



# Wellness Plan



**Santa Cruz County Probation Department and Juvenile Hall**  
**Wellness Plan on Nutrition**  
**and Physical Activity**

**Preamble / Goals**

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and participation at school and education.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- Community participation is essential to the development and implementation of successful wellness policies.

The Santa Cruz County Probation Department and Juvenile Hall are committed to providing environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the plan of the Santa Cruz County Juvenile Hall:

- Will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, reviewing and updating nutrition and physical activity policies.
- To ensure that all youth will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals and administrators will provide students with access to a variety of nutritious, and appealing foods that meet the health and nutrition needs (including special dietary requirements); will accommodate the religious, ethnic, and cultural diversity in meal planning; and will provide clean, safe, and pleasant settings and adequate time to eat.
- To the maximum extent practicable, we will participate in available federal school meal program(s).
- Will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **Nutritional Quality of Foods and Beverages Served**

### ***School Meals***

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

- Be appealing and attractive to youth;
- 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 fresh fruits and vegetables;
- Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

Food Service should engage youth and parents when possible, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Food Service should share information about the nutritional content of meals with parents and youth, as appropriate. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

### **Meal Times and Scheduling:**

- Will provide youth with at least 30 minutes to eat after sitting down for meals;
- Should schedule meal periods at appropriate times (i.e. lunch scheduled 2 ½ hours following breakfast);
- Should not schedule meetings or activities during mealtimes, unless youth may eat during such activities; and
- Will provide youth access to hand washing or hand sanitizing before they eat meals or snacks.

**Qualifications of Food Service Staff:** Qualified nutrition professionals will administer the meal programs. As part of the responsibility to operate a food service program, ongoing professional development will be provided for all nutrition professionals in the Santa Cruz County Juvenile Hall. Staff development programs should include appropriate certification and/or training programs for Cooks and Head Cooks according to their levels of responsibility.

Any person serving as a food service supervisor/manager or person otherwise responsible for menu planning shall be credentialed as a "school food service and nutrition specialist" or certified by a Level 2 certificate issued by the School Nutrition Association. Santa Cruz County Juvenile Hall cafeteria managers shall annually receive at least two hours of continuing education in applied nutrition and healthy meal planning and preparation.

**Sharing of Foods and Beverages:** Santa Cruz County Juvenile Hall should discourage youth from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some diets.

**Foods and Beverages Available Individually:** (i.e., foods sold outside of reimbursable meals, such as through vending machines)

All foods available will comply with current USDA Dietary Guidelines for Americans.

### ***Beverages***

- The regulation requires that beverages sold through vending machines are restricted to:
  1. Plain or flavored milk containing no more than 1% milk fat;
  2. Plain or flavored, non-carbonated water containing zero calories;
  3. 100% fruit or vegetable juice or any combination equaling 100%;
  4. Any other beverage containing no more than 10 grams of sugar per serving;  
and
  5. The volume size is limited to 20 ounces, except for water.

### ***Foods***

- A choice of at least two fruits and/or non-fried vegetables will be offered. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- During Breakfast and Lunch, sales are limited to those conducted as part of the school breakfast and lunch programs and schools may offer for a la carte sale on the cafeteria line any item that meets the following standards:

In addition, Santa Cruz County Juvenile Hall any item that can be part of a reimbursable breakfast or lunch, according to the federal meal pattern regulations.

- Thirty (30) minutes after the last lunch period (Competitive Food Regulation) and after school, Santa Cruz County Juvenile Hall may offer for sale through vending machines food items that meet the following standards:
- Calories from fat are limited to no more than 30% of total calories;  
[Exceptions: reduced fat cheese (2%), nuts, seeds, nut butters];
- Calories from saturated fat are limited to no more than 10% of total calories;
- Grams of sugar are limited to no more than 32% of total weight with a ceiling of 14 grams (exceptions: fresh, frozen, canned or dried fruits and vegetables);
- Milligrams of sodium per serving are limited to 300 in chips, cereals, crackers, baked goods, and other snack items;
- Milligrams of sodium per serving are limited to 450 in pastas, meats, and soups;
- Milligrams of sodium per serving are limited to 600 in pizza, sandwiches, and main dishes;
- The portion/pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky is limited to 2 ounces;
- The portion/pack size for cookies is limited to 1 ounce;
- The portion/pack size for cereal bars, granola bars, pasties, muffins, doughnuts, bagels, or other a bakery-type item is limited to 2 ounces;
- The portion/pack size for non-frozen yogurt is limited to 8 ounces; and
- The portion/pack size for frozen dessert items, including low fat (1% milk fat) or fat free ice cream, frozen juice bars, or frozen real fruit items is limited to 4 ounces.

The item must meet all of the criteria or it cannot be offered.

**Special Activities:** To support children's health and nutrition-education efforts, special activities involving food/beverages will take place 30 minutes after the last lunch period (in compliance with the competitive food regulation). In addition, Santa Cruz County Juvenile Hall will encourage activities that involve use only foods that meet the above nutrition and portion size standards for

foods and beverages.

**Snacks:** Snacks served in the Santa Cruz County Juvenile Hall will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks, milk/fruit juice as the primary beverage, and water as a secondary beverage.

**Rewards:** As examples of best practices Santa Cruz County Juvenile Hall should not use foods or beverages that do not meet the nutrition standards for foods and beverages as rewards for performance or good behavior, and will not withhold food or beverages (including food served through regular meals) as a punishment. Refer to the Appendix for Alternatives to Food Rewards.

**Celebrations:** As examples of best practices for safety/sanitation purposes, Santa Cruz County Juvenile Hall may require that food items brought in for celebrations be prepackaged retail items only (homemade items are discouraged).

## **Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.):** As examples of best practices the goal of these recommendations is to encourage all youth in the Santa Cruz County Juvenile Hall, including youth with disabilities, special health-care needs, and in alternative educational settings, to receive daily physical education/physical activity a minimum of 30 minutes per day. Youth will spend at least 75 percent of physical activity time participating in moderate to vigorous physical activity.

Santa Cruz County Juvenile Hall staff should make all reasonable efforts to avoid long periods of time when youth are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, youth should be given periodic breaks during which they are encouraged to stand and be moderately active.

Appropriate accommodations shall be made for youth with special needs as required by law and sound professional judgment.

**Physical Activity and Punishment:** Santa Cruz County Juvenile Hall staff and other school and community personnel should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a consequence for behavior or academic performance.

## **Recommended Physical Education "Best Practices"**

- 150 minutes of physical education each week
- Staff/youth ratio in physical education classes do not exceed state limits
- Physical education curriculum is consistent standards
- Health-related physical fitness is a primary component of the physical education curriculum
- All youth are physically active at least 75% of scheduled physical education class time
- Physical education classes/activities are educationally sound, enjoyable and are psychologically, physically and emotionally safe
- Physical education classes are taught by certified physical education teachers
- Physical education teachers participate in content specific professional development activities
- Special needs students and/or students with special health concerns are welcomed and accommodated in all physical education classes
- Playgrounds and recreation areas meet established OSHA and CCR Title XV standards for safety

## **Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion:** Santa Cruz County Juvenile Hall aims to teach, encourage, and support healthy eating by youth. Santa Cruz County Juvenile Hall should provide nutrition education and engage in nutrition promotion that:

- Is offered as part of a sequential, comprehensive, standards-based program designed to provide youth with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with meal programs, other provided foods, and nutrition-related community services; and
- Includes training for teachers and staff.

**Integrating Physical Activity into the Classroom Setting:** For youth to receive the nationally-recommended amount of daily physical activity and to fully embrace regular physical activity as a personal behavior, they need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons and daily activities; and
- Teachers should provide short physical activity breaks between lessons or classes, as appropriate.

**Involvement and Updates with Parents and the Community:** Santa Cruz County Juvenile Hall will support parents' efforts to provide a healthy diet and daily physical activity for their children. Santa Cruz County Juvenile Hall may offer healthy eating seminars for parents, send home nutrition information, and make available nutrient analysis of menus. Santa Cruz County Juvenile Hall may provide parents a list of foods that meet the standards and ideas for healthy celebrations/parties, rewards, and activities.

The Santa Cruz County Juvenile Hall may provide information about physical education and other physical activity opportunities and support parents' efforts to provide their children with opportunities to be physically active. Such supports may include sharing information about physical activity and physical education through a website, newsletter, or other take home materials or special events.

The Santa Cruz County Juvenile Hall will make available to the public an assessment of the wellness policy and the extent to which we are in compliance with the policy; how our policy compares to model local school wellness policies; and the progress made in attaining the goals of our wellness policy.

**Food Marketing:** Food marketing should be consistent with nutrition education and health promotion. As such, Santa Cruz County Juvenile Hall will be encouraged to limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages available individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing activities that promote healthful behaviors include: vending machine covers promoting water.

**Staff Wellness:** Santa Cruz County Juvenile Hall highly values the health and well-being of every staff member and will encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Staff is encouraged to participate in the daily physical activity with youth. Managers welcome input solicited from staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among staff.

## **Monitoring and Plan Review**

**Monitoring and Plan Review:** The director or designee will ensure compliance with established nutrition and physical activity wellness policies.

Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the director. In addition, Santa Cruz County Juvenile Hall will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the Santa Cruz County Juvenile Hall has not received a SMI review from the state agency within the past five years, the Santa Cruz County Juvenile Hall will request from the state agency that a SMI review is scheduled as soon as possible.

An annual assessment will be conducted to review the plan and measure compliance, assess progress, and determine areas in need of improvement. As part of that review, the Santa Cruz County Juvenile Hall Director or designee will periodically review nutrition, food preparation, and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The Santa Cruz County Juvenile Hall will, as necessary, will revise the wellness policies and develop work plans to facilitate their implementation.

### Advantages of Using Food as Rewards

- Easy
- Inexpensive
- Can bring about short-term behavior change

### Disadvantages of Using Food as Rewards

- Learning about nutrition will remain strictly theoretical if staff and programs regularly model unhealthy behaviors.
- Foods commonly used as rewards can contribute to health problems for children: obesity, diabetes, hypertension and cavities. These diseases are increasing rapidly among children.
- Rewarding students with food can interfere with youth learning to eat in response to hunger and satiety cues.
- Food preferences for both sweet and non-sweet food increase significantly when foods are presented as rewards (Birch and Fisher 1994). In other words, we may be teaching children to prefer unhealthy foods.
- Institutions designed to model appropriate behaviors to children may contribute to "disordered eating" in future.

### Suggestions for Alternatives to Food Rewards

- Extra points
- Coupons to video stores, music stores, movies (donated)
- Drawings for donated prizes among youth who meet certain grades standards
- Other ideas as generated by staff
- Tickets to Juvenile Hall Store

***Food for Thought:*** "Rewards can be abused and overused. Too often students come to expect something in return for behavior or good grades when in reality they should do the behavior for its intrinsic value."

--Middle School Teacher

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