

Arnette House Wellness Plan

1/20/23

Preamble

Arnette House recognizes that good nutrition and regular physical activity affect the health and well-being of all clients. Furthermore, research suggests that there is a positive correlation between a client's health and well-being and his/her ability to learn. Moreover, facilities can play an important role in the developmental process by which clients establish their health and nutrition habits by providing nutritious meals and snacks through the facility's meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of facility.

Arnette House is committed to creating environments that promote and protect the overall well-being of all clients and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

Arnette House Wellness Policy Leadership

The facility within Arnette House will establish an ongoing Healthy Facility Team that will meet annually to ensure compliance and to facilitate the implementation of Arnette House wellness policy.

- o The Food Service Coordinator and staff shall have the responsibility to comply with federal and state regulations as they relate to Arnette House wellness policy.
- o The Food Service Coordinator will be responsible for establishing the Healthy Facility Team that will ensure compliance with the policy.
- o The Healthy Facility Team could include, but not be limited to, the following stakeholders: The Food Service Coordinator, The Educational Liaison, Safety Manager, Nurse, A Direct Care Staff, and client.
- o Arnette House will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other facility-based activities that promote client wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the facility meal programs.

- o The cafeteria- dayroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

- o Clients will have access to useful nutrition information. Posters, worksheets and brochures will be available in the classrooms and by request from the Food Service Coordinator
- o Wellness Policy will be available online for guardians to view, or at request upon intake into the facility.

Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our facility. Healthy foods support client physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- o Clients receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors.
- o Clients will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in the kitchen and participating in cooking activities and/or classes. Field trips to the store to understand budgeting, and farm field trips when available.
- o Nutrition education will teach skills that are behavior-focused. All Clients will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.

Physical Activity

Arnette House ensures that physical activity is an essential element of the program as a whole. The program shall provide the opportunity for all clients to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

- o All clients receive 45-60 minutes a day of instructionally relevant physical education.
- o When clients have special needs in reference to physical activity accommodations will be made so they can participate in activities.
- o All Clients will have the opportunity to be involved in physical activity through physical education programs or other activity programs. All Clients who are placed through the DCF will be encouraged to participate in community-offered fitness and athletic programs.
- o Staff will be encouraged to participate in activities planned for the clients.
- o The educational Liaison will provide short physical activity breaks between lessons or classes, as appropriate.
- o Arnette House will take advantage of nearby facilities to provide expanded physical activity opportunities for students, families, and staff.
- o Clients also receive outdoor recreation time after school and on the weekends.
- o Staff will work to make sure clients who attend local schools can continue to participate in after school programs by providing transportation.

General Guidelines

- o Arnette House shall consider the components of the Centers for Disease Control's Whole Facility, Whole Community, Whole Child (WSCC) model in establishing other facility-based activities that promote wellness.
- o The goals outlined by the wellness policy will be considered in planning all facility-based activities (such as facility events, field trips, dances and assemblies).
- o After facility programs will encourage healthy snacking and physical activity.
- o Each facility within Arnette House shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

- o All Clients will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- o Each facility will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- o Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

Facility shall attempt reduction of waste by recycling, reusing, purchasing recycled products.

Employee Wellness

All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

A coordinated program of accessible health services shall be provided to all clients and staff and shall include, but not be limited to, violence prevention, facility safety, communicable disease prevention, health screening, community health referrals,

Behavior Management

- o Teachers and other facility personnel will not deny or require physical activity as a means of punishment.
- o Facility will not use food- or the denial of food as a means of punishment.
- o Food-Candy will not be used as a means of reward or behavior encouragement. Rewards will be non-food items but passes for music, or kitchen help, movie choice.

Guidelines for All Foods and Beverages Available During the Facility Day

Arnette House shall operate and provide food service in accordance with USDA's National Facility Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable facility meals shall not be less restrictive than regulations and guidance issued by USDA.]

General Guidelines

- o All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- o Facility meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- o Food Service Coordinator will maintain relevant training required by Professional Standards.
- o To the maximum extent possible, Arnette House will participate in available federal facility meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- o Free, potable water is available to all clients all day, whether in the classroom, shelter, or on offsite activities.
- o Arnette House will follow federal regulations for meals
- o Due to the Arnette House being a homeless shelter all meals are provided free of charge to all clients. No food sales
- o All food for a classroom celebration will be provided by the facility only (donations will need to be turned away or used after school) following the NSLP food guidelines.
- o Field Trips meals must be provided by the facility. Donated meals and food vouchers will have to be used off school hours.

Breakfast

Fruits (Breakfast) Minimum 1 cup daily 7 cups weekly.

- All fruit juice is 100%, only fresh fruits are offered to the clients and they have multiple options for fruit. We normally have apples, oranges, kiwi, and bananas available. Other fruits are offered depending on the seasonal availability.
- Fruits is a single component separate from vegetables.
- A daily serving is offered at breakfast

Grains (Breakfast) Minimum 1 oz per day 13-14 per week

- Offer the daily and weekly serving ranges of grains at breakfast
- Whole grain rich
- May substitute meat/meat alternate for grains once daily grains alternate for grains once daily grains minimum is met.

Fluid Milk (Breakfast) Minimum 1 cup Daily 7 cups weekly

- Allowable milk options include: fat-free (unflavored or flavored) - low-fat (unflavored only) - fat free or low-fat (lactose-reduced or lactose free)
- Must offer at least two choices
- Does not alter nutrition standards for milk substitutes (e.g., soy beverages) substitutes (e.g., soy beverages)
- Students may decline milk component under Offer Versus Serve

Lunch

Fruits (Lunch) Minimum 1 cup per day 7 weekly

- Only fresh fruits offered clients have multiple options for fruit. We normally have apples, oranges, kiwi, and bananas available. Other fruits are offered depending on the seasonal availability.

Fruits/vegetables separated into two components

- A daily serving at lunch May select from fresh, frozen without added sugar, canned in juice/light syrup, or dried fruit options fruit options - No more than half the offerings may be in the form of juice - 100% juice only- $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit Vegetables (Lunch) Minimum 1 cup daily 7 cups weekly
- Daily serving that reflects variety over the week
- Vegetable subgroup weekly requirements for
 - Dark Green (e.g., broccoli, collard greens, spinach) .5 cups weekly - Red/Orange (e.g., carrots, sweet potatoes) 1.25 cups weekly - Beans/Peas (Legumes) (e.g., kidney beans, lentils) .5 cup weekly
 - Starchy (e.g., corn green peas white potatoes) .5 cup weekly - Other (e.g., onions, green beans, cucumbers) .75 cup weekly
- Additional vegetables to meet 7 cup weekly total 1.5 cups weekly
- Various preparation methods available - Fresh, frozen, and canned products - USDA Foods offers variety of no salt added or USDA Foods offers variety of no salt added or lower sodium products
- Foods from the beans/peas (legumes) sub group may be credited as a vegetable OR a meat alternate, but not both at the same meal

Grains (Lunch) Minimum 2 cups per day 12-14 weekly

- Arnette House offers the daily and weekly serving ranges of grains
- Initially, at least $\frac{1}{2}$ of grains offered during the week are whole grain-rich
- Beginning in SY 2014-15, all grains offered are whole grain-rich - "Whole grain-rich" foods must contain at least 50 percent whole grains 16 Grains

- Grain - Based Desserts - Only two creditable grain-based desserts allowed at lunch per school week Major source of solid fats and added sugars, per DGA 2010 per DGA 2010
- Criteria for Whole Grain-Rich Foods
- Whole grains per serving must be 2 8 grams
- Product ingredient listing lists whole grain first

Meats/Meat Alternates (Lunch) Minimum 2 oz. Daily 12-14 oz. weekly

- Daily and weekly requirements for lunch only
- 2 oz eq. daily for students in grades 9-12
- A variety of meat/meat alternates is encouraged
- Tofu and soy yogurt will be allowable as meat alternate

Milk (Lunch) Minimum 1 cup daily 7 cups weekly

- Allowable milk options include: fat-free (unflavored or flavored) - low-fat (unflavored only) - fat free or low-fat (lactose-reduced or lactose free)
- Offer at least two choices
- Does not alter nutrition standards for milk substitutes (e.g. soy beverages) substitutes (e.g., soy beverages)
- Students may decline milk component under Offer Versus Serve

Arnette House does not participate in the School Snack program, although we do use the NSLP guidelines for snacks.

¹ Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.

² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be wholegrain or enriched or fortified.

³ A serving consists of the edible portion of cooked lean meat or poultry or fish. ⁴Yogurt may be plain or flavored, unsweetened or sweetened.

Competitive Foods

Standards for food and beverages available during the facility day that are not sold to clients:

Fundraising

Arnette House does not participate in food-based fundraising.

Policy for Food and Beverage Marketing

- Arnette House does not participate in food and beverage marketing for any foods or beverages provided to our clients throughout the school day.
- Efforts will be made to select educational materials that are free of advertisements and logos.

Evaluation and Measurement of the Implementation of the Wellness Policy

- Arnette House wellness committee will update and make modifications to the wellness policy based on the results of the annual review and Triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

Arnette House will conduct an assessment of the local facility wellness policy to measure wellness policy compliance every three years. This assessment will measure the implementation of the local facility wellness policy, and include:

- The extent to which Arnette House is in compliance with the local facility wellness policy;
- The extent to which the local facility wellness policy compares to model local facility wellness policies; and
- A description of the progress made in attaining the goals of the local facility wellness policy.

Informing the Public

- Arnette House will ensure that the wellness policy is available to the public online. Through our website, and available during intake for parents and clients.
- Arnette House will ensure the annual update of the wellness policy and triennial assessments are always available on the facility website for the public to view. ➤ Arnette House will present wellness policy updates, including any updates resulting from the annual review and/or the triennial review, as applicable during meetings with the Parent Teacher Association/Organization, facility board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to clients, parents and staff, as applicable, in the form of, Arnette House website, to ensure that the community is informed and that public input is encouraged.
- Each facility will provide all parents with a link to the local facility wellness policy at the beginning of the facility year.

Community Involvement

- Arnette House is committed to being responsive to community input, which begins with awareness of the wellness policy. Arnette House will actively communicate ways in which parents, clients, representatives of the facility food authority, teachers of physical education, facility health professionals, the facility board, facility administrators and the general public can participate in the development, implementation and annual review of the local facility wellness policy through a variety of means, including:
- Arnette House will consider client needs in planning for a healthy nutrition environment. Clients will be asked for input and feedback through the use of surveys and attention will be given to their comments.

- Arnette House will use electronic mechanisms, such as email or displaying notices on Arnette House website, as well as non-electronic mechanisms, such as printouts to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- At the final public facility board meeting of each year, the local facility wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.