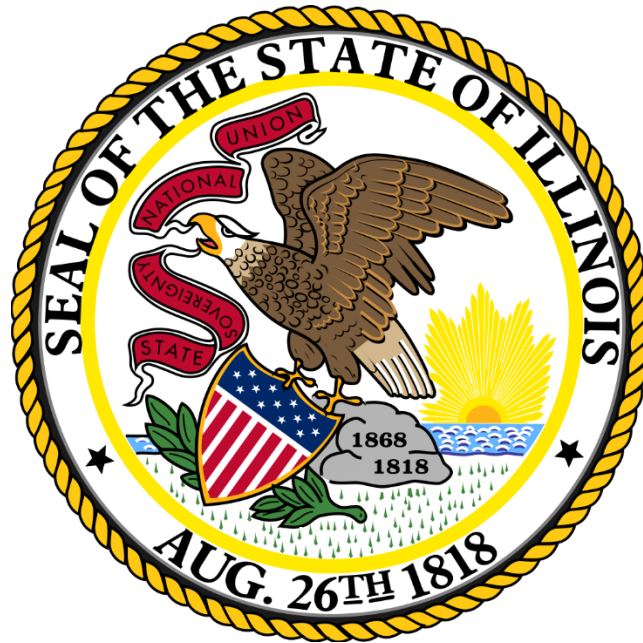


Knox County Mary Davis Home



# 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

## **Wellness Policy Leadership**

Name, Title of Organization Official #1

Contact: Wendi L Steck, Superintendent

## **Wellness Policy Committee Members**

Name, Title of Member #1

Contact: Sandra McDorman, Cook

Name, Title of Member #2

Contact: Brittany Tate, Supervisor

Name, Title of Member #3

Contact: Meaghan Stancomb, Supervisor

Name, Title of Member #4

Contact: Aaron VanMiddlesworth, Assistant Superintendent

Name, Title of Member #5

Contact: Jon Sibley

# 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:

- Announcements and meeting times will be shared on Knox County's website under the Mary Davis Home tab as well as email announcements for the 9<sup>th</sup> judicial circuit and Knox County. Flyers will be available for parents and participants in the program.

## **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 yearly and occurring every January beginning in 2024.. 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

## **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:

- Public updates, assessment results, updates to Wellness policy and progress towards meeting goals will be displayed on the Knox County Website under the Mary Davis Home tab. Flyers will be disseminated for parents and participants of the program.

# 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. Fresh fruit is served daily for snacks and additions to 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 patrons. The organization will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g., cakes, cookies, candy, etc.). This helps adolescents develop improved food preferences and hunger cues to carry them throughout life. Instead, the organization will implement the following methods for rewards and celebrations:
- Nonfood rewards such as alternate hygiene products and posters will be offered as rewards. Relay races, team sports and exercises accompany celebrations.
- B.** 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:

- Weekly menus will be posted in the Dining Area

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

- Nutrition education posters and other resources will be displayed in the Dining Area and pamphlets available for parent in the front lobby of MDH.

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:

- offering sliced or cut fruit, 2) displaying attractive, healthful food posters in dining area, and 3) pairing raw, cut vegetables with low-fat dip. For information on the Smarter Lunchrooms Movement.

## 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:

- Clients will have access daily to gym activities and when weather appropriate, outdoor recreation area activities. These activities will include at least one hour of large muscle exercise.

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:

- Guest speakers such as the Knox County Health Department, Advanced Correctional Health Care and certified physical activity instructors will be scheduled throughout the year to promote positive behavior in regard to nutrition, physical activity and health.