

Pinal County Department of Juvenile Court Services	Policy and Procedure Number: 3.614	Page 1
Chapter: Youth Justice Center Medical/Mental Health	Related Standards: Arizona Department of Education National School Lunch Program CFDA No. 10.555 School Breakfast Program CFDA No. 10.553 After School Snack Program State of Arizona Juvenile Detention Standards: III B 1 <hr/> Subject: Local Wellness (Nutrition and Physical Education)	

I. Authority:

Presiding Juvenile Court Judge
Director of Juvenile Court Services
Division Director of the Youth Justice Center

Forms:
N/A

II. Purpose:

To ensure that the Pinal County Youth Justice Center meets the standards for the National School Lunch Program, School Breakfast Program, and After School Snack Program and maintains compliance with state and federal laws to include the Child Nutrition WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010.

III. Applicability:

All employees and youth assigned to Pinal County Youth Justice Center

IV. Definitions:

National School Lunch Program (NSLP) – A federally assisted meal program operating in public and nonprofit private schools and residential child care institutions.

School Breakfast Program –A federally assisted meal program operating in public and nonprofit private schools and residential child care institutions.

After School Snack Program – A federally assisted meal program operating in public and nonprofit private schools and residential child care institutions.

Nutrition Education – This is a classroom approach which includes nutrition in health education and physical education curriculum.

Physical Activity – Age appropriate physical education that provides quality learning opportunities, appropriate instruction, and meaningful and challenging content.

Nutrition Guidelines – Guidelines that promote student health and reduce childhood obesity.

Nutrition Promotion – The promotion of proper nutrition practices.

PCYJC - Pinal County Youth Justice Center

V. Policy:

It is the policy of the PCYJC that all detained youth will have opportunities, support, and encouragement to be physically active on a regular basis. Foods and beverages served at meals will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. Qualified professionals will provide youth with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of youth. A clean, safe and pleasant setting with adequate time for youth to eat will be provided.

To the maximum extent practicable, PCYJC will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and After School Snack Program). PCYJC will provide nutrition education, nutrition promotion, and physical education activities to foster lifelong habits of healthy eating and physical activity.

PCYJC will form a local wellness committee to develop, implement, measure, and assess the implementation of the policy.

VI. Procedure:

1. Nutrition Guidelines:

A. Meals served through the National School Lunch and Breakfast Programs shall:

1. Regulate all food items sold including foods and beverages sold through vending machines, school stores and concessions, and will be consistent with federal and state nutrition guidelines.
2. Be appealing and attractive to children.
3. Be served in clean and pleasant settings.
4. Meet, at a minimum, nutrition requirements established by local, state, federal statutes and regulations.

5. Offer a variety of fruits and vegetables.
6. Serve only Reduce Fat (2%), low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
7. Ensure that half of the served grains are whole grains.

B. Pinal County Youth Justice Center shall:

1. Ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn, PCYJC will, to the extent possible, operate the School Breakfast Program.
2. Serve snacks to all detained youth, in order to meet their nutritional needs and enhance their ability to learn. PCYJC will, to the extent possible, operate the After School Snack Program.
 - a. Youth will be offered a variety of milk to select from during the after school snack time, i.e. 1% white milk, fat free white milk, chocolate milk.
3. Ensure that all children have lunch, in order to meet their nutritional needs and enhance their ability to learn. PCYJC will, to the extent possible, operate the National School Lunch Program.
4. Provide access to free, safe and fresh drinking water throughout the day for all youth and staff.
5. Provide youth with a nutritious dinner.
6. Provide free meals to all youth at the PCYJC.
7. Post Civil Rights posters in all eating areas. A statement of Civil Rights is also included on the menus.

C. Pinal County Youth Justice Center shall consistently provide meal times.

1. All youth with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Scheduled meal periods at appropriate times, e.g., lunch should be scheduled between 12:00 pm and 1:00 pm.
3. Uninterrupted mealtimes.
4. Youth have access to hand washing or hand sanitizing before they eat meals or snacks.

- 5. PCYJC will post and have available a Food Safety Plan (hazard analysis).
- D. PCYJC will discourage youth from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions of some children's diets.
- E. PCYJC will not use foods or beverages, especially those that do not meet the nutrition standards, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

2. Nutrition Promotion:

- A. Posters will be displayed throughout the environment to promote nutrition.
- B. PCYJC will provide a general atmosphere of healthy eating.
- C. Brochures promoting nutrition will be made available in the lobby for parents and community.
- D. Nutrition information is available upon request.
- E. District will comply with dietary needs of detained youth.

3. Nutrition Education

- A. PCYJC aims to teach, encourage, and support healthy eating for the youth by providing nutrition education and engaging in nutrition promotion as follows:
 - 1. Is offered as part of a regularly scheduled nutrition program designed to provide youth with the knowledge and skills necessary to promote and protect their health.
 - 2. Nutrition education shall be integrated within the comprehensive health education curriculum and taught at every grade level.
 - 3. Promotes fruits, vegetables, whole grain products, reduced fat, low-fat, and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
 - 4. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
 - 5. Nutrition education is incorporated in Math, English, Social Studies, and Science whenever possible.

- B. Staff will receive training in nutrition education.
- C. Posters will be displayed throughout the environment to support wellness and nutrition education.
- D. Community nutrition programs will be provided to detained youth.

4. Physical Activity

- A. All youth at the PCYJC, including youth with disabilities, and/or special health-care needs, will receive daily physical activity. Youth will receive daily physical education for a minimum of 60 minutes a day of large muscle activity.
- B. School should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory testing or inclement weather make it necessary for youth to remain indoors for long periods of time, school should give youth periodic fitness breaks during which they are encouraged to stand and be moderately active.
- C. Teachers and staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment (refer to policy 3.412).
- D. A variety of age appropriate physical activities will be made available to youth at varied times throughout the day, weather permitting.
- E. Physical education program shall provide adequate space and equipment and conform to all applicable safety standards.
- F. Training will be provided for staff.

5. Other activities to promote student wellness

- A. PCYJC will use posters and food tastings to promote healthy choices.
- B. Youth will receive programming on sun safety and skin cancer prevention.
- C. PCYJC will provide a pleasant dining environment for detained youth.
- D. Staff has access to a variety of wellness activities sponsored by the Pinal County Employee Wellness Program.

6. Stakeholder Involvement and Participation

- A. The Detention Division Director or designee shall establish a local wellness committee.

- B. The local wellness committee will participate in the development, implementation, and periodic review and update of the local wellness policy.

7. Public Notification, Measuring Implementation, and Local Designation

- A. Public notification will be made available on the Pinal County Juvenile Court Services website, to include the local wellness policy, and an annual summary report.
- B. The Detention Division Director or designee is responsible for the measurement of implementation and operational responsibilities in compliance with this policy.
- C. Every three years the policy must be reviewed by the local wellness committee.
- D. Periodically, the local wellness committee will review the effectiveness of the implementation using an assessment tool and will make recommendations for improvement and notate progress made in attaining goals, if applicable.
- E. The Detention Division Director or designee will make certain that the food service operation is in compliance with the Provider's agreement/contract.
 - 1. Biannual inspections will be conducted to assure compliance and any findings will be documented.
 - a. First inspection to occur between January and June.
 - b. Second inspection to occur between July and December.
- F. The Detention Division Director or designee will work with the Food Service Provider to resolve any issues from reviews and audits.