

MACOMB COUNTY JUVENILE JUSTICE CENTER  
POLICY AND PROCEDURE MANUAL

ADDENDUM 1  
LOCAL WELLNESS POLICY

On June 30, 2004, Congress passed Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program authorized by Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

Further, in 2010, Public Act 111-296 The Healthy, Hunger-Free Kids Act was implemented. As part of the requirement, Residential Child Caring Institutions (RCCI) which participate in the USDA Food Nutrition Program must also have a wellness policy. The federal government recognizes that such institutions are not entirely similar to regular school districts and/or programs and the wellness policy should be tapered to fit the needs of the youth lodged in the institutions.

Nutrition Education and Promotion

Youth housed in the Macomb County Juvenile Justice Center will receive consistent communication throughout their stay promoting healthy nutritional choices:

- Educational staff will integrate nutrition into science and health course curricula
- Nutrition education will promote fruits and vegetables, whole grain products, low-fat dairy and portion size control
- The MSU Extension will periodically provide nutrition education during non-school hours and summer school
- Center staff are encouraged to model healthy eating habits, and are not permitted to eat non-facility issued meals in front of youth

The nutrition curriculum and communication will encompass:

- The promotion of adequate nutrition intake and healthy eating habits
- Skill development in reading nutrition labels
- Nutritional information posted in food service areas
- Nutritional information posted in classrooms

Nutrition Standards for All Food and Beverages Served

Meals will include a variety of healthy choices while accommodating any special dietary and ethnic and cultural requirements. All meals will meet the USDA standards and our facility will participate in the USDA School Lunch and Breakfast programs.

In addition:

- All reimbursable meals will meet the nutrition standards mandated by USDA
- All kitchen staff will be trained on USDA standards and meal planning, sanitation and food safety
- Students will be provided a minimum Of 15-20 minutes to eat meals once served
- Meals will be prepared and served in a clean setting under appropriate supervision
- Youth will have access to hand washing/sanitizing facilities before each meal
- Whole fruits, vegetables and nuts are preferable to processed food items
- Only low-fat (1%), non-fat or non-dairy milk in 8 ounce portions (plain or flavored) will be served
- 100% fruit juice in 8 ounce portions will be served
- Youth will have access to free, safe fresh drinking water at all times throughout the school day
- Water will be promoted as a substitute for sweetened beverages
- The use of withholding gross motor activity or food as a punishment is strictly prohibited

### Physical Education

All center youth will receive physical education as part of the on-site educational program. Physical education standards will be followed using State and National measures. The course will include motor skill development, physical fitness concepts and strategies, engagement in physical activity, fitness and the benefits of physical education. Physical education classes will be outdoors whenever weather permits.

- Physical education class will count towards required graduation credits
- Teacher to student ratio will be no greater than 1:10
- The Center will provide adequate space and equipment for physical education
- Physical education classes will be taught by a qualified and certified physical education teacher

### Physical Activity

In addition to physical education classes youth will access to physical activity every day. This will include a minimum of 1 hour of gross motor activity under the supervision of the Center direct care staff. Activities will be outdoors whenever weather permits.

### Evaluation and Enforcement

The Macomb County Juvenile Justice Center Local Wellness Policy was developed by a wellness committee that is comprised of the Food Service Director, Deputy Director of the Juvenile Justice Center, School Program Supervisor and School Educator. The Local Wellness Policy will be annually reviewed and evaluated. When necessary, changes will be made to the policy. The following will be considered when reviewing and evaluating the wellness policy:

- 1) Extent to which the facility is in compliance with the wellness policy
- 2) Progress made in attaining the goals of the policy
- 3) Recommended changes to the policy
- 4) Action Plan of goals and objectives for upcoming year
- 5) Any other requirements by the USDA

The wellness policy will be available for review by the public on the Macomb County Juvenile Justice Center website

The Macomb County Juvenile Justice Center Deputy Director will be the designated official that will ensure compliance with the wellness policy