

# Bay County Juvenile Home Wellness Policy 2014

## Nutrition Education

Nutrition Education is provided to Bay County Juvenile Detention youth through the Intermediate School District education program and through the MSU Extension program. Topics include but are not limited to: understanding the food pyramid, making healthy choices, healthy substitutions, reading and following recipes.

## Nutrition Standards

Bay County Juvenile Home shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The cook/driver and any other staff who handles food will understand the requirements of food handling by completing the SafeServ certification.

Youth are prohibited from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some diets.

The Bay County Juvenile Home food program shall comply with Federal, State and Local regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as the fiscal management of the program.

All youth are provided, at no charge, three meals per day as long as they are present in the facility.

## Physical Activity

Bay County Juvenile Home will provide physical activity opportunities at a minimum of 5 times per week for a minimum of 30 minutes per session. Youth will regularly participate in structured physical activities that are intended to promote and maintain behaviors conducive to physical fitness.

## Implementation and Measurement

Bay County Juvenile Home shall develop guidelines consistent with this policy, including implementation and measurement. There will be opportunity for input from teachers, the school nurse, the facility nurse, parents/guardians, students, administrators and the public. This opportunity will be in the form of formal and informal conversations regarding resident wellness and nutrition at various meetings (staff meetings, meetings with parents and probation officers etc...). There will also be an opportunity yearly for input at the Community Corrections Advisory Board meeting which allows for public input.

Anyone from the general public who would like to provide input on the BCJH Wellness Policy my contact Juli Reynolds at 989.892.4519.

This policy is reviewed annually.

**Reviewed and Revised: February 26, 2014**

**Approved:**



**Juli Reynolds, Director**