

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, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, DC 20250-9410; or
2. Fax:
(833) 256-1665 or (202) 690-7442; or
3. Email:
program.intake@usda.gov

This institution is an equal opportunity provider.

Revised 5-5-22

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 Promotion & 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.
- 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.
- Display menu items with point values to aid in educating youth and staff on what is required for a reimbursable meal.
- To promote hydration for all residents.
- GWAEA staff will work to include in the health education curriculum, areas from the following essential topics on healthy eating:
 - Relationship between healthy eating and personal health and disease prevention
 - Food guidance from MyPlate
 - Reading and using FDS's nutrition facts labels
 - Eating a variety of foods every day
 - Eating more fruits, vegetables, and whole grain products
 - Balancing food intake and physical activity

- 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

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 45-minute physical activity every evening 7-days a week and additionally 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.
- Physical activity during the school day will not be withheld as punishment for any reason.

NUTRITION STANDARDS, GUIDELINES AND MARKETING

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.
- Will provide cups of water with each meal

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 15 minutes to eat breakfast and 20 minutes to eat 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.
- All school nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional](#)

[Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

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 Provided 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 given 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 given 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
- Food will be prepackaged individualized portions.

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.

Marketing

Any food or beverage marketed or promoted to students in the facility will strive to teach youth to make healthy choices about nutrition, health and physical activity.

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

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

For the detention program:

- The JDDS Supervisors will ensure compliance with those policies in the Center and will report on the Center's compliance to the Detention Director.
- 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 Director or JDDS Supervisors.
- Teachers will ensure that food provided during the school day as rewards will meet proper snacks expectations and will report on this matter to the Detention Director or JDDS Supervisors.
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Policy Review

Linn County Juvenile Detention will develop a wellness committee that will be comprised of members from program supervisors, nursing staff, teachers, and food service workers, who are passionate about the health and wellbeing of the clients.

- The purpose of the wellness committee is to form a group supporting, encouraging, and promoting good nutrition, physical activity and overall wellbeing for clients.
- The Wellness Committee will establish goals for enhancing and promoting nutrition education, encouraging physical activity, and other school and milieu activities to continuously promote client wellness.
- The goals established by the wellness team will be integral to our client's health and lifelong wellbeing.

The Detention Director shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval.
- Make the policy and updated assessment of the implementation available to the public. This information shall include the extent to which Linn County Juvenile Detention is in compliance with policy and a description of the progress being made in attaining the goals for the policy.
- The wellness policy is reviewed annually and is updated as needed by the members of the Wellness Committee.

Triennial Assessment

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

- The extent to which Linn County Juvenile Detention is in compliance with the wellness policy;
- The extent to which the Linn County Juvenile Detention's 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 the Linn County Juvenile Detention's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is:
Dawn Schott, JDDS Director, 319-892-5739

Reviewed by Committee on: 3/23/23

Dawn Schott

Will Wright

Marcus Wise

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Kellie Walker

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