

Active

 Info

# Youth Wellness Through Nutrition and Physical Activity

## Purpose

NDI will participate in the USDA Child Nutrition Program (CNP). Food Services staff will provide healthy meals and snacks that, along with physical activity, promote and protect youth health, well-being, and ability to learn.

## Scope

NDI employees and contract staff will develop, implement, monitor, and review nutrition and physical activities. All youth have opportunities, support, and encouragement to be physically active on a regular basis through school recess, gym, open gym, rehab therapy programming, and play (preferably outdoors).

## Procedures and Guidelines

- A. Foods and beverages will meet USDA Guidelines.
- B. NDI employees and contract staff will provide the youth with a variety of nutritious and appealing foods that meet health and nutrition needs, and accommodate religious, ethnic, and cultural diversity.
- C. NDI staff and contract employees will provide nutrition education.
- D. Nutrition education is designed and implemented to help students gain nutrition knowledge, which includes the benefits of healthy eating, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage, caloric balance between food intake and energy expenditure (physical activity/ exercise), adequate intake of each food group, and other relevant topics.
- E. Nutrition education is designed and implemented to help students learn nutrition related skills, which includes planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, commercial food advertising, and other pertinent skills.
- F. Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
- G. The nursing group and/or dietitian will provide food safety education.
- H. Rehab therapy will provide at least 35 minutes of physical activity per day (Monday – Friday).
- I. Meals served through the CNP will meet the following:
  1. Be appealing and attractive to youth.
  2. Be served in a clean, safe, and pleasant setting.
  3. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

4. Offer a variety of fruits and vegetables.
  5. Adhere to applicable CNP meal pattern requirements.
- J. Students will have access to free palatable drinking water during the school day.
- K. Students will be encouraged to provide formal feedback via surveys to inform menu development at least twice per year.
- L. Snacks served through the CNP will meet the following:
1. Make a positive contribution to the youths' diet and health.
  2. Emphasize fruits and vegetables as primary snacks and milk as the primary beverage.
  3. Food and beverages will not be sold in school or during school hours.
- M. Teachers and other staff will not use food or beverages as rewards or bribes for academic performance or good behavior. Students will not be denied food or beverages as punishment for undesirable behaviors.
- N. Marketing unhealthy foods is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is enforced.
- O. Meal Times
1. Meals will be served at appropriate, regularly scheduled times throughout the day.
  2. Youth will have at least 30 minutes to eat.
  3. Youth will wash hands before and after eating meals or snacks.
  4. Staff will accommodate tooth-brushing after meals as appropriate.
- P. Administration
1. NDI employees and contract staff will administer the CNP and maintain all required certifications.  
The Superintendent or designee will oversee compliance with nutrition and physical activity wellness policies/programming.
  2. NDI employees and contract staff will ensure compliance with nutrition policies and report to the Superintendent or designee as appropriate.
  3. The NDI will annually inform and update parents, students, staff, and the community about the content and implementation of the local wellness policy. The wellness policy will be included in the admission packet.
  4. The CNP representative will conduct an assessment every three years to review policy compliance, assess progress, and determine areas in need of improvement.
    - a. The process will include a review of nutrition and physical activity policies and programming, and the environment that supports healthy eating and physical activity. Through implementation and enforcement of this policy, the NDI will create an environment that supports opportunities for physical activity and healthy eating behaviors.