

YOLO COUNTY JUVENILE DETENTION FACILITY



WELLNESS POLICY



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Introduction

The Yolo County Office of Education (YCOE) and the Yolo County Juvenile Detention Facility (YCJDF) provide an environment that enhances learning and development of lifelong wellness practices.

The purpose of the Wellness Policy is to accomplish the following goals:

- Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available at the detention facility adhere to food safety and security guidelines.
- The detention facility environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity are not used as a reward or punishment.

Policy 5030: Student Wellness

The YCJDF and YCOE is committed in the development of every student. The goal is to promote healthy living habits, healthy educational knowledge, skills, and confidence to students. The facility is committed to create lifelong learning habit's by supporting healthy eating choices, healthy lifestyle, prosocial behavior, health education, nutrition, psychological, counseling and physical education. Physical activities are promoted through nutrition awareness postings and healthy menu planning for all meals. A variety of physical activity programs are available for youth daily.

A healthy school environment goes beyond school meals. A healthy lifestyle and maintaining a healthy weight require a combination of healthy food choices and appropriate amount of physical activity. All foods made available should offer youth nutritious choices, and physical activity should be incorporated into the school day daily. A healthy and physically active child is more likely to be academically successful.

To encourage consistent health messages between the home and school environment, the facility may disseminate health information to parents/guardians through handouts,

parent/guardian meetings, the County Office or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

School Wellness Council

The YCJDF Superintendent or designee will assemble a wellness committee that will meet every quarter to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the YCJDF wellness policy. Parents, students, food service employees, school health professionals, teachers, school administrators and members of the public are encouraged to participate in the development, implementation and periodic review and update of the Facility's student wellness policy.

The Juvenile Detention Facility Superintendent or designee may appoint a school wellness committee coordinator. The committee may include representatives from but not limited from the above list.

The YCJDF Superintendent or designee will create, strengthen, or work through the Wellness Committee to develop, monitor, review, and as necessary, revise school nutrition and physical activity policies.

The Wellness Committee is composed of:

- Yolo County Office of Education, Jose Gutierrez, Dan Jacobs Principle
- Holy Rosary Program, Sylvina Frausto, Programmer/Community Member
- Richard Watson, Yolo County Community Member
- Wellpath Medical, Briana Soria, BSN, RN
- Health & Human Services, Amanda Vierra, Clinician
- Yolo County Probation, Dennis Riley, Detention Officer II/Program Coordinator
- Student Representative, Will be identified at the time of review as necessary

Goals for Nutrition, Physical Activity and Other Wellness Activities

The Facility in collaboration with YCOE shall adopt goals for nutrition education, physical activity, and other school and facility-based activities that are designed to promote student wellness in a manner that the Wellness Committee determines appropriate.

Nutrition lessons are integrated into the curriculum of the on-site school for all youths. Additional physical activities are promoted through nutrition awareness postings and healthy menu planning for all meals. Proper portion sizes and eating habits are introduced by the dining staff and reinforced by the Probation Detention Officers, medical staff, as well as the mental health staff.

Nutrition education shall be provided as part of the health education program for youths attending Dan Jacobs School. Education may be part of health education and classroom instruction in subjects such as math, science, language arts, social sciences, and before and after school programs. Additional physical activities are promoted through nutrition awareness postings and healthy menus.

Students have access to a Cross training equipment, treadmills, stair masters, ellipticals, yoga, gymnasium, meditation room, life skills, outdoor turf recreation yard and have the option to participate in a “Commit to Fit” program facilitated by Detention staff. This provides students the opportunity to access physical activity on multiple occasions throughout the day.

All students shall be provided opportunities to be physically active on a regular basis as required by Board of Community Corrections, Title 15 minimum Standard Guidelines. Opportunities for moderate to vigorous physical activity shall be provided through physical education and facility programming. Youth are provided and encouraged to participate in regular scheduled physical activity during school hours, and well as Large Muscle Exercise after school hours. If a youth has limitations that have been identified through medical, physical fitness shall be modified to meet the needs of the youth. The facility offers a wide range of activities that meet the needs of every youth.

Youth have access to Credentialed Teachers, Mental Health Clinicians, Medical Staff, and Probation Detention Officers, who provide them with support and assistance in making healthy decisions, managing emotions, and coping with crisis. (Disordered eating behaviors, including obesity, anorexia, and bulimia are often related to mental, emotional, and social problems, and overweight residents may suffer from low self-esteem and/or be the target of bullying.)

Healthy foods are promoted, and non-healthy foods are not. Health educational posters are to be in plain view of all residents. Youth also have additional health education programs such as a gardening program. Staff are encouraged to be healthy role models for the youth.

Nutrition Guidelines for All Foods Available at School

The YCJDF shall adopt nutritional guidelines for all food available in the facility during the school day, with objectives of promoting student health and reducing childhood obesity. (42USC 1752b).

The YCJDF believes food and beverages available to youth within the facility should support the health curriculum and promote optimal health. To maximize the facility’s ability to provide healthy and nutritious meals and snacks, this facility will participate in the available federal nutrition programs, including the National School Lunch (210.1-210.31), National School Breakfast Program (220.0-220.21) and after-school snack program.

Breakfast Meal Pattern (Grades K-12)

Overview

Program operators of the School Breakfast Program (SBP) are required to use meal patterns and dietary specifications established by U.S. Department of Agriculture (USDA) to develop menus and serve meals to students. The USDA is taking a multi-step approach to updating the school meal nutrition standards. Effective July 1, 2022, the final rule establishing transitional standards for milk, whole grains, and sodium serves as a bridge for School Years 2022–23 and 2023–24 and continues to support the provision of nutritious school meals.

Meal Pattern Requirements

Measurement abbreviations: Cup = c, Ounce Equivalent = oz eq, Calories = kcal, Grams = g, Milligrams = mg

Minimum Amount of Food Per Week

Meal Components	Grades K-12	Grades K-5	Grades K-8	Grades 6-8	Grades 6-12	Grades 9-12
Fruits ^{b,c}	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)
Vegetables ^{b,c}	0 c	0 c	0 c	0 c	0 c	0 c
Grains ^{*,d}	9-10 oz eq (1 oz per day)	7-10 oz eq (1 oz per day)	8-10 oz eq (1 oz per day)	8-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)
Meat/Meat Alternates ^e	0 oz eq	0 oz eq	0 oz eq	0 oz eq	0 oz eq	0 oz eq
Fluid Milk ^f	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)

Specifications: Daily Amount Based on the Average for a 5-Day Week

Specifications	Grades K-12	Grades K-5	Grades K-8	Grades 6-8	Grades 6-12	Grades 9-12
Min-max calories	450-500 kcal	350-500 kcal	400-500 kcal	400-550 kcal	450-550 kcal	450-600 kcal
Saturated Fat (% of calories) ^h	<10%	<10%	<10%	<10%	<10%	<10%
Sodium Target ¹ _{h,i}	≤ 540 mg	≤ 540 mg	≤ 540 mg	≤ 600 mg	≤ 600 mg	≤ 640 mg

Trans Fat ^{h,j}	0 g	0 g	0 g	0 g	0 g	0 g
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* U.S. Department of Agriculture has lifted the weekly maximums for grains. The daily and weekly minimums for grains and the weekly calorie ranges still apply. The maximums are used as a guide for menu planning purposes only.

^a Food items included in each group and subgroup and amount equivalents as outlined in the U.S. Department of Agriculture’s Food Buying Guide web page (<https://foodbuyingguide.fns.usda.gov/>).

^b One quarter cup of dried fruit counts as one half cup of fruit; one cup of leafy greens counts as one half cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength. The minimum creditable serving for a fruit or vegetable is at least one eighth cup.

^c Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other Vegetables” subgroups, as defined in Title 7, *Code of Federal Regulations* (7 CFR) Section 210.10(c)(2)(iii).

^d At least 80 percent of all grains offered weekly must be whole grain-rich. The remaining 20 percent or less of grains, if any, must be enriched. A whole grain-rich product contains 50 percent or more whole grains by weight, with any remaining grains being enriched. Schools may substitute one ounce equivalent of meat/meat alternate for one ounce equivalent of grains after the minimum daily grains requirement is met. Meat/meat alternates may be offered as extra food items that do not count toward the grain component or as food items for Offer Versus Serve. These extra food items need to be included in the weekly calories, sodium, and saturated fat. The minimum creditable serving for a grain, a meat, or a meat alternate is at least one quarter ounce equivalent.

^e There is no meat/meat alternate requirement.

^f At least two milk choices must be offered. Pasteurized, fluid types of milk that meet state and local standards and contain vitamins A and D at levels specified by the Food and Drug Administration must be offered. All milk must be fat-free or low-fat. Milk with higher fat content is not allowed. Fat-free and low-fat fluid milk may be flavored or unflavored. Low-fat or fat-free, lactose-free, and reduced-lactose fluid milk may also be offered.

^g The average daily calories for a five-day school week must be within the range (at least the minimum and no more than the maximum values).

^h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

ⁱ For SY 2022–23 (beginning July 1, 2022) and through SY 2023–24, the weekly sodium limit for school breakfast remains at Sodium Target 1. Note that the sodium limit applies to the average meal offered during the school week, not daily or per-meal.

^j Nutrition label of manufacturer specifications must indicate zero grams of trans fat per serving.

Please note: For offer versus serve, every student must take either ½ cup fruit (or substituted vegetable) or a combination of both to count as a reimbursable meal.

Lunch Meal Pattern (Grades K-12)

Overview

Program operators of the National School Lunch Program (NSLP) are required to use meal patterns and dietary specifications established by U.S. Department of Agriculture (USDA) to develop **menus** and serve meals to students. The USDA is taking a multi-step approach to update the school meal nutrition standards. The final rule, Transitional Standards for Milk, Whole Grains, and Sodium serves as a bridge for School Years 2022–23 and 2023–24, and is effective July 1, 2022.

Meal Pattern Requirements

Measurement abbreviations: Cup = c, Ounce Equivalent = oz eq, Calories = kcal, Grams = g, and Milligrams = mg

Minimum Amount of Food a Per Week

Meal Components	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
Fruits^b	2½ c (½ c per day)	2½ c (½ c per day)	2½ c (½ c per day)	5 c (1 c per day)
Vegetables^b	3¾ c (¾ c per day)	3¾ c (¾ c per day)	3¾ c (¾ c per day)	5 c (1 c per day)
Dark Green^c	½ c	½ c	½ c	½ c
Red/Orange^c	¾ c	¾ c	¾ c	1¼ c
Beans and Peas (legumes)^c	½ c	½ c	½ c	½ c
Starchy^c	½ c	½ c	½ c	½ c
Other^{c,d}	½ c	½ c	½ c	¾ c
Additional Vegetables to Reach Total^e	1 c	1 c	1 c	1½ c
Grain Minimums^{*,f}	8-9 oz eq (1 oz per day)	8-9 oz eq (1 oz per day)	8-10 oz eq (1 oz per day)	10-12 oz eq (2 oz per day)
Meats/Meat Alternate Minimums[*]	8-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	10-12 oz eq (2 oz per day)
Fluid Milk^g	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)	5 c (1 c per day)

Specifications: Daily Amount Based on the Average for a 5-Day Week

Meal Components	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
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Min-max calories^h	550–650 kcal	600–650 kcal	600–700 kcal	750–850 kcal
Saturated Fat (% of calories)^h	< 10%	< 10%	< 10%	< 10%
Sodium Target 1^{h,i}	≤1,230 mg	≤ 1,230 mg	≤ 1,360 mg	≤ 1,420 mg
Sodium Target 1A^{h,i}	≤ 1,110 mg	≤ 1,110 mg	≤ 1,225 mg	≤ 1,280 mg
Trans Fat^{h,j}	0 g	0 g	0 g	0 g

* U.S. Department of Agriculture has lifted the weekly maximums for grain and meat/meat alternates. The daily and weekly minimums for grains and meat/meat alternates still apply. The maximums are used as a guide for menu planning purposes only.

^a Food items included in each group and subgroup and amount equivalents as outlined in the most current U.S. Department of Agriculture’s Food Buying Guide web page (<https://foodbuyingguide.fns.usda.gov/>).

^b One quarter cup of dried fruit counts as one half cup of fruit; one cup of leafy greens counts as one half cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength. The minimum creditable serving for a fruit or vegetable is at least one eighth cup.

^c Larger amounts of these vegetables may be served.

^d This category consists of “Other Vegetables” as defined in Title 7, Code of Federal Regulations (7 CFR) Section 210.10(c)(2)(iii)(E). For the purposes of the National School Lunch Program, the “Other Vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in 7 CFR Section 210.10(c)(2)(iii).

^e Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

^f At least 80 percent of all grains offered weekly must be whole grain-rich. The remaining 20 percent or less of grains, if any, must be enriched. A whole grain-rich product contains 50 percent or more whole grains by weight, with any remaining grains being enriched.

^g At least two milk choices must be offered. Pasteurized, fluid types of milk that meet state and local standards and contain vitamins A and D at levels specified by the Food and Drug Administration must be offered. All milk must be fat-free or low-fat. Milk with higher fat content is not allowed. Fat-free and low-fat fluid milk may be flavored or unflavored. Low-fat or fat-free, lactose-free, and reduced-lactose fluid milk may also be offered.

^h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

ⁱ For SY 2022–23 (beginning July 1, 2022) the weekly sodium limit for school lunch remains Sodium Target 1. For SY 2023–24 (beginning July 1, 2023), the sodium limit changes to Sodium Interim Target 1A. Note that sodium limits apply to the average meal offered during the school week, not daily or per-meal.

^j Nutrition label of manufacturer specifications must indicate zero grams of trans fat per serving.

Please note: For offer versus serve, every student must take ½ cup fruit and or vegetable or combination of both to count as a reimbursable meal.

Nutritional standards adopted by the County for all foods and beverages earned by incentives for positive behavior of youth, including foods and beverages provided through the County's food service program, fundraisers, or other venues, shall meet or exceed state and federal nutritional standards. There are no food sales, fundraisers or vending machines at the YCJDF.

The YCJDF offers fresh filtered potable water for all youth throughout the day. Each living unit is equipped with an Elkay Bottle Filler and drinking fountain. Youth are encouraged to consume water throughout the day.

There shall be no food marketing to youths in the YCJDF. The Yolo County Sheriff's Department prepares and provides the food for the youth at the YCJDF. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. All meals served consist of a balanced diet to include milk, fruit, vegetables, protein, and whole grain foods. In the event a youth has a history of allergies to certain food(s), an alternative meal shall be provided that contains the equivalent nutritional value as the regular meal being served.

Examples of marketing techniques include logos and brand names on and in vending machines, books or curricula, textbooks cover, school supplies, scoreboards, school structures, sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families purchase low-nutritional food products; free samples or coupons; and food sales through fundraising activities.

The YCJDF encourages YCOE staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

The YCJDF and YCOE staff encourage parents to/guardians or other volunteers to support the Facility's nutrition program by considering nutritional quality when selecting snack which they may donate for occasional class parties/events by limiting food and beverages that do not meet nutritional standards.

Program Implementation and Evaluation

The JDF Superintendent or designee shall ensure compliance with established Health and Wellness Policies once every three years. The Yolo County Sheriff's Department Food Services Staff shall ensure compliance with Nutrition Policies within the YCJDF areas and will report to the designee. The report will be provided to the YCJDF Wellness Committee and made available to all involved stakeholders. The Wellness committee shall be involved in establishing the goals for the school wellness policy, success indicators, reporting methodology and frequency of reporting to the Facility Superintendent.

To promote the implementation of the YCJDF wellness policy, the YCJDF will conduct a baseline assessment of the facility's existing nutrition and physical activity environment. The results of those assessments will be compiled to identify and prioritize needs. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. Formal assessments tools such as the CSBA Monitoring for Success: A Guide for Assessing and Strengthen Student Wellness Policies can be used to assess the school environment may be used.