



Policy Name:	Methods for Wellness Policy
Applies to:	All Staff
Policy Location:	Employee Manual, Kitchen, Central Computer A
Effective Date:	7/8/2019
Date(s) of Revision:	9/15/2022, 9/18/2023, 11/30/2023

**Purpose**

Brantwood Children’s Home is committed to providing an environment that enhances learning and development of lifelong wellness practices. Every resident has access to healthy food choices in appropriate portion sizes throughout the day at a minimum.

**Policy**

**Dining Environment**

- Brantwood Children's Home provides a clean, safe, enjoyable meal environment for residents.
- Brantwood Children's Home provides enough space and serving areas to ensure all residents have access to school meals with minimum wait time.
- Brantwood Children's Home encourages all residents to participate in school meals.

**Time to Eat**

- Brantwood Children's Home ensures adequate time for students to enjoy eating healthy food. Also schedules lunch time in the middle of the day.

**Nutritional Guidelines, Food or Physical Activity**

- All food served on campus will comply with the nutritional guidelines of the USDA’s National School Breakfast, Lunch and Snack Program.
- Low fat, fat free milk and water will only be offered at every meal.
- Brantwood Children's Home prohibits the use of food as a reward or punishment in school.
- Brantwood Children's Home will not deny student participation in recess or other physical activities as a form of discipline.
- Brantwood Children's Home will promote a food environment that encourages healthy nutrition and beverage choices for students throughout the school campus, as well as encourage participation in school meals.
- Brantwood Children’s Home aims to teach, model, encourage, and support healthy eating to the students.

**Consistent School Activities and Environment**

- Opportunities for on-going professional training and development for food service staff, and teachers in the area of physical activity.

- Brantwood Children's Home keeps physical activity facilities open for use for residents outside school hours.
- Brantwood Children's Home encourages and provides opportunities for students, teachers and community volunteers to practice healthy eating and serve as a role models in school dining.
- Brantwood Children's Home encourages all residents to participate in breakfast, lunch and after school snack programs.

### **Nutrition Education**

- Students in grades 6-12 receive nutrition education that is interactive and teaches the skills they need to adapt healthy eating habits.
- Nutrition education is offered in the school dining room as well as in the classroom with coordination between the food service staff and teachers.
- Students receive consistent talks thru the school and food service staff.
- Standards and guidelines include both nutrition and physical education.
- Nutrition is integrated in to health education (P.E. and health)
- School links nutritional education activities with the coordinated school health program.
- Staff who provides nutrition has appropriate training.

### **Opportunities Physical Activity**

- Students are given opportunities for physical activity during the school day through physical education classes.
- Students are given opportunities for physical activities during after school programs; basketball, tennis, bike riding, ping pong, and walking.
- Staff promotes enjoyable physical activity among students.

### **Food Safety and Security**

- All food on campus will comply with food safety and sanitation regulations.
- Hazard plans will be completed and implemented in prevention of food born illness on campus.
- All refrigerators, freezers will have thermometers to ensure proper temperature.
- Food Service Staff and authorized personnel only, will have access to food storage facilities.
- All food will be cooked to proper temperature by checking with a calibrated meat thermometer.
- All equipment will meet local and state standards for safe food handling, preparation and storage.

### **Available Food and Beverages**

- Residents are not allowed to use vending machine (door is locked at all times) until after 7:00 p.m.
- Brantwood Children's Home sets guidelines for refreshments served at school parties, celebrations and meetings during the day.

### **Setting goals for Measurement and Evaluation**

Brantwood Children's Home Executive Director and staff will oversee the policy, monitoring and evaluating implementation to include:

- Is the policy making a difference?



- What’s working?
- What’s not working?
- How can the impact of the policy be increased to enhance its effect on the residents health and academic learning?

**Setting Goals for Other School Based Activities Designed to Promote Resident Wellness**

We are looking to promote healthy lifestyles and to educate the residents. We can accomplish this goal by bringing in speakers from various organizations or taking the residents out to the different organizations and having them actively engage in educational activities.


Local Organizations which could benefit our residents:

- American Red Cross
- Family Guidance Center
- American Cancer Society
- American Heart Association
- American Diabetes Association
- Montgomery YMCA
- Montgomery Public Library
- Alabama Public Health
- The Wellness Coalition

After school programs will encourage physical activity and healthy habit information.

**Policy Development, Implementation and Review Procedures**

The Wellness Committee will consist of Brantwood Children’s Home Executive Director, Program Director, Director of Operations and designated kitchen staff members. The committee will be responsible to create the Wellness Policy and s/he shall be responsible for monitoring schools, programs and curriculum to ensure compliant. The Board of Directors will review the policy for final approval. The Wellness Committee will assess the Wellness Policy every 2-3 years, on the extent to which it is compliance with USDA requirements, and continuous improvement process to strengthen the policy and ensure implementation is made in attaining the goals of the Wellness Policy. A triennial assessment summary/progress report will be completed every 3 years. Brantwood Children’s Home will ensure stakeholders, school and community awareness of this policy and the triennial progress report by making it available on Brantwood’s website. If any stakeholder or community member would like to be a part of the wellness committee please contact Candi Doss-McLeroy at [cdoss@brantwoodchildrenshome.org](mailto:cdoss@brantwoodchildrenshome.org).

Board of Directors:	Board of Directors - Approved	Date: 9/18/2023
Executive Director:		Date: 9/18/2023