

Linn County Juvenile Detention Center Wellness Policy

The Detention Center promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Detention Center supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the Detention school contributes to the basic health status of students. Improved health optimizes student performance potential.

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, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication or program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form, \(AD-3027\)](#) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, 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
Washington, D.C. 20250-9410
- (2) fax: 202-690-7442
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Iowa Nondiscrimination Statement

It is the policy of this CNP provider (Linn County Juvenile Detention Center) not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by the Linn County Juvenile Detention Center, please contact the Iowa Civil Rights Commission, Grimes State Office Building, 400 E 14th St., Des Moines, Iowa 50319-100; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>.

Nutrition Education Goals

The Detention Center School will provide nutrition education and engage in nutrition promotion that:

- Is offered at all grade levels as part of a standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts and personal development.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Includes the benefits of healthy eating, essential nutrients, nutritional deficiencies principles of healthy weight management, the use and misuse of dietary supplements and safe food preparation, handling and storage.
- Addresses nutrition-related skills, including planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising.
- Explains how to assess one's personal eating habits, set goals for improvement, and achieve those goals.
- Includes instructional activities that are participatory, developmentally appropriate, enjoyable and stress the appealing aspects of healthy eating.
- Includes training for detention staff.

Physical Education Goals

The Detention Center will implement a physical education program that:

- Is for all residents at all grade levels for the entire year.
- Provides three 45-minute physical education classes per week during school hours.
- Provides a 50-minute physical activity every evening 7-days a week and during weekend days.
- Provides a range of activities that meet the needs, interests, and abilities of all students including boys, girls, students with disabilities and students with special health-care needs.

- Engages students in moderate to vigorous activity during at least 50 percent of physical education class or program time.

NUTRITION GUIDELINES

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet at a minimum, nutrition requirements established by local, state and federal law.
- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives.
- Ensure that 100% of the served grains are whole grain.

The Detention Center should:

- Engage students, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices.
- Share information about the nutritional content of meals with students. (The information could be made available on menus and on cafeteria menu boards.

Breakfast

To ensure that all children have breakfast to meet their nutritional needs and enhance their ability to learn, the detention center will:

- Operate a breakfast program that offers healthy food options.
- Utilize methods to serve breakfasts that encourage participation.

Meal Times and Scheduling

The Detention Center:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Should schedule meal periods at appropriate times, e.g. lunch should be scheduled between 11:00 a.m. and 1:00 p.m.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia or high tooth decay risk).

Qualification of Food Service Staff

Qualified food service staff will administer the meal programs. As part of the Center's responsibility to operate a food service program, the Center will:

- Provide continuing professional development for all kitchen staff.

- Provide staff development programs that include appropriate certification and/or training programs for the food service coordinator and cooks, according to their levels of responsibility.

Sharing of Foods

The Detention Center will not allow students to share their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods Sold Outside the Meal During School Hours (e.g. a la carte, sales)

Secondary schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs during the school day will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA).
- **Not Allowed:** a soft drink containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk.

Foods

A food item sold individually:

- Will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined.
- Will have no more than 35 percent of its weight from added sugars.
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.
- Will include a choice of at least two fruits and/or non-fried vegetables.

Examples: Food items could include, but are not limited to, fresh fruits and vegetables; 100 percent fruit or vegetable juice; fruit-based drinks that are at least 50 percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).

Portion Size

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky.
- One ounce for cookies.
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items.
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
- Eight ounces for non-frozen yogurt.
- Twelve fluid ounces for beverages, excluding water and milk
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Food Safety

All foods made available at detention will adhere to food safety and security guidelines.

- All foods made available at detention will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
http://www.fns.usda.gov/tn/Resources/servingsafe_chapter_6.pdf
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

Monitoring

The Detention Coordinator will ensure compliance with established school nutrition and physical activity wellness policies.

For the detention program:

- The youth Service Supervisors will ensure compliance with those policies in the Center and will report on the Center's compliance to the Detention Coordinator.
- Food service staff at the Detention Center will ensure compliance with nutrition policies within food service areas and will report on this matter to the Detention Coordinator or Youth Service Supervisors.

Policy Review

To help with the initial development of the wellness policies, the detention center will conduct a baseline assessment of its existing nutrition and physical activity environments and practices. The results of those assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every 3 years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the detention center will review the nutrition and physical activity policies and practices and provision of an environment that supports healthy eating and physical activity. The detention center will revise the wellness policies and develop work plans to facilitate their implementation.

Revised May 18, 2016