

 <p>DESCHUTES COUNTY COMMUNITY JUSTICE</p> <p>JUVENILE DETENTION FACILITY</p> <p>POLICY & PROCEDURE MANUAL</p>	SECTION: FOOD SERVICE	POLICY No: FS 505
	SUBJECT: Detention Facility Wellness Policy	PAGES: 3
	REFERENCE: ORS 332.107Z, OAR 581-051-0100, OAR 581-051-0305, OAR 581-051-0310, OAR 581-051-0400, NATIONAL SCHOOL LUNCH PROGRAM, 7 CFT PART 210, SCHOOL BREAKFAST PROGRAM, 7 CFT PART 220, CHILD NUTRITION AND WIC REAUTHORIZATION ACT OF 2004 & 202, 42 USC & 1751 (2004).	EFFECTIVE: 18-SEP-2013
	FORMS: N/A	REVISED: 17-MAY-2021

I. POLICY:

Deschutes County Juvenile Detention Facility shall maintain a local wellness policy, as directed by Section 204 of the Public Law 108-265 and the Child Nutrition and WIC Reauthorization Act of 2004.

II. PURPOSE:

As a participant in the National School Lunch Program, the Juvenile Detention Facility is required to develop a local wellness policy that promotes the health of students (residents) through a comprehensive set of nutrition elements and physical activities.

III. APPLICATION:

All Juvenile Detention Facility Staff

IV. DEFINITIONS:

N/A

V. PROCEDURE:

A. Nutrition

1. Qualified child nutrition professionals (contracted provider from Deschutes County Adult Jail) provide residents with access to a variety of nutritious and appealing foods that meet, at a minimum, the health and nutrition requirements (including individualized health plans) established by local, state and federal statutes and regulations.
2. The Juvenile Detention Facility shall participate in available federal school meal programs (e.g., National School Lunch and After School Snack Programs) to ensure compliance with proper nutrition and dietary guidelines for youth residents and adjust meal planning/options based on new dietary research findings, including:
 - a. Offering a variety of fruits and vegetables
 - b. Serving only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA)
 - c. Ensuring that half the grains served are whole grains
3. The Juvenile Detention Facility shall offer age-appropriate nutrition education to promote lifelong healthy eating patterns (e.g., essential nutrients, deficiencies, weight management principles, and (mis)use of dietary supplements.
4. Snacks will feature healthy choices. Food of minimal nutritional value is limited.
5. Meals will be provided in a clean, safe and comfortable environment, with adequate time provided for residents to finish meals.
 - a. Excessive noise is not permitted during meals

- b. Rules for safe behavior are enforced
- c. Meal areas (e.g., tables, chairs, floors) are cleaned between meal periods
- d. Staff supervision is provided during meal periods

B. Physical Activity

1. Each resident is provided a minimum of 60 minutes of daily physical activity (classified as moderate to vigorous), where consistent support and encouragement is provided by resident staff.
2. Each resident participates in a physical education component (classroom) to compliment and reinforce the knowledge and self-management skills needed to incorporate regular physical activity as an enduring personal behavior, which is shown to reduce time spent on sedentary activities (e.g., computers, television).
3. Short physical activity breaks are also incorporated during other regular subject lessons.
4. Physical activity is not provided as reward or withheld as punishment.

C. Communication with Parents

Sharing information on the importance of maintaining and enhancing the nutritional information and physical activity by resident youth with their respective caregivers and/or guardians is critical to supporting continued healthy choices. Deschutes County Juvenile Detention Facility provides these individuals with resource information to help maintain positive dietary and physical behavior upon discharge from the Juvenile Detention Facility.

D. Wellness Policy Stakeholders

1. Deschutes County Juvenile Community Justice and its Juvenile Detention Facility are committed to providing a quality environment for its staff and youth residents. A critical component in achieving this goal is providing a healthy experience for youth detained in the Juvenile Detention Facility. Following a comprehensive wellness policy helps staff to focus youth on developing and maintaining the essential components for healthy life choices.
2. Gaining input on all related aspects of a robust wellness policy that meets best practice standards requires input from diverse groups. Therefore, the Juvenile Detention Facility seeks collaboration and input from Detention Facility staff, youth residents, parents, food and nutrition experts.

E. Evaluation

1. The Juvenile Detention Manager or designee ensures compliance with all established wellness policy standards and practices for nutrition and physical activity. Compliance with state and federal wellness policy requirements is conducted at least annually to assure quality implementation.
2. As an additional measure of effectiveness of policy implementation, the Juvenile Detention Manager or designee periodically reviews the wellness policy with input from identified community stakeholders to ensure all stated goals and objectives are being met.

F. Management Responsibility

1. The Juvenile Detention Facility Manager and designees are responsible for wellness policy preparation and oversight, helping ensure that residents gain and incorporate knowledge and

skills necessary to make healthy choices for a lifetime. The program manager will follow all applicable administrative policies in implementing the goals of this wellness policy.

The wellness policy is made available to the Oregon Department of Education as required for the National School Lunch Program.