




**Multnomah County
Department of Community Justice
Policy and Procedures**

<u>DIVISION:</u> Juvenile Services - Detention		
<u>SUBJECT:</u> School Nutrition and Wellness		
<u>APPROVAL:</u> 	<u>EFFECTIVE DATE:</u> 7/11/2014	<u>REPLACES (policy # and date):</u> JSD School Nutrition and Wellness – 4/2011

- I. **POLICY:**
It is the policy of the Department of Community Justice to ensure that youth housed in the secure section of the Juvenile Justice Complex have access to nutritious meals, snacks and nutrition education.
Federal Public Law (PL 108.265 Section 204) seeks to reduce the prevalence of childhood obesity by requiring nation-wide school programming policy that meets the United States Department of Agriculture’s (USDA) recommended nutrient standards for meals and snacks. *Please see **Exhibit A - School Nutrition and Wellness Guide**, for further information.*
- II. **REVIEW HISTORY:**
Reviewed by the Detention Leadership Team 11/2007, 4/2011 and 7/2014.
- III. **CONTACT:**
Custody Services Manager or JSD Nutrition Services Manager
- IV. **PERSONS AFFECTED:**
Juvenile Custody Services Specialists (JCSS); Nutrition Services; Juvenile Court Counselors (JCC); Community Justice Managers (CJM).
- V. **CROSS REFERENCES:**
Federal Public Law 108.265 Section 204; National Food Services Management Institute, (2005) *Nutrition 101: A Taste of Food and Fitness*; JSD Recreation Policy.
- VI. **DEFINITIONS:**
None
- VII. **PROCEDURES:**
- A. Nutritious Meals and Snacks**
1. The Nutrition Services Manager develops menus that meet required and recommended USDA nutrient standards.
 - Nutrition Services staff complete a quarterly nutrient analysis to ensure compliance with federal law.
 2. Eating environments are conducive to healthy digestion.
 - Youth are allowed adequate time to eat each meal (20-30 minutes).
 - Drinking water is available for youth at meals and throughout the day.
 - Food is not used as a reward or a punishment.

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Youth Wellness and Nutrition**

- Tables and floors within unit kitchens and dining areas are disinfected after each meal.
3. Snacks are provided mid morning, after school and at 8:00pm.

C. Nutrition Based Education

1. School personnel incorporate curriculum that addresses age appropriate knowledge of the following:
- Benefits of healthy eating
 - Essential nutrients
 - Principles of healthy weight management

VIII. **EXHIBITS:**
Exhibit A: School Nutrition and Wellness Guide