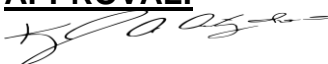




# Department of Community Justice Policy and Procedures

<b><u>DIVISION:</u></b> Juvenile Services - Detention		
<b><u>SUBJECT:</u></b> Local School Wellness and Nutrition		
<b><u>APPROVAL:</u></b> 	<b><u>EFFECTIVE DATE:</u></b> <b>3/19/2026</b>	<b><u>REPLACES (policy # and date):</u></b> JSD School Nutrition and Wellness – 6/2021

- I. **POLICY:**  
It is the policy of the Department’s Juvenile Services Division to value the health and wellness of youth and to ensure that youth held in juvenile detention have access to nutritious meals and nutrition education, as stipulated in federal regulation 7 CFR 210.31 – local school wellness.  
Federal Public Law (PL 108.265 Section 204) seeks to reduce the prevalence of childhood obesity by requiring nation-wide school programming that meets the United States Department of Agriculture’s (USDA) recommended nutrient standards for meals and snacks. As such, the Juvenile Services Division and the Multnomah Education School District (MESD) have partnered to ensure environments and opportunities for all youth to practice healthy eating and physical activity throughout the school day.
- II. **REVIEW HISTORY:**  
Reviewed by the JSD’s Nutrition Services Manager and Detention leadership 11/2007, 4/2011, 7/2014, 4/2021 and 1/2026
- III. **CONTACT:**  
Detention Services Senior Manager and MESD’s School Principal
- IV. **STAFF AFFECTED:**  
Juvenile Custody Services Specialists (JCSS); Nutrition Services; Community Justice Managers (CJM)
- V. **CROSS REFERENCES:**  
Federal Public Law 108.265 Section 204; 7 CFR 210.31 – Local school wellness policy; *JSD Recreation* policy; MESD Nutrition and Wellness Webpage
- VI. **DEFINITIONS:**  
None
- VII. **PROCEDURES:**
  - A. **Nutrition Promotion**  
Healthy eating has been linked to improved learning outcomes and helps ensure that youth reach their potential.
    1. The Nutrition Services Manager develops menus that meet required and recommended USDA nutrient standards or exceed the Oregon Smart Nutrition Standards.
      - Nutrition Services staff complete a periodic nutrient analysis to ensure compliance with federal law

- Nutrient levels and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.
    - [National School Lunch Program Meal Pattern](#)
  - Food and beverages are supplied without cost to the youth.
  - Youth have the opportunity to provide input on cultural and ethnic variations.
2. Eating environments are conducive to healthy digestion.
    - Youth are allowed adequate time to eat each meal – at least 20 minutes.
    - Drinking water is available for youth at meals and throughout the day.
    - Food is not used as a punishment.
    - Tables and floors within unit dining areas are disinfected after each meal.
  3. Snacks are provided twice per day with access to fruit throughout the day and in accordance to [the Child and Adult Care Food Program Standards](#).
  4. Food and beverage rewards are limited and staff are encouraged to offer physical activity or free time as incentives, when feasible.

**B. Nutrition Education and Physical Activity Promotion – *Contact Multnomah Education School District (MESD) personnel for curriculum***

1. Nutrition staff meet hiring and annual continuing education requirements in the USDA Professional Standards for Child Nutrition Professionals. School personnel refer to USDA's Professional Standards for School Nutrition website to search for training that meets their learning needs.
  - Training requirements are as follows:
    - New and current directors - 12 hours; new and current managers – 10 hours; new and current staff 6 hours.
2. School personnel incorporate school-based topics that address healthy messages about food:
  - Benefits of healthy eating.
  - Essential nutrients and how to read food labels.
  - Principles of healthy weight management.
  - Nutrition via sustainable agriculture gardening.
  - Positive reinforcement of a student's beliefs and habits related to nutrition and physical activity.
3. Youth are provided one hour of physical activity per day to reflect the national framework for physical education and physical activity.
  - Unless otherwise exempted (i.e. sick day, physical impairment, or interactive safety dynamic), all youth are required to participate in physical education.
4. Physical activities will not be withheld from youth as punishment or due to incomplete class work.
  - Detention personnel allow opportunities for youth to be physically active outside of school hours.
  - Detention and MESD staff encourage healthy eating and physical activity.

**C. Wellness Committee**

1. Members consist of a blend of Detention Services staff and MESD personnel.
  - One Detention Senior Manager;
  - JSD’s Nutrition Services Manager;
  - One Detention Community Justice Manager;
  - MESD’s School Principal;
  - One Lead MESD staff assistant;
  - One JCSS
2. Committee members meet four times each year to establish goals and oversee development and implementation of nutrition education and physical activity curriculum.
3. The Nutrition Services Manager will initiate meeting invites and keep a record of meeting agendas and topics coverage, ensuring compliance with the federal local school wellness policy.
  - Any recommended policy updates are routed to the Department’s Policy Coordinator
4. Once each year, a Detention senior manager coordinates policy information sharing with parents/guardians/caretakers by posting a copy of the policy in Detention’s visiting rooms for one month. The policy will also be accessible on the public facing Detention Services webpage. Both outlets include email contact information - [jdhwelness@multco.us](mailto:jdhwelness@multco.us) - for family members to submit questions or recommendations regarding the policy.
  - Youth are able to access information about the Wellness Program through content provided in each Detention unit’s Youth Handbook.
5. Once every three years, the Nutrition Services Manager brings committee members together along with the Department’s Policy Coordinator to conduct a triennial assessment that determines:
  - Compliance with the current Wellness Program recommendations in comparison to the universal model’s policy.
    - If national recommendations have evolved or the assessment tool identifies a gap in the current policy, the policy is updated accordingly.
    - All triennial assessment notes are retained by the Nutrition Services Manager for quality assurance and future auditing records.

**D. Employee Wellness**

Multnomah County offers a variety of wellness opportunities to Juvenile Services staff (onsite workout room access, mental health resources, etc.) that support one’s overall wellbeing. Staff in turn, encourage youth to pursue choices that contribute to maintaining their physical health and academic success.

VIII. **EXHIBITS:**  
**None**