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**Wellness Policy**

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| **Policy Number** | **Version** | **Version Date** | **Policy Owner** | **Authorizing Executive** | **Review Date Due** |
| 913 | 1 | 7/5/17 | Food Services Manager | SLT | 12/31/17 |

**I. Purpose**

Provide guidance to Villa of Hope (VOH) staff, youth and families regarding agency wellness policy.

**II. Policy Statement**

The Villa of Hope is dedicated to the provision of a positive and healthy environment that encourages and supports healthy eating by all Villa youth.

**III. Procedures:**

The Wellness Policy is reviewed annually by the agency wide Wellness Committee. Comments and feedback welcomed as part of the annual review and revision process. Please email comments to [Shirley.mccown@villaofhope.org](mailto:Shirley.mccown@villaofhope.org), Food Services Manager.

**Introduction**

Childhood experiences, both positive and negative, have a tremendous impact on future health and opportunities. Adverse Childhood Experiences (ACEs) have been linked to chronic health conditions. As the number of ACEs increases, so does the risk for poor health outcomes. The ACE Study has made an important contribution to our understanding of the effects of childhood trauma on chronic health conditions like obesity, heart disease, depression, and more. Research has proven the benefits of physical activity has on trauma. The Villa of Hope is committed to providing optimal care for all youth in our care through our HOPE Wellness Policy by providing our youth opportunities for healthy eating options and promoting physical activity.

For more information on Adverse Childhood Experiences please visit, <https://www.cdc.gov/violenceprevention/acestudy/index.html>

**Wellness Program Overview**

**HEALTHY OPTIONS & PROMOTING EXERCISE (HOPE) WELLNESS POLICY**

**Goals**

* Positively influence Villa youth’s eating behaviors by healthy options and promoting exercise that help develop lifelong healthy habits.
* Provide an environment that encourages and supports healthy eating by all youth.

**Program Components**

* Nutrition Education & Promotion
* Nutrition Standards & Guidelines
* Physical Activity
* Food Safety

**Nutrition Education & Promotion**

The primary source of health and nutritional education for youth in Villa of Hope’s residential program occurs:

* as part of a comprehensive health education program provided through our Campus and Avalon School,
* as part of a comprehensive medical assessment and individualized plan provided by residential program Medical Services pediatricians, registered nurses and dietician.
* As part of Campus and Avalon School and Life House culinary art program.

Staff are responsible for the following:

* **Leading and showing by example.** Staff eat healthy foods and show the youth they too enjoy a variety of fruit and vegetables. Staff eat, prepare and enjoy meals together with the youth.
* **Offering the same foods for everyone.** Do not encourage separate meals; encourage eating together as a family.
* **Rewarding with attention, not food.** Do not rewards with food.
* **Focusing on each other at the table.** Talk about fun and happy things during meal times.
* **Encouraging physical activity.** Make activities fun, include all the youth.

Information for family

Nutritional information is made available to families by regularly sending materials home and intake process.

Nurses provide nutrition education, as needed, to families of children in residential care to support healthy eating during visitations and following discharge.

**Nutritional Standards & Guidelines**

* Follow the principles of 5210 Be a Healthy Hero
  + Eat 5 servings of fruits and vegetables
  + Spend no more than 2 hours of TV, playing video games.
  + Get at least 1 hour of active play
  + Drink 0 sugar-sweetened beverages
* Menus are designed to meet the requirements of the National School Lunch and School Breakfast Programs.
* All youth are entitled to be served all the items listed on each menu.
* The table below shows that the youth do actually need to take everything that is on the menu. It is okay for them to decline to eat some of the food that is served.
* Encourage youth to try eating their servings of fruit and vegetables each meal.

Portion of food Groups by meal:

|  |  |  |  |
| --- | --- | --- | --- |
| **Foods** | **BREAKFAST**  *Youth will be served all food listed on the menu* | **LUNCH**  *Youth must take all foods that are listed on the menu* | **SNACKS** |
| **Milk** | 1 Cup | 1 Cup | 1 cup |
| **Meat/Meat Alternate** | 1 oz., 2 TBSP PB, ½ eggs | 2 oz. | 1 oz., 2 TBSP PB, ½ eggs |
| **Fruit & Vegetable** | ½ cup total | ¾ cup total | ¾ cup |
| **Grains** | 1 slice or 1 serving | 8 per week- minimum of 1 day | 1 slice or 1 serving |
| **Other** |  |  | Choose two of the above 4 components |

**Physical Activity**

Adequate indoor and outdoor physical activities are provided daily for all youth. Youth should at a minimum have 60 minutes of appropriate physical activity an all or most days of the week. Staff should join youth in all activities and promote safety.

**Food Safety**

Hand-washing or sanitizing supplies are available, so all staff and youth can clean their hands and surface before eating. Practices comply with Child Nutrition program requirements.

Villa of Hope provides training to all CNP staff within the first 30 days of hire and annually to all staff in programs in which breakfast, lunch and snacks are reimbursed through the NYSED Child Nutrition Program. Trainings are scheduled once per month for 6 hours as part of our monthly training calendar and are facilitated by either the VP of Administration, Food Services Manager or Purchasing Manager. Staff are not allowed to prepare or serve meals without completing the agency’s required CNP trainings.