DAKOTA MILESTONES STANDARD POLICIES AND PROCEDURES

SUBJECT:	WELLNESS	EFFECTIVE DATE _9/28/06
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SECTION:	VALUES	REVISION DATES
CHAPTER:	314	

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the US Congress established a new requirement for all agencies that use federal dollars for school lunch and breakfast to develop and implement a wellness policy. The wellness policy should address the components of nutrition education, nutrition standards, physical activity and other school based activities.

Nutritional Education

The main goal of nutrition education is to encourage and support lifelong healthy eating habits by people receiving supports. Nutrition education will be integrated into people's lives whenever appropriate.

A nutritional screening will be completed for each person who begins receiving services at Dakota Milestones.

The person's interdisciplinary team will make recommendations annually as to whether or not a follow up nutritional evaluation is needed.

Each person's interdisciplinary team will determine the nutritional education needs of that person annually at their Outcome Support Plan (OSP) meeting.

Dakota Milestones will provide resources for teaching nutrition and its contribution to healthy living and healthy lifestyles.

Dakota Milestones will use healthy food choices such as fruits and vegetables; 100 percent fruit juice; 1 percent fat or nonfat milk, yogurt, and cheese; and whole grain breads, crackers, and cereals when educating people about a healthy diet.

Nutritional Education should include:

- 1. Benefits of healthy eating
- 2. essential nutrients
- 3. nutritional deficiencies
- 4. principles of healthy weight management
- 5. use and misuse of dietary supplements
- 6. safe food preparation
- 7. handling and storage

- 8. planning a healthy meal
- 9. understanding and using food labels
- 10. critically evaluating nutrition information
- 11. commercial food advertising
- 12. how to access one personal eating habits
- 13. set goals for improvement

Nutrition Standards

Quality of life issues are affected by the choice and availability of good nutritional foods. Healthy foods support brain development, resistance to disease, emotional stability and ability to learn.

- Dakota Milestones food service program shall provide wholesome, wellbalanced meals of high nutritional value and operate in accordance with the rules and regulations established by the National School Lunch Program and the School Breakfast Program.
- Meals should be made attractive to people who receive supports, both appealing to their taste preferences and meeting their cultural needs.
- The food service program shall comply with USDA regulations and state policies.
- People supported with special dietary needs (diabetes, allergies) will be accommodated as required by USDA
- People will be assisted in preparing sack lunches that provide healthy nutritional foods.
- We will ensure water is accessible to people receiving supports throughout the day.

Dakota Milestones will post nutrition information wherever foods and beverages are served or sold in agency.

Physical Activity Goals

Physical activity is encouraged for people receiving services and supports at Dakota Milestones. Each person receiving supports interdisciplinary team will review annually the physical activities the person does, and makes recommendations for the upcoming year.

Dakota Milestones assists people receiving supports in accessing physical fitness programs in the community, when they have a desire to participate in those activities.

Dakota Milestones has stationary bikes available at various locations to provide people with the opportunity to exercise.

Wellness Coordinator

The Executive Director shall serve as the agency Wellness Coordinator. The Wellness Coordinator will be responsible for inquiries and actions regarding the policy implementation.

Other activities:

The agency will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contribute to forming healthy lifelong habits.

Eating Environment

- Create and maintain a safe, comfortable, and inviting place for people receiving supports to eat school lunch meals.
- Ensure that people receiving supports have plenty of time to eat and socialize.
- Schedule meal periods at reasonable hours when people receiving supports are hungry and ready to eat.
- Ensure that time is allowed and facilities are conveniently available for people receiving supports to wash their hands before and after meals.

Access Facilities for Physical Activity

- People receiving supports will be assisted in accessing community exercise classes or health clubs.
- People will be assisted in obtaining desired exercise equipment to utilize or will be able to utilize exercise machines owned by Dakota Milestones.

Reward, Incentives and Consequences

- Food items should be limited for rewards and incentives, other more appropriate rewards/incentives may be used (playing a board game, going for a walk, etc...)
- Meals will not be withheld from people supported as a consequence for inappropriate behavior.

Vending Machines

- No candy or snack food vending machines will be allowed at the day program.
- Pop vending machines at the day program facility will also include choice of fruit juices or sports drinks for people supported and staff.

Evaluation

The agency's wellness committee shall meet each year to evaluate the wellness policy and make revisions as necessary.