

Yamhill County Department of Community Justice Youth Services Center

POLICIES AND PROCEDURES

Policy Number

10.2

Chapter

Food Service

Related Standards

Oregon Juvenile Detention Facility Guidelines
 ORS 332.107Z OAR 581-051-0100 OAR 581-051-0305 OAR 581-051-0310 OAR 581-051-0400
 NATIONAL SCHOOL LUNCH PROGRAM, 7 CFT PART 210
 SCHOOL BREAKFAST PROGRAM, 7 CFT PART 220
 CHILD NUTRITION AND WIC REAUTHORIZATION ACT OF 2004 & 202, 42 USC & 1751 (2004)

Subject

Wellness

Revised

01/06/2025

Reviewed

10/20/23

I. POLICY:

The Yamhill County Youth Services Center values the health and wellness of its youth. We strive to provide an environment that is conducive to learning and that allows youth to succeed. This policy outlines Youth Services Center’s approach to ensuring environments and opportunities for all youth to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions.

Wellness Committee

The Wellness Committee consists of committed Youth Services Center staff and will meet at least [four] times a year. The Wellness Committee will establish goals for (and oversee) development, implementation, and periodic review and update of the Yamhill County Youth Services Center wellness policy. The Division Manager or Designee will; ensure that Youth Services Center complies with the local school wellness policy, convene the Wellness Committee, and facilitate development and updates to the wellness policy.

The Wellness Committee members include:

For input or comments, please email ycyscwellness@gmail.com

Name	Title/Relationship to Yamhill County Youth Services Center	Role Responsibility on Committee
Cliff Toney	Juvenile Corrections Manager	Chairperson
Amy Kemper	Juvenile Corrections Supervisor	Co-Chair
Erin Stanton	Education Coordinator	Member
Jacob Deboff	Juvenile Corrections Specialist	Member

Angela Cruz	Juvenile Corrections Specialist	Member
Aaron Stotler	Juvenile Corrections Supervisor	Member
Summit Foods	Food Service Manager	Member

I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Yamhill County Youth Services Center will retain and provide basic records demonstrating compliance with the federal local wellness policy, including copies of wellness committee meeting information. Yamhill County Youth Services Center will actively inform families/guardians each year of basic information about this policy, updates to the policy and implementation status. Yamhill County Youth Services Center Wellness Policy and information can be found in the Youth Services Center Youth Handbook and online. At least once every three years, Youth Services Center will evaluate compliance with the wellness policy to assess the implementation of the policy to determine:

- The extent to which the Youth Services Center is in compliance with the wellness policy;
- The extent to which the facility’s policy compares to model wellness policy; and
- A description of the progress made in attaining the goals of the Youth Services Center policy. Yamhill County Youth Services Center will notify households/families of the availability of the triennial progress report.
- Every two to three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.
- The local wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

II. Nutrition Promotion and Nutrition Education

Healthy eating has been linked in studies to improved learning outcomes and helps ensure that youth are able to reach their potential. The school nutrition environment provides youth with opportunities to learn about and practice healthy eating through available foods and beverages, nutrition education, and messages about food in the dining area. All foods given away – snacks, classroom celebrations will meet or exceed Oregon Smart Snacks Nutrition Standards.

- Both breakfast and lunch meals served shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.

<https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>
http://www.foodcompliance.com/Government_Connection/Label_Regulations/regulation.jsp?R=508

- Afternoon snack served to youth at YOUTH SERVICES CENTER will meet the requirements of the CACFP standards. <https://www.fns.usda.gov/cacfp/meals-and-snacks>
- Yamhill County Youth Services Center does not sell food/beverages to youth in the program. All food/beverages are supplied without cost to the youth.
- Youth will have the opportunity to provide input on local, cultural and ethnic favorites.

- Yamhill County Youth Services Center will use the USDA’s Smarter Lunchroom tools and other resources available on the USDA website.
- There is no set time limit for the youth in the Yamhill County Youth Services Center to eat breakfast/lunch. After obtaining their food, youth have at least twenty minutes to eat.
- Water is available in each youth’s room and available during meals via a water jug and cups.
- Yamhill County Youth Services Center are encouraged to limit the use of food or beverages as rewards for academic, classroom, or sports performance.
- As a substitute for food rewards, staff are encouraged to offer physical activity or free time as incentive when feasible.
- Youth shall not be required to engage in physical activity as punishment. For example, youth may not be singled out to run extra laps or perform other physical activities that the entire class is not engaged in, as a behavioral consequence.
- Physical activities will not be withheld from youth as a punishment for poor behavior or incomplete class work.
- Nutrition lessons will be integrated into the curriculum through the use of the “Casey Life Skills” program which teaches menu planning and how to read a nutrition label. Nutrition topics will also be integrated within the comprehensive health education curriculum and taught at every grade level.
- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student’s understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- Yamhill County Jail staff will meet 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. The training requirements are as follows: New and current directors (12 hours), new and current managers (10 hours), new and current staff (6 hours).

III. Physical Education & Physical Activity

Schools can create an environment that offers many opportunities for youth to be physically active throughout the school day. A comprehensive school physical activity program (CSPAP) is the national framework for physical education and youth physical activity. A CSPAP reflects strong coordination across five components: physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement.

- Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.
- Physical education will enable youth to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices.

- All high school youth shall receive 225 minutes per week of physical education instruction throughout the school year. All staff involved in physical education should be provided with opportunities for professional development.
- Unless otherwise exempted, all youth are required to participate in physical education. In addition, YOUTH SERVICES CENTER discourages youth from substituting other school or community activities for physical education class time or credit in place of physical education.
- When possible, youth should have the opportunity to be physically active before and after school.
- Youth Services Center staff members are encouraged to model healthy eating and physical activity behaviors.

IV. Employee Wellness

Fostering employees' physical, social and emotional health protects staff, and by doing so, helps to support youth' health and academic success. Healthy employees including direct care staff, cook, and teachers—have the energy to do their job well, and are less likely to be absent. They serve as powerful role models for youth, which may influence youth' health behaviors and choices.

- The Yamhill County Human Resources Department offers a variety of wellness opportunities to staff (membership to Anytime Fitness, Weight Watchers classes, etc.). In addition, staff are encouraged to drink water and eat healthy snacks throughout their shift.
- Yamhill County Youth Services Center will work with community partners to identify programs/services and resources to compliment and enrich employee wellness endeavors.

Yamhill County Youth Services Center will adhere to this policy and all requirements as directed by USDA and the Oregon Department of Education. Our policy is intended to create a healthy environment for youth and staff and this policy will be updated as new information is leased.