One Hope United-RCCI

Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31(c), an organization that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all facilities under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of adolescent health and wellness through the NSLP and SBP. Proper nutrition and physical activity are key to creating constructive learning environments and Local Wellness Policies provide guidance to further support organizations' efforts to provide adolescents with a successful and healthy future.

Wellness Policy Committee

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Wellness Policy Committee Responsibilities

Public Involvement

The organization permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the organization shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Organization Website, emails, and bulletins

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. The organization shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2016 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

One Hope United (OHU) promotes healthy living by supporting wellness, good nutrition, and regular physical activity as a part of the total living environment. The agency supports a healthy environment where youth and staff can learn and participate in positive dietary and lifestyle practices. By facilitating education through the support and promotion of good nutrition and physical activities, OHU can contribute to the basic health status of youth.

To accomplish these goals:

- Youth Nutrition Programs comply with federal, state, and local requirements. They are accessible to all youth.
- Interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity are connected to students' lives.
- All program-based activities are consistent with local wellness goals.
- All food and beverages made available on campus (including vending, concessions, parties, and fundraising) during school activities are consistent with the current Dietary Guidelines for Americans.
- The agency environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- All food made available on campus adheres to food safety and security guidelines.

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the organization. The organization shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- Organization Website, emails, and bulletins
    - The Director of Programs will ensure compliance with the established nutrition and physical activities wellness plan.
    - The food service staff will ensure compliance with the nutrition plan as it relates to mealtimes and will report to the Director of Programs.
    - The Director of Programs will conduct or appoint a program-based evaluation team to conduct an annual evaluation.

Records

The organization shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The organization recognizes the important role nutrition plays in physical and mental growth and development as well as overall quality of life. According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the organization commits to serving nutritious meals to adolescents in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give adolescents the best chance to succeed inside and outside the organization.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components for lunch (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) and breakfast (i.e. Milk, Grains, and Fruit) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

- The mealtime environment provides youth with a relaxed, enjoyable climate.
- Mealtimes provide a minimum of ten minutes for breakfast and 20 minutes for lunch.
- Drinking water is available for all youth at meals.
- Youth are provided convenient access to handwashing facilities before meals.

Competitive Foods

A. The organization does not offer competitive foods and beverages to its patrons. Competitive foods and beverages refer to those that are sold to patrons outside the reimbursable meal on the organization campus (i.e. locations on the campus that are accessible to the patrons) during the school day (i.e. the midnight before to 30 minutes after the end of the school day).

Other Foods and Beverages

A. The following policy refers to all foods and beverages provided, but not sold to students. The organization will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

Fundraisers

A. The organization does not allow fundraising on the organization's campus (i.e. locations on the campus that are accessible to the patrons) during the school day (i.e. the midnight before to 30 minutes after the end of the school day).

Nutrition Education and Promotion

The organization shall make menus and nutrition information available through the following platforms:

- Menus , portion sizes and nutrition information are provided to each site as well as posted in the kitchen area.

The organization shall incorporate nutrition education posters and other resources throughout the facility from the following resources:

- Growth and quality of life are affected by the choice and availability of good foods on our campus. Healthy foods support physical growth, brain development, resistance to disease, emotional stability, and ability to learn.
- The agency will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Menu and product selection shall utilize youth and staff advisory groups and feedback whenever possible.
- Nutrition services shall support activities for all youth that include hands-on applications of good nutrition practices to promote health and reduce obesity.
- Snacks shall feature healthy choices.
- Nutrition services, policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- Foods available on campus will comply with the current USDA Dietary Guidelines for Americans (including vending, concessions, parties, and fundraising).
- Food safety will be a key part of food service.
- Nonfood rewards, in addition to food items, shall be offered for positive behavior.

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The organization shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard strategies. The organization shall implement the following Smarter Lunchrooms techniques:

- Fresh Fruit is offered to each home
- Smart Calorie snacks are made available

- Healthy living skills shall be taught as a part of the regular programming and providing all youth to understand and practice concepts and skills related to health promotion and disease prevention.
- Youth are taught interdisciplinary, skill-based health education.
- Nutrition education is integrated in other areas of programming.
- Youth are taught communication, goal setting and decision-making skills that enhance health.

Marketing

A. The organization will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the organization campus (i.e. locations on the campus that are accessible to the patrons) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, and other equipment. This policy does not require organizations to immediately replace equipment that does not meet this requirement, however, the organization shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all adolescents. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. The organization recognizes this connection and commits to promoting and providing opportunities for physical activity to the extent practicable.

The organization shall include the following physical activity opportunities each day:

- All youth are offered the opportunity to participate in daily physical activity. The program is designed to stress physical fitness and encourage healthy, active lifestyles.
- Physical activity is integrated throughout the day.
- Physical activity includes the opportunity to participate in individual activities as well as competitive and noncompetitive team sports to encourage lifelong physical activity.
- Physical activity teaches cooperation, fair play, and responsible participation. Staff shall aim to develop student's self-confidence and maintain an environment free of embarrassment, humiliation, and harassment.

- Adequate equipment is available for all youth to participate in physical activity.
- Youth are encouraged to develop proficiency in physical activity as a coping skill.
- Staff are encouraged to participate in physical activity with youth.

The following opportunities for participation in community-based physical activity opportunities shall be offered to students each year:

- Recreation Centers, off site fitness centers and on campus fitness spaces.

Staff members shall promote and encourage students and/or residents to participate in physical activity opportunities and the organization shall provide safe facilities and equipment to support physical activity efforts. In addition to providing various opportunities for physical activity on both a daily and annual basis, the organization will not withhold participation in physical activity opportunities as punishment.

Other Activities that Promote Wellness

The organization's wellness approach must be comprehensive in its intent to provide adolescents with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the organization commits to making additional wellness-based activities available to all students and/or residents.

The organization shall offer coordinated events that promote wellness in order to support overall health. The following events shall be organized and promoted each year:

- One Hope United encourages youth to attend spring and summer coordinated events such as 5K participation with Girls on the Run, Run Mahomett or specialized crossfit courses designed to me the campus needs.