

Wellness Policy

Policy:

Saint Vincent's recognizes the growing problem with childhood obesity and is committed to providing the clients in our care with education and support to develop lifelong wellness practices. Our Wellness Policy was crafted to meet our unique environment and the special needs of our clients.

Procedure:

Nutritional Food Guidelines:

Our client's lifelong nutritional habits are greatly influenced by the types of foods and beverages available to them. Saint Vincent's ensures that all meals meet program requirements and nutritional standards set forth under federal law 7CFR **Part 210** and **Part 220**.

- Meals are prepared incorporating foods that are nutrient dense, low in fat and sodium.
- Soda is not available at any meal reimbursed through the National School Lunch Program.
- Any fundraising, which includes the sale of food and / or beverages, is designed to attract staff purchasing and not clients. Clients may be involved in the preparation and sale of the products in order to teach life skills.
- Rituals, including parties, are an important part of the life of a client. In celebrations which involve food, the agency will provide food to clients in quantities that are appropriate to the clients being served.
- Snacks will be made available and offered to the clients in type and quantities that are appropriate to the nutritional needs of the clients being fed.

Nutrition Guidance:

The primary goal of nutrition guidance is to influence the eating behaviors of the clients being served. Building nutritional knowledge and skills helps clients make healthy eating choices. To make a difference, Saint Vincent's will provide nutrition guidance that is appropriate for the client's age; reflects the client's culture; and provides opportunities for clients to practice skills as well as have fun. Saint Vincent's will also choose nutritional lessons which are easy to teach and foster lifelong healthy eating.

- Clients within residential program areas receive nutrition guidance that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition guidance in the form of signs and handouts.
- Nutritional consultation is offered on an as needed basis by a registered nutritionist in conjunction with the agency's Health Services Department, and the Food Service Manager.
- Clients, while in our care, receive consistent positive nutrition messages throughout the dining room, and living environments.

Physical Activity:

The primary goal of Saint Vincent's physical activity programming is to provide opportunities for every client to develop the knowledge and skills for specific physical activities to regularly participate in physical activities, to understand the short and long-term benefits of a physically active and healthy lifestyle, in addition to maintaining physical fitness. Saint Vincent's continually looks at innovative ways to involve our clients in physical activities.

The goal is to provide each client with at least 60 minutes of exercise, four days per week. In all milieu living environments, the clients are offered a variety of physical activity choices on a daily basis. Exercise/physical activity occurs both on Saint Vincent's property as well as in community.

Dining Environment:

Saint Vincent's provides a clean, safe, and enjoyable eating environment for the clients in our care. Weekly menus are distributed and posted so that the clients know what is available during meal times. Saint Vincent's makes drinking water available during meal times and throughout the day.

Food or Physical Activity as a Reward or Punishment:

Saint Vincent's will never use food as a reward or to punish a client. The agency will not deny client participation in any physical activities as a form of discipline. The only exception would be for the safety of the client.

Professional Development:

Saint Vincent's will provide opportunities for on-going professional development training for all Food Service Staff.

Procedure:

Wellness CQI Team:

Saint Vincent's Wellness CQI Team members include the Director of Systems and Operations, The Health Services Coordinator, The Food Services Manager, and representation from the programs. The team will meet quarterly

Monitoring:

The Director of Systems and Operations along with the Wellness CQI Team will monitor compliance with Saint Vincent's established wellness policies and will ensure that such policies meet or exceed current national and local standards.

Policy Review:

Saint Vincent's Wellness Policy will be reviewed on an annual basis.