



DEPARTMENT OF JUVENILE JUSTICE SERVICES

ADMINISTRATIVE DIRECTIVE A053

RESIDENTIAL CHILD CARE INSTITUTION WELLNESS POLICY

EFFECTIVE DATE June 12, 2015

REVISED: October 1, 2015

PURPOSE

The Department of Juvenile Justice Services (DJJS) Residential Child Care Institution Wellness Policy will establish the foundation, goals and standards required by the U.S. Department of Agriculture when participating in the National School Lunch and School Breakfast Program.

DIVISIONS AFFECTED

Applies to all divisions of DJJS involved in the preparation and serving of food.

PROCEDURE

I. Wellness Advisory Group

The Wellness Advisory Group will be made up of representatives from the Detention and Spring Mountain Youth Camp divisions. Representatives may include staff from the Clark County School District, as well as interested citizens. The Wellness Advisory Group shall meet a minimum of once every six (6) months to discuss wellness issues in the Department and to evaluate and set goals for wellness activities.

II. Wellness Policy Goals

A. Nutrition and Nutrition Education

The nutrition education goal is to teach and encourage healthy eating habits that will promote strong physical and psychological well-being, long-term health benefits and healthier adult lives.

GOALS:

- Encourage youth to eat more fruits, vegetables, whole grain products, low-fat and fat free dairy products
- Provide nutritional instructions and materials specifying good nutritional choices to youth
- Nutritional education materials, such as posters and handouts, will be displayed in each unit and cafeteria

- Kitchen personnel are trained and certified in the Servsafe program

B. Physical Activity

The physical activity goal is to provide an opportunity for all youth to learn and develop the skills, knowledge and attitudes necessary to be physically fit and active.

GOALS:

- Administer a 50-minute per day physical activity to youth when school is not in session
- Teach youth to understand the short and long-term benefits of a physically active and healthy lifestyle
- Create a physical activity program that will encompass a variety of opportunities for youth to be physically active.

C. Other Activities Promoting Wellness

The other activities to promote wellness include ongoing professional development for teaching nutrition, to encourage staff to facilitate activities with youth and to lead by example.

GOALS:

- Encourage youth to engage in large muscle activities, challenges, physical education programs and other organized events.
- Encourage youth to join in events and activities where wholesome foods are presented and offered.

III. Recordkeeping

The Department will retain basic records demonstrating compliance with the Wellness Policy including the following documentation:

- List of wellness advisory group members
- Copies of annual progress reports
- Copy of the Wellness Policy
- Advisory group meeting minutes
- Process for interested parties to get involved with youth wellness.