



FOOD SERVICES		
2500.06 Wellness	Effective	05/20/2014
	Replaces	2500.01
	Dated	08/11/2006

The Arizona Department of Juvenile Corrections (ADJC) is committed to providing a school environment that enhances learning and development of lifelong wellness practices. ADJC supports a school environment that encourages and models nutritious eating habits and physical activity, which promote academic success and lifelong health for our youth, staff, and community. ADJC personnel shall model healthy activity and proper nutrition.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle includes maintaining a healthy weight, requires a combination of nutritious meals and the appropriate amount of physical activity. All foods made available on the school campus shall offer an optimal level of nutrition and physical activity shall be incorporated into the school day. A healthy, physically active youth is more likely to be academically successful.

**AUTHORITY**

<b>Arizona Revised Statutes (ARS)</b>	
<a href="#">§41-2804</a>	Duties and powers of the director
<b>National Commission on Correctional Health Care (NCCHC)</b>	
Section Y-F-02	Nutrition and Medical Diets

**DEFINITIONS**

1. **None**

**PROCEDURES**

1. **ADJC** shall:
  - a. Ensure that Child Nutrition Programs comply with federal, state, and local requirements and that Child Nutrition Programs are accessible to all youth;
  - b. Promote health and nutrition education in all academic areas;
  - c. Ensure that all facility activities are consistent with the Local Wellness Policy and goals;
  - d. Ensure that all foods and beverages provided by Food Services during the school day are consistent with the Arizona Nutrition Standards, National Commission on Correctional Health Care (NCCHC) standards, Section Y-F-02, compliance indicator 4.A, and American Correctional Association (ACA) standards;
  - e. Ensure that all foods provided by Food Services (including site sponsored events) adhere to food safety, sanitation, and security guidelines; and
  - f. Establish a plan for measuring implementation of the Local Wellness Policy, including wellness criteria in a secure facility environment utilizing Quality Assurance resources.

2. **Nutrition and Nutrition Education:**

- a. **ADJC** recognizes that:
  - i. To achieve full academic potential, physical and mental growth, and lifelong well-being, youth must develop healthy eating habits;
  - ii. Healthy meals provide energy and nutrients needed for sound minds and bodies; and
  - iii. Youth who are not well nourished have difficulty learning.
- b. **ADJC** shall:
  - i. Offer a variety of healthy foods in school meal programs which allows youth to learn to enjoy different foods and develop healthy eating habits;
  - ii. Develop menus which meet the federal and state nutrition standards, featuring a variety of healthy choices;
  - iii. Ensure that youth start each day with a healthy breakfast;
  - iv. Establish a lunchroom environment that is a place where students have:
    - (1) An attractive and adequate space to eat;
    - (2) Adequate time for meals;
    - (3) Available drinking water; and
    - (4) A climate where healthy eating habits are established.
  - v. Integrate nutrition education into other areas of the curriculum such as math, science, language arts, and social studies.
- c. **ADJC** shall utilize the services of qualified nutrition professionals who specialize in school-based nutrition. Ensure that all foods made available on site comply with the current USDA Dietary Guidelines for Americans and at school sponsored events.

3. **Physical Activity:**

- a. **ADJC** shall:
  - i. In accordance with state and federal standards, ensure youth are provided a daily minimum of one hour daily large muscle exercise;
  - ii. Ensure that recreation and physical activity are essential elements of the facility's instructional program;
  - iii. Ensure that the program provides the opportunity for all youth to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity;
  - iv. Provide a physical and social environment that encourages safe and enjoyable activity for all youth, including those who are not athletically gifted;
  - v. Integrate physical activity across curricula and throughout the day; and
  - vi. Include movement as a part of science, math, social studies, or language arts.
- b. **ADJC** shall offer recreation activities in an environment where youth learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge;
- c. **ADJC** shall design the recreation program which:
  - i. Stresses physical fitness;
  - ii. Encourages healthy, active lifestyles;
  - iii. Includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity;
  - iv. Include weekend programs that encourage physical activity and healthy habit formation; and
  - v. Consists of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to youth.
- d. **ADJC** shall:
  - i. Employ recreation employees to oversee the instruction of all recreation activities;
  - ii. Allot time for physical activity consistent with research, national, and state standards;
  - iii. Encourage organized physical activity during the day;
  - iv. Ensure adequate equipment is available for all youth to participate in recreation; and
  - v. Ensure physical activity facilities on school grounds are safe.
- e. **ADJC** shall ensure that physical activity participation takes into consideration the "balancing equation" of food intake and physical activity;

f. **ADJC** shall provide information to families in writing to help them incorporate physical activity into their family life.

4. **Other ADJC Activities:**

- a. **ADJC** shall demonstrate support for health of all youth by:
  - i. Hosting health clinics and/or health information forums;
  - ii. Ensuring health screenings in accordance with Policy 3030 Health Assessment;
  - iii. Helping to enroll eligible youth in Medicaid and other state youth's health insurance programs; and
  - iv. Providing follow-up nutritional counseling when youth refuse prescribed diets in accordance with Policy 2500.02 Food and Nutrition.
- b. **ADJC** shall provide youth with convenient access to hand washing and hand sanitizing facilities before meals.

**Effective Date**

05/20/2014

**Approved by**

Original signature on file

Dona Marie Markley, Assistant Director

**FORMS**

**None**