

Youth & Family Services, Inc.
Wellness Policy

Youth and family Services Wellness Committee Membership:

Chair: 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

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) services to ensure that residents and staff with nutrition-related health problems are referred to appropriate services for counseling and medical treatment; and
- e) strategies to involve client input into program development and implementation

II. Setting Nutrition Promotion Goals:

Shelter staff shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating that includes:

- a) an overall environment that encourages residents to make healthy food choices;
- b) Opportunities and encouragement for staff to model healthy eating habits.

III. 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:

- 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 1830-1930 weekly 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.

IV. 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.

Food and beverages available outside of meal service and competitive meal sales available on campus during the school day will be compliant with USDA's smart snack rule.

To the maximum extent practicable food and beverages served on campus during the school day will be compliant with the USDA's smart snack rule.

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.

V. 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 Coordination 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.

VI. The Marketing of Foods and Beverages sold on campus at Youth & Family Services, Inc., Shelter

Youth and Family Services doesn't sell any food items. It is our policy to refrain from the marketing of non-compliant food and beverages. The marketing of food will not be permitted at any time during the school day.

VII. Implementation

- a) Latuisha Davis, the Campus/Shelter Director and Jo Moore, the Lead Coordination Specialist, will be responsible for the implementation and assessment 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.

- d) Anyone interested in participating with our local wellness policy should contact Latuisha Davis, M.Ed., M.S., Campus/Shelter Director, 405-262-6555

VIII. Youth and Family Services Wellness Committee

Chair: Jo Moore-Lead Coordination Specialist

Members:

Latuisha Davis, M.Ed., M.S-Campus/Shelter Director

Julie Johnson-Shelter Compliance Specialist

Jaylyn Davison-MLR

Misty Huber HR

Carol Plemmons-Donner Outreach