

Youth & Family Services, Inc.
Wellness Policy

I. Setting Nutrition Education Goals:

The Youth & Family Services Shelter hopes that through nutrition education all residents will possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating as a valuable part of daily life. Shelter staff shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating that includes:

- a) a food service program that is well-prepared, and efficiently serves appealing choices of nutritious foods;
- b) pleasant eating areas for residents and staff with adequate time for unhurried eating;
- c) periodic nutrition instruction that is aimed at influencing residents' knowledge, attitudes, and eating habits;
- d) an overall environment that encourages residents to make healthy food choices
- e) opportunities and encouragement for staff to model healthy eating habits
- f) services to ensure that residents and staff with nutrition-related health problems are referred to appropriate services for counseling or medical treatment; and
- g) strategies to involve client input into program development and implementation

II. Setting Physical Activity Goals:

The primary goal for Youth & Family Services physical activity component is to provide opportunities for every resident to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physically active and healthful lifestyle.

The shelter director and staff shall develop and implement a comprehensive plan to encourage physical activity that includes the following:

- a) activities that involve moderate to vigorous physical activity on a weekly basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that youth can enjoy and pursue throughout their lives;
- b) time during the day for supervised exercise outside of the shelter will be a minimum of 60 minutes per day and continuous on the weekends. A playground was built for supervised exercise to occur.
- c) participation in community recreation activities;
- d) opportunities and encouragement for staff to be physically active, and
- e) strategies to involve client input into program development and implementation

The program shall make effective use of agency and community resources and equitably serve the needs and interests of all residents and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.

III. Nutrition Standards for all foods served at Youth & Family Services, Inc., shelter:

Youth & Family Services shelter will offer school menus (breakfast, lunch, and snack) that meet the meal patterns and nutrition standards established by the U.S Department of Agriculture and the School Nutrition Program. Follow USDA, Child Nutrition Program policies and competitive foods and extra food sales.

Upon a physician's written request, modified meals shall be prepared for residents with food allergies or other special food needs. Information on

the ingredients used in preparation of shelter meals shall be provided to residents and guardians upon request.

All food service equipment and facilities must meet applicable local and state standards concerning health; safe food preparation, handling, and storage; drinking water; sanitation; and workplace safety.

IV. Setting Goals for Shelter-based Activities to Promote Resident Wellness.

Policies established under this category create an environment that provides consistent wellness messages. In addition, these policies are conducive to healthy eating and being physically active. The following items are steps that Youth & Family Services shelter will utilize to promote all residents wellness during their time at our facility:

- a) provide a clean, safe, enjoyable meal environment for all residents.
- b) provide adequate time for residents to enjoy eating healthy snacks with other residents, scheduled as near to the middle of the day as possible.
- c) prohibit use of food as a reward or punishment.
- d) provide enough space and serving areas to ensure resident access to meals with a minimum wait time.
- e) prohibit denial of resident participation in physical activity as a form of discipline.
- f) provide ongoing professional training and development for Jo Moore, Lead Direct Care Specialist and staff in the areas of nutrition and physical education.
- g) provide regular resident access to physical activities outside the shelter property.
- h) develop strategies for residents to practice healthy eating and being physically active as an ongoing part of a lifestyle, not only while they are residents of Youth & Family Services, but for the rest of their lives as well.

- i) involve residents in planning for a healthy shelter environment. Residents will be asked for input and feedback, and attention will be given to their comments.

V. Implementation

- a) Latuisha Davis, the Shelter Director, Jo Moore, the Lead Direct Care Specialist, and Shannon White, the Assistant Shelter Coordinator will be responsible for the implementation of the Youth and Family Services Wellness Policy.
- b) The Wellness Policy goals will be reviewed annually beginning 05-05-14, along with the wellness members meeting.
- c) The Wellness Policy will be posted on the Youth and Family Services <http://www.yfsok.org> and will be updated when warranted.

VI. Youth and Family Services Wellness Committee

Chair: Jo Moore-Lead Direct Care Specialist/Kitchen Manager

Committee Members:

Latuisha Davis-Shelter Director, Youth & Family
Shannon White-Asst. Shelter Coordinator, Youth & Family
Cynthia Tinneman-Recreational Specialist, Youth & Family

New Committee Members:

Cindy Turner- Friends Coordinator, Youth & Family
Sheila Dennis- Direct Care Specialist, Youth & Family

The Wellness Policy has been reviewed by new and old committee members. It has been agreed that this policy will stand for the next school year.