



Wellness Plan

May 2017



NATIONAL SCHOOL BREAKFAST, LUNCH AND SNACK PROGRAMS

I. Food Nutrition Advisory Group

GNB's Board of Directors will develop a Wellness Advisory Group (within its Program Committee) to create, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Advisory Group will serve as a resource to school sites for implementing those policies. The Advisory Group will consist of a GNB resident and staff, a parent if available), a member of program committee.

Public Notice

GNB will inform and update the public (including parents, caregivers, advocates, students and community members) about the content and implementation of this Wellness policy posted in the Group Home, on the GNB website and distributed to GNB students and staff.

II. Nutritional Quality of Foods

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

- Be appealing and attractive to the students;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of local in season fresh fruits and vegetables;²
- Serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure ALL of the grains served are whole grain.^{3,4}

Staff will provide taste-tests and surveys of new entrees in order to identify novel, healthful, and appealing food choices. In addition, our Agency will share information about the nutritional content of meals with parents, caregivers, advocates and students. Such information will be made available on menus or at the GNB site and website for further review. Staff will also inform the USDA (Sacramento Food Distribution Center, Alameda County Food Bank) of foods that are not as appealing and also inform them of the foods that are desired to assist with ordering and donation given throughout the year.

Meal Times and Scheduling

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GNB:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students are allowed to eat during such activities;
- Will provide students access to hand washing or hand sanitizing supplies before they eat meals or snacks; and
- Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

As part of the GNB responsibility to operate a food service program, continuing professional development will be provided for all nutritional professionals. Staff development programs should include appropriate certification and/or training programs for the Director, Administrator, Facility Managers and staff, according to their levels of responsibility.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving local fresh seasonal fruits and vegetables as the primary snacks and water as the primary beverage. GNB will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, cultural and other considerations. GNB will disseminate a list of healthful snack items to Staff, after-school program personnel, parents, caregivers or advocates.

III. Nutrition and Physical Activity Promotion

Nutrition Education and Promotion

GNB aspires to teach, encourage, and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that:

- Is offered to provide students with the knowledge and skills necessary to promote and protect their health
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as promotions, taste testing, farm visits, and school gardens
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices

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- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Links with school meal programs, other school foods, and nutrition-related community services
- Teaches media literacy with an emphasis on food marketing
- Includes nutritional training for all staff.

Communications with Parents

GNB will support parents' efforts to provide a healthy diet and daily physical activity for their children when on home visits. We will offer periodic healthy eating seminars for parents, caregivers and advocates and send nutritional information, post nutrition tips on our websites, and provide nutrient analyses of school menus. When on home passes, we will encourage parents, caregivers and advocates to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. GNB will provide parents with a list of foods that meet the district's snack standards.

Staff Wellness

GNB values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. GNB's Wellness Advisory Group will address all of the students and staff associated with the program. The Advisory Group will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from Program Committee and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among GNB staff. The Wellness Advisory Group should distribute its plan to the GNB Leadership annually.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education

All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 225 minutes/week for middle and high school students) for the entire school year. All physical education supported and encouraged by our GNB Staff. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activities.

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Safe Routes to School

The GNB will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students transported to school since they are under the jurisdiction of county probation departments (Walking and biking could be an option for our 18 year olds). When appropriate, the Director will work with local public works, public safety, and/or local law enforcement in those efforts.

V. Monitoring and Policy Review

Monitoring

The Director will ensure compliance with the nutrition, physical activity wellness policies and compliance with those policies at the Site.

Food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Administrator. The Director will develop a summary report every three years on Agency compliance on nutrition and physical activity wellness policies. That report will be provided to the Board, Wellness Advisory Group and staff.

Policy Review

To help with the initial development of the Agency's wellness policies, the Director will conduct a baseline assessment of GNB's existing nutrition, physical activity, environments and policies. The results will be compiled to identify and prioritize needs.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of the review, the Agency will review our nutrition and physical activity policies; an assessment of the implementation of the wellness policy (including the extent to which the agency complies with the wellness policy, the extent to which the wellness policy complies to model wellness policies, and the progress made towards attaining the goals of the wellness policy); provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Assessments will be made available to the public upon request.