



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, well-balanced 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 life-long 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.