

Applicable COA Standard:

Related COA Standard:

POLICY STATEMENT:

Vera Lloyd desires to help the children that we serve to be healthy well rounded youth. By addressing their health and physical well-being with the activities we do on our campus. We would like to teach our youth to have a healthy diet and regular physical activity that will help prevent obesity and disease resulting from it. If we create a culture in our organization that consistently promotes good nutrition and physical activity that our youth can carry into their adult lives.

Vera Lloyd receives monies from USDA-NSLP to help provide healthy options at Breakfast and lunch times. We also promote healthy smart snacks and dinner with our new TBRI model of care. Youth are encourage to learn and help with meal preparation. We are looking to improve the health in our youth by providing nutrition education, physical activity, encouraging school base activities and home activities. Vera Lloyd has a community board group consisting of the several individuals making the decisions for Wellness for the organization.

SCOPE:

These rules of conduct governing our wellness of our campus applies to all activities on our campus including school and homes.

RULES:

1. Nutrition Education

- Paying attention to labels as we shop at the grocery stores.
- When purchasing or receiving food from vendors making sure products are not expired.
- Making sure items has CN labels.
- Teaching the youth how to prepare food.
- Encouraging youth and parents on healthier choices.
- Having access to a Registered Dietitian Nutritionist to develop more menu options and providing training

2. Physical Activity

- Youth are not denied physical activity as a form of punishment.
- Rewards youth with additional time for physical activity in lieu of unhealthy food products.
- Provide structured physical activities at different times, such as before school, after school and on weekends.
- Allowing youth access to our gymnasium as appropriate.

- Allowing youth access to our playground and tennis/basket court as appropriate.
- Conducting an annual 5K walk/run and allows each youth to be a part of the activity.
- Encourages community involvement in other annual 5k walk and run.
- During summer months offer different activities that promote physical fitness as a whole campus.
- Swimming pool passes are given out during the summer months.

3. Nutrition Standards

- Menus are posted in the kitchen of each homes.
- Vera Lloyd uses the FIFO (first in, first out) method of inventory for the food.
- Making sure food is cooked at the appropriate temperatures.
- Serving all menu items for each youth.
- Fresh fruits, vegetables, whole grains and milk is being served daily.
- Providing smart snacks as an option for youth.
- Drinking water is available at every meal and when needed.

4. Other School Based Activities

- Encouraging youth to be involved in after school activities.
- Providing youth with a healthy after school smart snacks.
- During counseling/nurturing groups, offering healthy snacks and physical activity when appropriate.
- Integrate nutrition education and physical activity into our campus newsletter.
- Annually host Vera Lloyd 5k walk/run in November.

This policy is not intended to prohibit the right of employees to be creative with their youth with being healthy and physically active but to engage them to make healthier choices. For our agency to not be a part of the obesity problems in our community but to help combat the problem and improve the youth overall health.