

Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. It is the responsibility of the Children's Home of Easton to provide its residents with this access.

The Children's Home of Easton is committed to providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of Children's Home of Easton that

1. The Children's Home of Easton will engage residents, staff, our Board of Directors, and interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
2. All residents will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Food and beverages served during meal times will be nutritious and appealing foods that meet the USDA Healthy Kids Act of 2010 and any adjustments in those guidelines in the future, including federal Smart Snacks in School standards for all residents.
4. The Children's Home of Easton will accommodate the religious, ethnic, and cultural diversity of the residents in meal planning.
5. The Children's Home of Easton will provide clean, safe, and pleasant settings and adequate time for residents to eat.
6. The Children's Home of Easton will participate in available federal school meal programs to the maximum extent possible.
7. The Children's Home of Easton will provide nutrition education and physical activities to foster lifelong habits of healthy eating and physical activity, using community activities and services as appropriate.

In order to successfully enforce this wellness policy, The Children's Home of Easton will meet objectives in the following areas:

I. Nutritional Quality of Foods and Beverages Served on Campus

A. Meals served will:

1. Be appealing and attractive to children
2. Be served in clean and pleasant settings

3. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
4. Offer a wide variety of fruits and vegetables
5. Serve only low-fat (1%) and fat-free milk and nutritionally – equivalent non-dairy alternatives (outlined by the USDA Healthy Kids Act of 2010 and any adjustments to those guidelines in the future.)
6. Ensure that over half the served grains are whole grain.

II. Breakfast

- A. All residents will have the opportunity to eat breakfast on campus.
- B. Children's Home of Easton will operate a breakfast program for our residents.
 1. Children's Home of Easton will utilize methods to serve breakfasts that encourage participation.
 2. Children's Home of Easton will encourage parents and guardians to provide a healthy breakfast for their children when they are away from the campus.

III. Cost of Meals

- A. Children's Home of Easton will provide free meals for all their residents, therefore eliminating any social stigma for children who are eligible for free and reduced meals and will continue to provide these meals during the summer.

IV. Meal Times and Scheduling

Children's Home of Easton will:

- A. Provide adequate space for serving and eating meals.
- B. Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch and dinner.
- C. Schedule meal periods at appropriate times (e.g., lunch should be scheduled between 11 a.m. and 1 p.m.).
- D. Schedule organizational meetings and activities so they will not conflict with scheduled meals.
- E. Provide residents access to hand washing or hand sanitizing before they eat meals or snacks.
- F. Take reasonable steps to accommodate the tooth-brushing regimens of residents with special oral health needs (e.g., orthodontia or high tooth decay risk).
- G. Discourage children from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.

V. Staff Development

- A. As part of Children's Home of Easton's responsibility to operate a food service program, we will provide continuing professional development for all dining hall employees.
- B. This will include appropriate certification and training programs according to their levels of responsibility.

VI. Beverages

Children's Home of Easton will follow the following guidelines on beverages during reimbursable meals:

- A. Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit based drinks that contain 100% real fruit juice and that do not contain additional caloric sweeteners; unflavored and flavored nonfat or fat-free milk and nutritionally-equivalent nondairy beverages according to the guidelines set forth by the USDA Healthy Kids Act of 2010 and any adjustments to those guidelines in the future.
- B. Not allowed: soft drinks containing caloric sweeteners; sports drinks; fruit based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding fat-free chocolate milk (which contain trivial amounts of caffeine).

VII. Food Quality Guidelines

Children's Home of Easton will follow the following guidelines on food during reimbursable meals;

- A. Individual food items will have no more than 30% of its weight from fat (excluding nut, seeds, peanut butter, and other nut butters) and no foods will be served with any trans fat.
- B. Individual food items will have no more than 20% of its weight from added sugars.
- C. Individual food items will contain no more that 230 mg of sodium per serving for pastas, meats, and soups; and will contain no more that 600 mg of sodium for pizza, sandwiches, and main dishes.
- D. Children's Home of Easton does not offer foods for sale during their meals.

VIII. Food Portions

Children's Home of Easton will follow the following guidelines for portions that are served individually:

- 1. Children's Home of Easton will follow the guidelines set forth by the USDA Healthy Kids Act of 2010 and any adjustments to those guidelines in the future.

IX. Fundraising Activities

- A. Children's Home of Easton fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually.
- B. Children's Home of Easton will encourage fundraising ideas that promote physical activity.

X. Snacks and Rewards

- A. Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other consideration.
- B. Children's Home of Easton will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

XI. Physical Activity

- A. Children's Home of Easton provides a health and wellness program on campus that includes the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond education class. This includes utilizing our full size gymnasium on campus, planned activities and exercises with staff. We offer mindfulness practice to our residents. For those in our interim education program, we offer gym in the classroom. We also are a trauma informed agency that addresses the wellbeing of all who live here with physical, emotional, spiritual, and mental wellbeing.
- B. The Children's Home of Easton is committed to maximizing the health and wellness of its residents and staff, and as a measure of this commitment authorizes the Director or designee to implement programs and practices to support this policy, including:
 - 1. Engagement of residents, staff, and community members in promoting health life choices;
 - 2. Serve foods and beverages that will progressively meet the recommended nutritional standards published by the Pennsylvania Department of Education, Child Nutrition Division;
 - 3. Participation in the National School Lunch Program and compliance with Federal, State and Local requirements;
 - 4. Providing an environment for eating that is safe, comfortable and allows ample time and space;

5. Oversight by the Children's Home of Easton Wellness Committee who will develop, implement, periodically review, and, as necessary, revise the Wellness Policy to address resident needs for nutrition and physical activity.
6. Designated staff will monitor the progress of these goals and change/update them as needed.

XII. Physical Education

- A. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- B. A sequential physical education program consistent with State Board of Education curriculum regulations and health, safety and physical education academic standards shall be developed and implemented.
- C. Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- D. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- E. Appropriate professional development shall be provided by recreational staff.
- F. Physical activity shall NOT be used as a form of punishment.

XIII. Wellness Committee

- A. The Wellness Committee shall serve as an advisory committee to the Director or his/her designee regarding resident health issues and shall be responsible for assisting in the development of the Resident Wellness Policy that complies with the USDA Healthy Kids Act of 2010.
- B. The Wellness Committee meets at least annually to review the content of the Wellness Policy. Any updates will be posted on the Children's Home website.

XIV. Nutrition Education and Guidelines

- A. The goal of nutrition education is to teach, encourage and support healthy eating by residents. Promoting resident health and nutrition enhances readiness for learning and increases resident achievement. All lessons and activities are age-appropriate.
- B. All foods provided by the Children's Home of Easton during the entire day shall be offered to residents with consideration for promoting resident health.
- C. Foods provided through the National School Lunch Program shall comply with federal nutrition standards under the School Meals Initiative.
- D. Competitive foods are defined as foods offered at the Children's Home of Easton other than through the National School Lunch Program and include

a la carte foods, snacks and beverages, fundraisers, and holiday celebrations.

- E. All competitive foods available to residents at Children's Home of Easton shall comply with the established nutrition guidelines, as listed in the Student Wellness Plan.
- F. We cooperate with community agencies and organizations to provide for student projects related to nutrition.
- G. Residents participate in planting, caring for, and harvesting fruits and vegetables from the on-grounds organic garden and are encouraged to participate in taste testing of the food they grow.

XV. Monitoring and Review of Children's Home of Easton Wellness Program

- A. The Executive Director of Children's Home of Easton shall be responsible for the implementation and oversight of this policy to ensure each of the Home's programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulation.
- B. The food service staff will ensure compliance with nutrition policies and work with the USDA on any issues.
- C. The Home will annually inform and update the public, including parents/guardians and residents, about the contents, updates and implementation of this policy via the Home's website.
- D. The Executive Director of Children's Home of Easton or his/her designees, along with students, members of the Wellness Committee, and the Board of Directors, will participate in the development, implementation, updates and periodic review of the policy and complete an assessment of the policy at least every three years.

XVI. Recordkeeping

- A. The Children's Home shall retain records documenting compliance with the requirements of the Wellness Policy, which shall include:
 - 1. The written Home's Wellness Policy
 - 2. Documentation demonstrating that the Home has informed the public, on an annual basis, about the contents of the Wellness Policy and any updates to the policy, which is located on the Home's website.
 - 3. Documentation of efforts to review and update the Wellness Policy, including who is involved in the review and methods used by the Home and to inform the public of their ability to participate in the review.
 - 4. Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy and notification of the assessment results to the public will be included in our PQI

- (Performance Quality Improvement) process and available upon request.
5. Comparison of the Wellness Policy to a model school wellness policy.

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