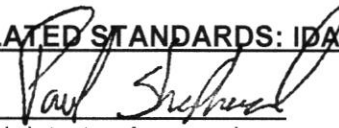


**RELATED STANDARDS: IDAPA 05.01.02 230 IDAPA 05.01.02 232 IDAPA 05.01.02 250 IDAPA 05.01.02 265**

  
Administrator Approval

**May 1, 2020**  
Effective Date

Supersedes:

## POLICY

In order to promote healthy lifestyles for the youth in our care and to comply with federal guidelines for the National School Lunch Act, Snake River Juvenile Detention Center shall create a yearly wellness policy for the youth in our care.

## PURPOSE

The purpose is to provide the juveniles in our care an environment that promotes health and wellbeing, including nutritional meals, nutrition education, physical activity, and to comply with all state and federal guidelines.

## PROCEDURES

- 1) No later than the first day of the school year, Snake River Juvenile Detention Center shall establish a wellness policy to ensure compliance with the Richard B. Russell National School Lunch Act.
- 2) The wellness committee will be comprised of food service staff, youth development staff, inmate health care staff, education staff, staff involved with physical activity for juveniles, and the Detention Manager/Designee. The committee shall receive input from juveniles, parents, and the public using methods that include, but are not limited to, surveys and informal feedback.
  - a) The committee shall meet yearly to address any changes needed to the policy
  - b) On a triennial basis, the committee will evaluate compliance with the policy and the programs offered in detention, compare the policy to model policies, and measure progress toward wellness policy goals
  - c) The Detention Manager/Designee will keep minutes of these meetings and ensure that needed changes to policy are completed and implemented.
- 3) The wellness policy is comprised of the following elements:
  - a) Wellness policy development and evaluation
  - b) Health and wellness topics
  - c) Nutrition education
  - d) Nutrition guidelines
  - e) Nutrition promotion
  - f) Nutrition environment
  - g) Physical activity
  - h) Communication and implementation
- 4) Health and wellness and nutrition education: The medical department will provide a monthly calendar of their health education courses to the teachers. The medical department as part of their ongoing health education presentations in the classrooms shall have classes on:
  - a) Mental health
  - b) Nutrition education
  - c) Hygiene
  - d) Drug and alcohol education
  - e) Teen pregnancy
- 5) Nutrition guidelines and promotion: Effort shall be made to adhere to the best possible standards in food preparation with due regard for the following principles:
  - a) Follow the United States Department of Agriculture (USDA) Nutritional Standards for school meals
  - b) Continue offering healthy foods
  - c) Enhance palatability and attractiveness of menus
  - d) Ensure safety for consumption
  - e) Promote nutritious choices using methods that include, but are not limited to, posting the monthly menu, posters/signage for healthy food choices, and positive reinforcement

- 6) Nutrition Environment: Snake River Juvenile Detention Center will attempt to provide a pleasant eating experience for residents and adults
  - a) Residents have the ability to comment on the meals served in detention in the following ways:
    - i) As part of the exit surveys they complete upon release. The data from the surveys is collected and shared with the kitchen.
    - ii) Through the grievance procedure as outlined in chapter 4-5
  - b) The kitchen will work with the medical department to meet the needs of residents with special diets whenever possible within regulatory requirements.
  - c) Drinking fountains will be available for residents to get water at meals and throughout the day.
  - d) Detention officers provide supervision during meal service times.
- 7) Food and beverage advertising: Due to Snake River Juvenile Detention Center being a detention center, there is no marketing of outside food or beverages and there are no vending machines inside detention
  - a) The only food provided during school hours is made by the detention center kitchen staff. The kitchen adheres to the federal meal pattern requirements.
  - b) Outside food and drink are not permitted in the classrooms without the permission of the Detention Manager
- 8) Physical activity: The youth development specialist and detention staff shall facilitate at least one-hour daily physical activity of large muscle exercise per IDAPA 5.01.02.265 for five days a week.
  - a) The youth development specialist or detention staff shall also promote and conduct small group exercise and activity programs to promote a healthy lifestyle.
- 9) Communication: The wellness policy will be made public on the Snake River Juvenile Detention Center website along with the triennial assessment.
- 10) Designee to ensure compliance: The Detention Manager/Designee, is responsible for the operational implementation of the wellness policy and will ensure that the wellness committee meets on a yearly basis.