition Programs is to provide nutritious and safe meals as well as nutrition education for all children. A healthy school/living environment requires a combination of healthy food choices and the appropriate amount of physical activity every day. Foods made available on the school campus should be "kid-friendly" as well as nutritious and delicious. Physical activity should be incorporated into the school/living day as often as possible. Healthy, physically active children are more likely to be academically successful.

With the implementation of a Local wellness policy, the federal government recognizes that a coordinated effort by the entire community: child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well being of students. JSD has a strategic role to play in the health and well being of youth served through detention and GOALS programming.

Wellness Elements

Multnomah County Department of Community Justice: Juvenile Services Division (JSD) is committed to providing a school and living environment that enhances learning and development of lifelong wellness practices. Wellness programming includes the following eight elements.

1. Sequential and interdisciplinary nutrition education is provided and promoted.
2. Patterns of meaningful physical activity that connect to students' lives outside of physical education.
3. All school-based/living activities are consistent with JSD's Wellness Policy Guidelines.
4. All foods and beverages made available on the units, at commissary and for special occasions during the school/living day are consistent with the current Dietary Guidelines for Americans.

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5. The school/living environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
6. Child Nutrition Programs comply with federal, state, and local requirements.
7. Food and/or physical activity is not used as a reward or punishment.
8. All foods made available on the units, at the commissary as well as parties and incentive activities during the school/living day adhere to food safety and security requirements.

The Wellness Policy Committee needs to discuss the following questions under the eight guidelines. The answers will impact the Wellness Guidelines in four areas:

- activities that are currently already implemented,
- activities that may need to be implemented,
- activities that can not be implemented,
- activities that may need to be changed, and
- activities that are not applicable.

Nutrition Education

- Nutrition Education will be integrated into other areas of the curriculum such as math science, language arts, and social studies.
- Staff responsible for nutrition education will be adequately prepared and participate in regular professional development activities. The Nutrition Services Manager will review Nutrition Education materials with teaching staff. *The current Dietary Guidelines for Americans, My Pyramid* and the nutrition education curriculum used in JSD's Orientation Unit are the base line for nutrition education.
- The school cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact youth and the health of the community. If the opportunity occurs, JSD will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Youth will start each day encouraged to eat a healthy breakfast.

Physical Activity

- Physical Activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.
- Physical Education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Time allotted for physical activity will be consistent with research, national and state standards. The National Association for Sport and Physical Education includes recommendations for at least 60 minutes Physical Activity per day for youth 12-18 years of age. Youth should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours especially during the daytime hours.
- Provide daily physical activity (PA) which is not used as a punishment or a reward. Consider planning this activity before lunch since research indicates that PA prior to lunch can increase the nutrient intake and reduce food waste.
- Physical activity participation will take into consideration the balancing equation of food intake and calorie/energy requirements.

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- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life long physical activity.
- Adequate equipment is available for all youth to participate in Physical Education. Physical activity facilities on the school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all youth including those who are not athletically gifted.
- If possible, information will be provided to families to help them incorporate physical activity into their student's lives.

Other School Based Activities

- After school programs will encourage physical activity and healthy eating habits.

Nutrition Guidelines for all Foods on Campus

- Food providers will take every measure to ensure that youth access foods and beverages that meet federal, state, and local standards/guidelines. Food Providers will offer a variety of age appropriate healthy food and beverage selections for youth aged 12-18 years.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

Eating Environment

- The National Association of State School Boards of Education recommends students are provided with adequate time to eat. Research shows students need at least 10 min for breakfast and 20 minutes for lunch from the time the student is seated.
- Lunch periods should be scheduled near the middle of the school day.
- Offering a variety of foods.
- Dining areas are attractive and have enough space for seating all youth.
- Drinking water is available for youth at meals.

Food and Physical Activity as a Punishment and/or a Reward

- Food is not used as a reward or a punishment for student behaviors unless it is detailed in an Individualized Education Plan (IEP).

Child Nutrition Operations

- The Child Nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the youth. If subsidy of the Child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The Child Nutrition Program will ensure that all youth have access to the varied and nutritious foods they need to stay healthy and learn well.
- JSD will strive to increase participation in the available federal Child Nutrition programs e.g. school lunch, breakfast and After School Snack, and At-risk Supper.
- Employ a food service director who is properly qualified, certified, and/or credentialed according to current professional standards, to administer the school foodservice program and satisfy reporting requirements.
- All food service personnel shall have adequate training in food service operations.

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- Youth are encouraged to start each day with a healthy breakfast.

Food Safety and Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and Guidelines are implemented to prevent food illness in schools.
- For the safety and security of JSD's food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance, see the USDA food security guidelines.