



## **Youth & Family Services, Inc. Wellness Policy**

### **Mission**

Youth & Family Services, Inc. (YFS) mission is to provide, promote, assist and facilitate a community-based, structured process of counseling, socialization, recreation, educational assistance, and emergency youth shelter for youth and their families who have been identified as in need of assistance in adjusting to current life situations

### **Setting Nutrition Education Goals**

The YFS 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:

1. YFS will incorporate more fitness activities throughout the year, by the Recreational Specialist monthly suggested by the wellness committee.
  - Walk the courtyard challenge by providing prizes for shortest time.
  - Outside hikes to find leaves for artwork later.
2. YFS will get residents involved in food choices throughout the year.
  - Providing taste test for food choices to introduce new textures for vegetables and fruits.
  - Throughout the year the Recreational Specialist will allow the residents to experience different cultural cuisines.
3. YFS will provide training and education for staff to promote wellness and educate residents in making healthy lifestyle choices.
  - Demonstrating new techniques for limiting salt intake by using herbs and spices.
  - Staff will educate residents about different lifestyle changes through games and activities, for example: vegan, vegetarian, KETO, and heart healthy.

## **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 coordinator and staff shall develop and implement a comprehensive plan to encourage physical activity that includes the following:

1. 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;
2. Time during the day for supervised exercise outside of the shelter will be 1830-1930 weekly and continuous on the weekends. A playground was built for supervised exercise to occur.
3. Participation in community recreation activities.
4. Opportunities and encouragement for staff to be physically active.
5. 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.

## **Nutrition Standards for All Foods Served at YFS Shelter**

YFS 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.

## **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 the YFS Shelter will utilize to promote wellness for all residents during their time at our facility:

1. Provide a clean, safe, enjoyable meal environment for all residents.
2. Provide adequate time for residents to enjoy eating healthy snacks with other residents, scheduled as near to the middle of the day as possible.
3. Prohibit use of food as a reward or punishment.
4. Provide enough space and serving areas to ensure resident access to meals with a minimum wait time.
5. Prohibit denial of resident participation in physical activity as a form of discipline.
6. Provide ongoing professional training and development for Jo Moore, Lead Direct Care Specialist and staff in the areas of nutrition and physical education.
7. Provide regular resident access to physical activities outside the shelter property.
8. 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 YFS, but for the rest of their lives as well.
9. 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.

### **Implementation**

1. Latuisha Davis, Campus/Shelter Director and Jo Moore, Lead Coordination Specialist, will be responsible for the implementation of the YFS Wellness Policy.
2. The Wellness Policy goals will be reviewed annually beginning 05-05-14, along with the wellness members meeting.
3. The Wellness Policy will be posted on the YFS website at [www.yfsok.org](http://www.yfsok.org) and it will be updated when warranted.

## **Youth & Family Services Wellness Committee Membership**

### **Chairperson:**

Jo Moore, Lead Coordination Specialist

### **Members:**

Latuisha Davis, Campus/Shelter Director

Julie Johnson, Shelter Compliance Specialist

Jaylyn Davison, MLR

Misty Huber, HR

Carol Plemmons, Donor Outreach