

Optimist Youth Homes & Family Services (OYHFS)

Wellness Policy

OYHFS promotes the Wellness of the whole child. The OYHFS Wellness Policy applies to our residential facilities and our school program.

The Optimist Wellness Policy was created by the executive team, our food services vendor, and our health office staff with input from our staff (prudent parents) and residents. Our quality improvement department will provide ongoing monitoring of the Wellness Policy.

1. The OYHFS Nutrition Standards

BEVERAGES:

Water

Plain or carbonated; no added sweeteners (natural or artificial, including sucralose and aspartame); no added vitamins, caffeine, or herbal supplements; may be any size.

Juice

100% fruit juice, plain or carbonated; no added sweeteners (natural or artificial); no caffeine or herbal supplements; maximum size 12 oz.

Juice/Water blends

No added sweeteners (natural or artificial); no caffeine or herbal supplements; maximum size 12 oz.

Milk

1% or fat free (skim) milk maximum size 12 oz.

THE FOLLOWING IS THE NUTRITION STANDARD FOR ALL FOOD SERVED:

1. Have 30 percent or less of its total calories from fat (excluding seeds, nuts, and eggs).
2. Have 10 percent or less of its total calories from saturated plus trans-fat (excluding eggs).
3. Have no more than 35% total sugar by weight.
4. Snack foods and side dishes must meet United States Department of Agriculture (USDA) standard for minimal nutritional value; specifically, must contain no less than 5% of all of the following 8 nutrients: protein, calcium, vitamin A, vitamin C, riboflavin, niacin, thiamin and iron (excluding fruits, vegetables, seeds, and nuts).
5. Fruits/ fruit juices or vegetables shall be served for snacks.
6. Food shall be minimally processed, using whole meat whenever possible, whole grains or converted grains that retain most of their whole grain nutrients, minimal dyes, sodium and added sweeteners. No artificial sweeteners (includes aspartame and sucralose) may be used. Cooking methods shall retain the maximum nutrients possible.
7. Preference will be given to products that contain no trans-fat.
8. Exceptions to these guidelines may be made for individual products, which have sufficient nutritional value to offset sugar or fat content, or other requirements, or to prohibit the sale of individual products which are deemed inappropriate for sale to students despite meeting these guidelines. Nutritional information, along with actual samples of the product in question (when possible) shall be provided to Student Nutrition Services for approval before products are placed in schools.

Who will take point/lead on this strategy? The executive team and our vendor Food Solutions.

2. Improved Menu Choices

- a) OYHFS will improve menu choices by increasing foods that students like, based upon feedback from students/residents and the student/ resident council.
- b) Increase the incorporation of fresh foods (fruits and vegetables).
- c) OYHFS will minimize processed foods, select California grown produce and continues to offer a basic salad bar.
- d) The student/ resident council will be involved in the selection of new food choices in meals served.

Who will take point/lead on this strategy? The residential director, director of nursing and our vendor Food Solutions.

3. Nutrition Education

- a) OYHFS will provide nutrition education on an annual basis to its staff to increase their awareness of current programs/education and best practices being implemented/adopted within OYHFS and the state.
- b) Our health office director will work with our schools and residential facilities to integrate nutrition education into the comprehensive education programs. (Examples will be graphing fruit and vegetable intake, categorizing quantities, reading labels, etc.)
- c) Administrators and staff are encouraged to model healthy eating by offering healthier choices at school meetings and events, and to refrain from using candy and snacks of minimal nutritional value as rewards to students.

Who will take point/lead on this strategy? Superintendent and director of nursing, and our vendor Food Solutions.

4. Increase physical activity for students/ residents

- a) Administration will ensure compliance with state Physical Education requirements.
- b) Administration will ensure that the physical education teacher will incorporate physical education in his/her professional development to ensure implementation of state law.
- c) Professional development will be made available to all physical education teachers focusing on best practices and strategies to enhance physical activities and physical education.

Who will take point/lead on this strategy? Superintendent

5. Staff Wellness

OYHFS encourages staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the Agency's overall comprehensive health program. This personal commitment often transfers into greater commitment to the health of students/ residents and creates positive role modeling.

Nutrition and fitness education opportunities will be provided to all staff. These educational opportunities may include, but are not limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity related topics.

OYHFS will work with our community partners to identify programs/services and resources to complement/enrich our Staff Wellness endeavors. OYHFS will promote Staff Wellness at least on a yearly basis.

6. Evaluation

a) The quality improvement department will design and implement an evaluation model, in partnership with the executive team, to monitor the implementation of all of the above.

b) Residents/ students will complete a satisfaction survey of food, residential/school environment, and effects of the wellness policy at least every two years.

c) Outcome data will be gathered and shared with staff and clients and improvement will be initiated as appropriate. The wellness policy as well as gathered data will be made available online to the public.

Who will take point/lead on this strategy? Chief Compliance and Quality Improvement Officer

7. Communication

a) Administration will ensure communication of any changes to the nutrition program to staff, residents, students, parents and the public.

Who will take point/lead on this strategy? Chief Compliance and Quality Improvement Officer

8. Changes to the policy

Assessment will be ongoing and policy may be amended yearly, at the start of each calendar year.

Who will take point/lead on this strategy? Chief Compliance and Quality Improvement Officer

9. Other wellness related activities for our residents/ students

a) Agency Health Programs/ Education:

1. My Plate: Nutrition Guidelines

2. Head to Toe (Grooming & Hygiene Program)
3. Proper Toileting Behavior
4. Dental Health Awareness
5. Substance Use Prevention ...and more!

Who will take point/lead on this strategy? Director of Nursing

Current Non Discrimination Statement:

“In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- 1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- 2) fax: (202) 690-7442; or
- 3) email: program.intake@usda.gov

This institution is an equal opportunity provider.”

PLEASE NOTE THAT THE AGENCY WELCOMES AND APPRECIATES FEEDBACK IN REGARDS TO THIS WELLNESS POLICY. FEEDBACK SHOULD BE DIRECTED TO THE CHIEF COMPLIANCE AND QUALITY IMPROVEMENT OFFICER MARIA BHATTACHAN AT mbhattachan@oyhfs.org.

OYHFS/QI/MB 03/2018