



## **Local Wellness Policy Durham County Youth Home – 2016-2017**

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Healthy eating and activity patterns are essential for residents to achieve their full potential, physical and mental growth and well-being.

The Durham County Youth Home (DCYH) operated by Durham County Government has a responsibility to help students learn and maintain healthy eating and physical activity patterns. DCYH is committed to providing an environment that promotes health, well-being and a positive learning environment that supports healthy eating and physical activity.

The DCYH will maintain its wellness policy and assures school meals are not less restrictive than the USDA guideline as well as promote an optimal nutrition environment during school hours by engaging in physical activity, health education and nutrition.

### **NUTRITION EDUCATION**

Durham County Youth Home goals:

- Offer a school breakfast and lunch program with menus that meet the meal pattern and nutrition standards established by the USDA.
- Establish food safety for all food operation and adherence to serving guidelines maintained.
- Serve meals using a variety of fruits and vegetables; use only low-fat (1%) and fat free milk and nutritionally equivalent nondairy alternatives according to USDA guidelines and at least half of the grains served will be whole grain.
- Goal is to maintain serve safe certification with cook
- Compliant with annual meal pattern and standards
- Pass all health inspections and state inspections
- Serve 100% whole grain products at facility

### **Nutrition Promotion**

#### Durham County Youth Home Goals:

- All residents in DCYH will receive education and skills necessary to make nutritiously good choices and engage in physical activity as part of their daily life style.
- Promote healthy life styles that aid in reducing obesity.
- Provide access to hand washing and hand sanitizing before they eat meals and snacks.
- Provide adequate time for juveniles to eat meals.
- Provide an environment that is clean, safe and positive.
- Provide juveniles time following meals to accommodate hygiene regimens.
- Vending machines not allowed inside areas for residents.
- Provide an environment that is clean, safe and positive.

### **PHYSICAL ACTIVITY**

#### Durham County Youth Home Goals

- Provide physical activity through recreation opportunities for all residents daily.
- Provide activities before meals when possible.
- Incorporate at minimum one (1) hour a day for physical activity
- Goal: Exercise two times a day with inside activity and outside physical activity weather permitted.

### **HEALTH EDUCATION**

#### Durham County Youth Home Goals:

- Increase educational opportunities when possible through local universities, community stakeholders and volunteers.
- Durham Park and Recreation annual field day
- Durham County Public Health provide health education programming.
- Duke Med Mentors provide education of healthy eating and health
- Provide counseling and psychological services to encourage and safe guard the physical, emotional and social well-being of juveniles, i.e., individual counseling, group counseling, substance abuse counseling and mental health assessments.

### **IMPLEMENTATION**

- Implementation of Wellness Policy and review is done annually.
- Wellness Committee meet at DCYH one (1) time per year.
- Committee members are Youth Home Director, Child Nutrition (CN) Manager and DCYH Management Team.



Youth Home

### **MEASURING, EVALUATING AND MAINTAINING**

- DCYH Director and CN Manager will ensure that the local Wellness Committee conducts an annual review of the progress towards program goals and submit a written report regarding progress and suggestions for revisions to the program.
- DCYH will ensure compliance with nutrition policies within the food service area.

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