

New Foundations Home for Children Wellness Policy and Procedure

Purpose: The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Residential Child Care Institutions and Private/Parochial Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since staff can be daily role models for healthy behaviors.

New Foundations Home for Children is committed to providing an environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, the above policy is meant to comply with the Student Health and Fitness Act (Section 204, Public 1-08-265) enacted June 2004 as part of the federal Child Nutrition Program and meal reimbursement funds and the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296).

When to Perform: Daily, Weekly, Monthly, where applicable.

Goal: All clients of New Foundations Home for Children shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff are encouraged to model healthful eating and physical activity, health and nutrition education and other school-based activities that are designed to promote student wellness, marketing, and implementation. This policy is designed to effectively utilize community resources and to equitably serve the needs and interests of all clients and staff, taking into consideration differences in culture.

| Procedure | Position Responsible |
|---|------------------------------|
| 1. New Foundations Home for Children will: <ul style="list-style-type: none"> • offer a breakfast program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the South Carolina Department of Education, Office of School Food Services and Nutrition. • offer a lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the South Carolina Department of Education, Office of School Food Services and Nutrition. • offer a snack program that meets the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the South Carolina Department of Education, Office of School Food Services and Nutrition. | FS Manager, FS Supervisor |
| 2. According to current Child Nutrition regulations, NF provides: <ul style="list-style-type: none"> • a meal program that contains less than 10 percent of total calories from fat per serving. • a meal program that contains 0 grams of saturated fat per serving. • only low fat (1%) unflavored, fat-free (skim) unflavored milk, or fat-free | FS Manager FS Supervisor |

(skim) flavored milk choices-to all children above two years of age at all meals.

- whole-grain foods everyday based on the traditional food-based menu planning for breakfast, lunch, and after-school snacks with at least half offered being whole grain-rich.
- at least four fruits and vegetables are offered daily.
- recipes and records yield, amount of food and internal temperature cook time on the food production record.

3. All Students in grades 6-12, including those with disabilities, special health care needs and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits. Direct-Care Staff, Program Directors
4. At least once a quarter the FS Supervisor/Wellness Team provides nutrition education classes in the dining area for clients and staff on food safety, food preparation, or other nutrition-related topics. FS Supervisor/Wellness Team
5. New Foundations Home for Children has established a written Food Safety Program.. According to Public Law 108-265 NF carries out the plan using the below operating procedures:
FS Supervisor, FS Techs
 - Foods are visually checked and checked with thermometer upon delivery.
 - Temperature (165°F) for **cooked foods** is checked with thermometer to ensure safety during cooking, then held and served at 140 degrees Fahrenheit. Cooked foods are rapidly cooled in shallow pans from 135 degrees to 70 degrees Fahrenheit within two hours. Then it is cooled from 70 degrees Fahrenheit to 41 degrees Fahrenheit or lower in the next four hours.
 - **Reheated cooked foods** are reheated to 165 degrees Fahrenheit for 15 seconds in less than two (2) hours and kept at 140 degrees Fahrenheit during hold and service. Foods that have been reheated are discarded post service.
 - Recording temperatures of refrigerators, freezers, and dry storerooms is performed each morning in the main kitchen and each morning and afternoon in the kitchen freezers, refrigerators, and dry storerooms.
 - A notebook of written records is available and located in the kitchen and indicates ingredients, recipe yield, size of serving and correct internal cooking and holding temperatures.
6. Written standard operating procedures are available and located in the kitchen. FS Manager, FS Supervisor
7. Daily recording of temperatures in refrigerators, freezers and dry storage rooms is performed. Cleaning of the above stated areas and visual inspection of them are done weekly. FS Supervisor, FS Techs
8. There will be no foods or beverages sold during the school day or in student vending machines.
9. Clients are not allowed soda, soft drinks, sport drinks, ice teas, and fruit-based drinks that contain less than 100% real Direct-Care Staff

fruit juice or that contain added
Sweeteners until after the last scheduled snack
program.

10. Safety inspections will be conducted at least twice per year by the South Carolina Department of Health and Environmental Control for the kitchen. FS Manger

11. The FS Manager and FS Supervisor will attend food shows to stay current with new vendor products. Foods for procurement will be reviewed for ingredients to ensure low fat, sugar and sodium content. FS Supervisor will attend healthy cooking classes and teach new skills to clients and staff. FS Manager, FS Supervisor

12. Product specifications or labels indicating nutritional information of all foods will be available and filed in kitchen. FS Supervisor

13. New Foundations Home for Children will: Wellness Team
 - a. develop goals for nutrition, physical activity and other activities that are designed to promote wellness in a manner that is appropriate.
 - b. offer a planned sequential program of physical education instruction incorporating individual and group activities, which are client centered and taught in a positive environment. All clients will have the opportunity and encouragement to be physically active on a regular basis.

14. The Wellness Team, made up of program staff, Nurse, and the FS Supervisor, will ensure that the agency's wellness policy is implemented as written. Wellness Team

15. The progress toward the goals of the wellness plan are reviewed each year by June 30th. Wellness Team

16. New Foundations Home for Children will post the Wellness Policy on our agency website www.newfoundationschildren.com to make this policy available to the public. All reporting requirements will be provided as requested and required. FS Manager, FS Supervisor

Revision/Review Dates: Review: 8/2015, 06/2016
Reviewed and Revised 7/1/2016

**New Foundation Home for Children
Wellness Team for 2017-2018**

Toni Glenn – Food Service Supervisor (Leader)
Lisa Bloom – Food Service Manager
Katrina Upton – Nurse
Tiffany McAllister – Title I Director
Anna Cox – Program Director

The Wellness Team will meet at the minimum of one time per quarter to discuss the progress and implementation of the Wellness Policy. Other employees and clients will be asked for input prior to these meetings. Minutes for these meetings will be filed in the HR office for follow-up.