



Wellness Policy

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Wellness Policy

Preamble

Children's Receiving Home of Sacramento (hereto referred to as CRH) is committed to the optimal development of every youth in our care. CRH believes that for youth to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout CRH year.

Research shows that two components, good nutrition and physical activity before, during, and after school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) CRH Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among youth.^{8,9,10} In addition, youth who are physically active through active transport to and from CRH, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

This policy outlines CRH's approach to ensuring environments and opportunities for all youth to practice healthy eating and physical activity behaviors throughout CRH day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Youth in CRH have access to healthy foods throughout CRH day—both through reimbursable CRH meals and other foods available throughout CRH campus—in accordance with Federal and state nutrition standards;
- Youth receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Youth have opportunities to be physically active before, during, and after CRH;
- CRH engages in nutrition and physical activity promotion and other activities that promote student wellness;
- CRH staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of CRH;
- The community is engaged in supporting the work of CRH in creating continuity between CRH and other settings for youth and staff to practice lifelong healthy habits; and
- CRH establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all youth and staff in CRH.



- CRH will coordinate the wellness policy with other aspects of CRH management, including CRH Improvement Plan, when appropriate.

I. CRH Wellness Committee

Committee Role and Membership

CRH will convene a representative CRH wellness committee (hereto referred to as CRHWC or work within an existing CRH health committee) that meets at least four times per year to establish goals for and oversee CRH's health and safety policies and programs, including development, implementation, and periodic review and update of CRH wellness policy (heretofore referred to as "wellness policy").

CRHWC membership will represent CRH and include (to the extent possible), but not be limited to: parents and caregivers; youth; representatives of CRH health professionals (ex. CRH health services staff [i.e., nurses, physicians), and mental health and social services staff [i.e., CRH counselors, psychologists, social workers, or psychiatrists]; CRH administrators (ex., CEO, Director of Operations, Associate Director of Operations, CCL Administrator), and CRH board members. To the extent possible, CRHWC will include representatives from each CRH building and reflect the diversity of the community.

Leadership

The CEO or designee(s) will convene CRHWC and facilitate development of and updates to the wellness policy, and will ensure each CRH's compliance with the policy.

Please use the following to get in touch with the CRH wellness policy coordinator you are inquiring about:

Children's Receiving Home of Sacramento
3555 Auburn Blvd, Sacramento, CA, 95821
Email: info@crhkids.org
Phone: 916.482.2370
Fax: 916.480.6241

Each CRH will designate a CRH wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of CRH level wellness policy coordinators.



II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

CRH will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to CRH, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on CRH campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other CRH-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: www.crhkids.org

Recordkeeping

CRH will retain records to document compliance with the requirements of the wellness policy with CRH Kitchen Supervisor. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit CRHWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each CRH under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each CRH under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

CRH will compile and publish an annual report to share basic information about the wellness policy and report on the progress of CRH in meeting wellness goals. This annual report will be published around the same time each year in June. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each CRH's progress in meeting the wellness policy goals;
- A summary of events or activities related to wellness policy implementation;



- The name, position title, and contact information of the designated CRH policy leader(s) identified in Section I.

CRHWC, will establish and monitor goals and objectives for CRH, specific and appropriate for each age group for each of the content-specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, CRH will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which CRH is in compliance with the wellness policy;
- The extent to which CRH wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of CRH wellness policy.

The position/person responsible for managing the triennial assessment and contact information is _Andreya Cardona, Kitchen Supervisor at: acardona!crhkids.org

CRHWC, will monitor CRHs' compliance with this wellness policy.

Revisions and Updating the Policy

CRHWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as CRH priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

CRH is committed to being responsive to community input, which begins with awareness of the wellness policy. CRH will actively communicate ways in which representatives of CRHWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for CRH. CRH will also inform authorized representatives of the improvements that have been made to CRH meals and compliance with CRH meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in CRH nutrition standards. CRH will use electronic mechanisms, such as displaying notices on CRH website. CRH will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that CRH are communicating other important CRH information with authorized representatives.



CRH will notify the public about the content of or any updates to the wellness policy annually, at a minimum. CRH will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

CRH Meals

CRH is committed to serving healthy meals to children, with a variety of fruits, vegetables, whole grains, and 1%, fat-free and fat-free flavored; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of CRH children within their calorie requirements. CRH meal programs aim to improve the diet and health of CRH children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

CRH will participate in USDA child nutrition programs, including the National CRH Lunch Program (NSLP), CRH Breakfast Program (SBP). CRH are committed to offering CRH meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all youth;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (CRH offers reimbursable CRH meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of youth
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to youth
 - All staff members, especially those serving, have been trained to politely prompt youth to select and consume the daily vegetable options with their meal
 - 1%, fat-free and fat-free flavored milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to youth (e.g., salad bars, snack rooms, etc.)
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options



- Menus will be posted in dorms and in the cafeteria for the entire month per CCL guidelines.
- CRH child nutrition program will accommodate youth with special dietary needs.

Staff Qualifications and Professional Development

All CRH nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These CRH nutrition personnel will refer to [USDA's Professional Standards for CRH Nutrition Standards website](#) to search for training that meets their learning needs.

Knowledge of the CDE Meal Program requirements with respect to adherence to menus, recipes and portion size. Knowledge of Title 22 and OSHA regulations related to safety and sanitation for food service.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all youth throughout the day and throughout campus. CRH will make drinking water available where CRH meals are served during mealtimes. .

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.]

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in CRH meal programs. Youth and staff will receive consistent nutrition messages throughout CRH. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to youth and is most effective when implemented consistently through a comprehensive and multi-channel approach by CRH staff, authorized representatives, youth, and the community.

CRH will promote healthy food and beverage choices for all youth throughout CRH, as well as encourage participation in CRH meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through CRH meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in CRH nutrition standards. Additional possible promotion techniques that CRH and individual CRHs may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education



CRH aims to teach, model, encourage, and support healthy eating by youth. CRH will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide youth with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes/groups, but also integrated into other dorm activities;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and CRH gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise); and
- Link with CRH meal programs, cafeteria nutrition promotion activities, CRH gardens, other CRH foods, and nutrition-related community services;

Essential Healthy Eating Topics in Health Education

CRH will include in the health education group curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior



[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in CRHs

CRH is committed to providing a CRH environment that ensures opportunities for all youth to practice healthy eating and physical activity behaviors throughout CRH day while minimizing commercial distractions. CRH strives to teach youth how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if youth are subjected to advertising on CRH property that contains messages inconsistent with the health information CRH is imparting through nutrition education and health promotion efforts. It is the intent of CRH to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on CRH campus, consistent with CRH wellness policy.

Any foods and beverages marketed or promoted to youth on CRH campus* during CRH day* will meet or exceed the USDA Smart Snacks in CRH nutrition standards.

Food advertising and marketing is defined¹⁵ as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on CRH equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, CRHs will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or CRH supplies displayed, distributed, offered, or sold by CRH.
- Advertisements in CRH publications or CRH mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.



IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of youth' physical activity can be provided through CRH-based physical activity program. CRH is committed to providing these opportunities through scheduled dorm activities that include off and on-campus opportunities. CRH will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). CRH will be encouraged to participate in *Let's Move!* Program in order to successfully address the requirements for physical activities.

Physical activity **will not be withheld** as punishment for any reason (this does not include participation on sports teams that have specific academic requirements). CRH will provide staff with a [list of ideas](#) for alternative ways to discipline youth.

To the extent practicable, CRH will ensure that its grounds and facilities are safe and that equipment is available to youth to be active. CRH will conduct necessary inspections and repairs.

V. Other Activities that Promote Student Wellness

CRH will integrate wellness activities across the entire CRH setting, not just in the cafeteria. CRH will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting youth's well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy CRH environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of CRHWC.

All CRH-sponsored events will adhere to the wellness policy. All CRH-sponsored wellness events will include physical activity opportunities.

Community Partnerships

CRH will continue relationships with community partners (i.e. child protective services, hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement



CRH will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity.

As described in the “Community Involvement, Outreach, and Communications” subsection, CRH will use electronic mechanisms (such as email or displaying notices on CRH website) to ensure that authorized representatives are actively notified of opportunities to participate in CRH-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

CRHWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader’s name is Karen Ostiguy.

CRH will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. CRH promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

- CRH will use a healthy meeting policy for all events with available food options, created by the CRHWC or one that currently exists that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.

Professional Learning

When feasible, CRH will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and CRH (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help CRH staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing CRH reform or academic improvement plans/efforts.



Glossary:

CRH Campus - areas that are owned or leased by CRH and used at any time for CRH-related activities such as CRH building or on CRH campus, including on the outside of CRH building, CRH buses or other vehicles used to transport youth, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

Triennial – recurring every three years.



Appendix A: CRH Level Contacts

Please use the following to get in touch with the CRH wellness policy coordinator you are inquiring about:

Children's Receiving Home of Sacramento
3555 Auburn Blvd, Sacramento, CA, 95821
Email: info@crhkids.org
Phone: 916.482.2370
Fax: 916.480.6241

¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

⁴ Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.

⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

¹² Singh A, Uijtendewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49–55.

¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.



¹⁴ Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. Pediatrics 2014; 134(4): e1063-1071.

¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>.



CDE USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027 \(PDF\)](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or
3. email:
Program.Intake@usda.gov.

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