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PURPOSE

St. Jude’s Ranch for Children, under USDA National School Lunch Program, Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell national School Lunch Act (42 USC 1758b), Local School Wellness Policy (LSWP) Implementation. The provision set forth in Section 204 expands St. Jude’s Ranch for Children upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).


POLICY

St. Jude’s Ranch, as a contracted sponsor of the National School Lunch Program (NSLP), School Breakfast Program (SBP) and Afterschool Snack Care Program (ASCP) is required to develop a local “School Wellness Policy” based on the following topics:

- Advisory Group, Wellness Policy Coordinator, Recordkeeping, School Wellness Policy Goals, Incentives and Rewards, Fundraising, Special Occasions, Revenue, Meal Consumption, Physical Activity, Recess before Lunch, Marketing, Smart Snacks Nutrition Standards, Specific Nutrient Standards for Foods, Beverages, Caffeine and Chewing Gum.
 - St. Jude’s Ranch for Children acknowledges that this Policy will not cover all of the above as some of those topics does not apply to St. Jude’s Ranch for Children as a Residential Child Care Institution (RCCI) nor does this Policy encompass all aspects of sponsor’s environment that affect wellness and encourages sponsor to include other areas in this policy as applicable.
- Advisory Group:
 - Based on Temporary and/or Permanent Managing Conservatorship of children, youth and young pregnant and/or parenting teens with their children in protective custody of St. Jude’s Ranch for Children, a Wellness Committee Advisory Group has been formed to include members from legal guardians, Youth Council, direct care staff, Senior Management Team, Board of Trustees and Community Advisory Board to participate in the development, implementation, and annual review/update of the local wellness policy going forward, under the oversight by LSWP Coordinator:

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- Advisory Group will help determine incentives and/or penalties for compliance with agency LSWP.
- Inform and update the public regarding the content and implementation of local wellness policies.
- Recordkeeping
 - St. Jude’s Ranch for Children will retain basic records demonstrating compliance with the LSWP and must include the following documentation: Compliance with the requirements of Advisory Group representation, triennial assessment of the LSWP, annual LSWP progress reports for each location and demonstrative compliance with public notification which includes:
 - The website address for the LSWP and/or how the public can receive/access a copy of the LSWP; A description of each location’s progress in meeting the LSWP goals; A summary of each location’s events or activities related to LSWP implementation; The name, position/title and contact information of the designated wellness policy coordinator and Information on how individuals and the community can get involved with the Advisory Group.
- LSWP Goals
 - St. Jude’s Ranch for Children will select, measure and report progress for at least one goal from each of the following categories:
 - Nutrition promotion and education, physical activity and other agency-based activities that promote child wellness.
 - Goal 1: Nutrition Education & Promotion -- To promote nutrition education with the objective of improving youths' health and wellbeing while reducing childhood obesity.
 - Staff responsible for nutrition education is adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition program as planned.

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- Meal Consumption
 - It is the intent of this policy to allow each child, youth, pregnant and/or parenting teen and their children must be allowed to eat their meals, therefore, time spent acquiring the meal is not included in the time to consume the meal. St. Jude's Ranch for Children shall provide each child, youth, pregnant and/or parenting teen and their children 15 minutes for Breakfast/A.M. Snack/Afterschool Care Snack and 20 minutes for Lunch and 30 minutes for Dinner.

- Physical Activity
 - St. Jude's Ranch for Children must provide the opportunity for moderate to vigorous physical activity for at least 1 hour daily. It is recommended that each child, youth, pregnant and/or parenting teen and their children be given physical activity opportunities in bouts of 10 minutes at a minimum.
 - St. Jude's Ranch for Children will not use physical activity or withhold opportunities for physical activity as punishment.

- Marketing
 - St. Jude's Ranch for Children does not sell food.

- Smart Snacks Nutrition Standards
 - St. Jude's Ranch for Children does not sell food.
 - St. Jude's Ranch for Children follows NSLP/SBP/ACSP menu standards for Breakfast, Lunch and Afterschool Care Snack. St. Jude's Ranch for Children also serves A.M. Snack, Dinner and/or food as needed in between for each child, youth, pregnant and/or parenting teen and their children admitted to St. Jude's Ranch for Children at other times throughout the 24 hour period of each day as St. Jude's Ranch for Children is an RCCI (USDA term) and open 24/7, 365 days.

- St. Jude's Ranch for Children ensures that every child, youth, pregnant and/or parenting teen and their children has access to:
 - Healthful food choices in appropriate portion sizes.
 - Fresh produce whenever practical.

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- Access to an unlimited amount of drinking water throughout the day.
- Access to age-appropriate physical activity.
- Access to age-appropriate and culturally sensitive instruction designed to teach lifelong healthy eating habits and healthy level of physical activity.

PROCEDURE

1. Food choices for youth's meals and snacks at St. Jude's Ranch for Children are in 100% compliance with Health Hunger Free Kids Act of 2010.
2. St. Jude's Ranch for Children's Therapeutic Framework, is applied in the home environments by offering youth a home schedule for transition and ritual, proper nutrition and snacks every two hours, frequent exercise, play therapy and sensory rooms that enhance the vestibular, proprioceptive and touch senses, to allow youth control and power over their needs and help youth learn to self regulate.

Breakfast Meal Pattern					
	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12	Grades K-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)				
Fruits (cups)	1 cup	1 cup	1 cup	1 cup	1 cup
Grains (oz. eq.)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)	9-10 (1)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5(1)	5 (1)
Other specifications: Daily Amount Based on the Average for a 7-Day Week					
Min-Max calories (kcal)	350-500	400-500	400-550	450-600	450-500
Sodium Target 1 (SY 2014-2015)	<540	<540	<600	<640	<540
Saturated fat (% of total calories)	<10	<10	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.				

Lunch Meal Pattern				
	Grades K-5 (Ages 5-10)	Grades K-8 (Ages 5-13)	Grades 6-8 (11-13)	Grades 9-12 ((14-18)
Meal Pattern	Amount of Food Per Week (Minimum Per Day)			



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Fruits (cups)	2.5 (0.5)	2 ½ (1/2)	2.5 (0.5)	5 (1)
Vegetables (cups)	3.75 (0.75)	3 ¾ (3/4)	3.75 (0.75)	5 (1)
Dark green	1/2	1/2	1/2	1/2
Red/orange	3/4	3/4	3/4	1.25
Beans and peas (legumes)	1/2	1/2	1/2	1/2
Starchy	1/2	1/2	1/2	1/2
Other	1/2	1/2	1/2	1/2
Grains (oz. eq.)	8-9 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/meat alternatives (oz. eq.)	8-9 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 7-Day Week

Min-max calories	550-650	600-650	600-700	750-850
Saturated fat (% of total calories)	<10	<10	<10	<10
Sodium (mg)	<640	<640	<710	<740
Trans fat (g)	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving which indicates <0.5 g of fat			

Afterschool Care Program Meal Pattern Chart - Snack

Components: <i>Homes provides two different components from the four components listed for a reimbursable snack</i>	Age Group Serving Size		
	Ages 1-2	Ages 3-5	Ages 6-12, Ages 13 and Older
Fruit or Vegetable			
Juice, fruit and/or vegetable	½ cup	½ cup	¾ cup
Grains/Breads			
Bread	½ slice	½ slice	1 slice
Cornbread, biscuit, roll or muffin	½ serving	½ serving	1 serving
Cold dry cereal	¼ cup	1/3 cup	½ cup
Cooked pasta or noodles	¼ cup	¼ cup	½ cup
Meat/Meat Alternate			
Lean meat or poultry or fish	½ oz	½ oz	1 oz
Alternative Protein Products	½ oz	½ oz	1 oz
Cheese	½ oz	½ oz	1 oz
Egg (large)	½ large egg	½ large egg	½ large egg



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Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut or other nut seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seed	1/2 oz = 50%	1/2 oz = 50%	1 oz = 50%
Yogurt – plain or flavored, unsweetened or sweetened – commercially prepared only	4 oz = 1/2 cup	4 oz = 1/2 cup	4 oz = 1/2 cup
Milk, fluid			
Fat free milk, flavored or unflavored, 1% fat free mil, unflavored only	1/2 cup	1/2 cup	1 cup

1. *Portions for children ages 13-18 shall be no less than the portions stipulated for children ages 6-12. It is recommended that Homes offer larger portions for older children (ages 13-18) based on their greater food energy requirements.*
2. *Full-strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s) and juice.*
3. *Juice may not be served when milk is the only other component*
4. *Grains/Breads must be whole grain. Cereal must be whole grain, enriched and fortified.*
5. *Either volume (cup) or weight (oz), whichever is less*
6. *A serving consists of the edible portion of cooked, lean meat or poultry or fish.*
7. *Alternate protein products must meet requirements in 7CFRPart210, Appendix A*
8. *Nuts and seeds are not recommended to be served to children ages 1-3 since they present a choking hazard.*

- 100% of the children enrolled at St. Jude's Ranch for Children participate in the National School Lunch Program/School Breakfast Program/Afterschool Care Snack Program.
- Nevada Department of Child & Family Services licenses St. Jude's Ranch for Children, Boulder City, Nevada Campus for 66 youth.
- The Executive Director is responsible for the additional oversight of the Wellness policy as well as USDA Program compliance:
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3. Program Director will monitor Wellness Policy & Procedure for the following:

- The level of the wellness policy implementation
- The length of the meal and snack service
- Provision of health snacks and water to youth throughout day
- The amount of daily youth recreation time
- Only youth care staff in direct care with the children/youth at time of the meal or snack, are allowed to participate in the USDA meal/snack with the children/youth