

**CHEMICAL ADDICTIONS RECOVERY EFFORT, INC**  
**WELLNESS POLICY**  
**March 31, 2006**

**PURPOSE:**

To establish a healthy school nutrition environment, reduce childhood obesity, and prevent diet and physical activity related chronic diseases. Congress passed a law requiring each local educational agency participating in USDA's School Meals Programs to establish a local wellness policy by the beginning of the school year 2006-2007.

**COMMITTEE PARTICIPATION:**

CARE's Wellness Policy Committee will include representation from:

- SOS Program Manager
- SOS Students
- CARE's Food Services Supervisor
- CARE's Consulting Dietician
- CARE's Clinical Services Director
- CARE's Supervising Nurse
- Bay County School Teacher
- CARE's Infection Control Medical Team
- CARE's Executive Director/PSO-TQM Team (Policy approving officials)

**POLICY GOALS:**

- Nutrition Education
- Physical Activity
- Other School-based Activities
- Nutrition Guidelines

## **POLICY GOALS FOR NUTRITION EDUCATION:**

CARE's primary goal of nutrition education is to influence students' eating behaviors.

a. CARE will provide nutrition education and engage in nutrition promotion that will be offered to the SOS Middle and High School Level students designed to provide the knowledge and skills necessary to promote and protect their health. This education will be provided thru health education classes as well as classroom instruction.

b. CARE will provide nutrition education outside the classroom by displaying posters, nutrition facts on each weekly menu, and cafeteria-based nutrition education. Encouraging students to try different nutritional food items during meal times will be a priority issue. Special emphasis will be placed on promoting fruits, vegetables, whole-grain products and low fat and fat-free dairy products.

## **POLICY GOALS FOR PHYSICAL ACTIVITIES:**

CARE's primary goal for physical activity is to provide opportunities for all SOS students to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

a. Bay County School Teacher will provide 50 minutes daily of Physical Activity required under personal, career and social development I, II & III for Middle School Students, and Personal, Career and School Development I, II, III & IV for High School Students. Activities will consist of basketball, football, volleyball, kickball and softball. Use of exercise videos will be used when outside activities are not possible.

b. Other Physical Activities provided by SOS staff during or after school will include walks to parks, activities at local recreation centers, walking to and from dining area for all meals, and walking to and from group meetings using one flight of stairs.

c. Staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity as punishment.

## **POLICY GOALS FOR OTHER SCHOOL-BASED ACTIVITIES:**

CARE will create a treatment/School Environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- a. All students will be provided three nutritious meals and one healthy evening snack per day. CARE's consulting dietician will approve menus.
- b. Agency will provide a healthy and clean meal environment.
- c. Staff will prohibit use of food as a reward or punishment.
- d. Students will be provided a 30-minute period for each meal. Staff will deliver meals to any student unable to attend scheduled meals.
- e. Food service staff will provide students with special diets ordered by CARE's Medical Staff.

## **NUTRITION GUIDELINES FOR ALL FOODS SERVED:**

CARE will provide all food and beverages each day that are consistent with the current dietary guidelines. The objective; promoting student health and reducing childhood obesity.

- a. All meals that are reimbursable (breakfast & lunch) and not reimbursable (dinner & snacks) will meet the program requirements and nutrition standards set forth under the 7 CFR, Part 210 and Part 220.
- b. All meals served will be appealing to the students.
- c. All meals will be served in clean and pleasant settings.
- d. Menus will offer a variety of fruits and vegetables.
- e. Low fat white & chocolate milk will be offered.
- f. Menus will provide most all grains as whole grain.
- g. No foods will be provided thru vending machines, snack bars, or concessions.
- h. All foods made available will comply with State and Local food safety and sanitation regulations.
- i. Hazard Analysis and Critical Control Points (HAACP) plans and guidelines are implemented to prevent food borne illness.

**PROGRAM ASSURANCES:**

- a. CARE will ensure that all students are offered healthy meals and snacks, which provide adequate nutrient and energy (caloric) needs.
- b. CARE will provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

**PLAN FOR EVALUATING AND MEASURING THE WELLNESS POLICY:**

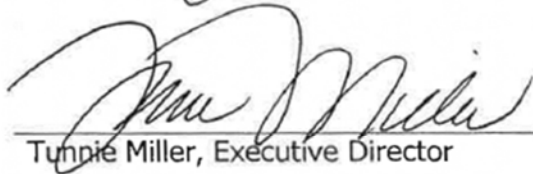
- a. The Wellness Committee will review the policy every three years from the date of issue to measure the implementation and evaluation of the policy recommendations.
- b. A baseline assessment will be accomplished to determine current policies and practices.
- c. Goals and assessment will be determined by CARE's Food Services Supervisor, (The Wellness Committee Chairperson) and the entire Wellness Committee and submitted to CARE's Executive Director/PSO/TQM Team (Policy approving officials).

Approving Authority Officials:

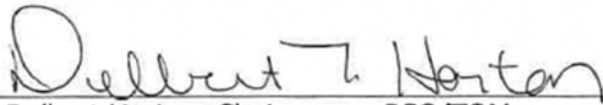
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Wanda Campbell, Clinical Services Director



Tunnie Miller, Executive Director



Delbert Horton, Chairperson PSO/TQM