

KidsPeace National Centers of Georgia Nutrition and Dietary Wellness Plan

I. Policy:

Consistent with its mission, KidsPeace seeks to provide programming that promotes the overall health of those we serve.

II. Purpose:

The purpose of this policy is to provide a framework and offer guidelines for establishing a wellness program that incorporates nutrition, education, physical activity and other activities conducted throughout the day to meet the objective of promoting student health.

III. Scope:

KidsPeace Corporation and all of its subsidiaries, excluding KidsPeace Foster Care and Family Services locations.

IV. General

Child Nutrition and Wic Reauthorization Act of 2004 require schools and/or organizations to establish a Local School Wellness policy and program.

V. Procedure

A. Nutrition Goals and Guidelines for All Foods on Campus

1. All foods made accessible on campus will comply with the current USDA Dietary Guideline for Americans.
2. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines.
 - A) Variety of age appropriate healthy food and beverage selections are available.
 - B) Nutrition information for products offered is available.
 - C) Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local school.
 - D) Promotional activities will be limited to programs that are requested by school officials.

- E) Food providers will be sensitive to the school environment in displaying their logos and trademarks.
- F) Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- G) Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

B. Goals for Nutrition Education

1. Nutrition education lessons and activities will be age appropriate.
2. In addition to health and physical education, nutrition education will be included in health courses.
3. Staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program to:
 - a) Provide basic knowledge of nutrition.
 - b) Instructional techniques and strategies designed to promote healthy eating habits.
 - c) Skill practice – in program specific activities.
4. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional, who is specialized in school-based nutrition (e.g. Registered Dietitian or School Food Nutrition Specialist).
5. School cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.
6. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
7. Linking nutrition education and physical activity will reinforce lifelong lifestyle balance.

C. Food Safety and Food Security Goals

1. All foods made available on campus comply with the state and local food safety and sanitation regulations.
2. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

3. Safety and Security of the food and facility access to the food service operations is limited to the Child Nutrition Staff and authorized personnel.

D. Eating Environment

1. Students should be provided adequate time to eat a meal from the time the student is seated (e.g. 10 minutes for breakfast; 20 minutes for lunch)
2. Drinking water is available for students at meals.

E. Physical Activity

1. Physical activity will be integrated across curriculum and throughout the school day.
2. Physical education and health courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
3. Time allotted for physical activity will be consistent with research, national and state standards.

F. Competitive Foods

1. Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs. The only competitive foods KidsPeace schools provide are classroom parties and holiday celebrations.
2. Kids Peace does not provide or allow a la carte foods, vending machines, a school food store or fundraisers.
3. All competitive foods available to students in KidsPeace schools shall comply with the Nutritional Standards for Competitive Foods in Georgia Schools. All competitive foods available to students in KidsPeace schools shall comply with the established nutrition guidelines.

G. Other School-Based Activities and Goals

1. After-School programs will encourage physical activity and healthy habit formation.
2. Local wellness policy goals are considered in planning all school-based activities.
3. Support for health of all students is demonstrated by hosting health clinics, health screenings and helping to enroll eligible children in Medicaid and other state children's insurance programs.

4. School committees that represent families, teachers, administrators, and students will coordinate plans, or implement and improve nutrition and physical activity in the school environment.

H. Goal Measurement

1. The School Principal will coordinate wellness activities at their school site.
2. An annual survey directly related to the goals of the wellness program will be distributed to relevant school community members.
3. Results of the survey will be shared with the appropriate corporate and program structures.

I. Nutrition Services

All clients with nutrition related health issues should be seen by a Registered and Licensed Dietitian (RD, LD), who will provide medical nutrition therapy according to guidelines set forth by the American Dietetic Association (ADA). The client's physician must order all referrals to the Dietitian. Additionally, the client's physician should approve diet plans developed by the RD. Basic diet plans include:

1. Regular healthy meal plan
2. No salt added
3. Reduced high fat foods
4. Reduced high calorie foods
5. No double portions
6. Include double portions of **specific** foods

Specific therapeutic diet plans are also provided when indicated. Frequency of client counseling visits should comply with the ADA recommendations for frequency of visits for specific orders. However, client's understanding of the diet plan, progress and ability to continue independently on the diet plan should be considered prior to discharging from nutrition services. Nursing, dietary, school and unit staff should be made aware of each client's diet plan to assure continuity of care and compliance to diet plan.

RD services should include:

1. Nutrition assessment, diet counseling and follow-up.
2. Client consultation with other health providers, i.e. physician, nurse, psychiatrist, psychologist, dietary and unit staff.

3. Participation on menu committee; menu review.
4. Staff in-services.
5. Review of nutrition documentation in clients' records in preparation for audits. KidsPeace will provide appropriate measurements, blood pressure and current medications for each client requiring nutrition counseling. The RD will use the forms provided by KidsPeace.