

## **Nutrition Education**

The primary goal of nutrition education is to influence residents' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference Home on The Range provides nutritional education support that practice skills while having fun and benefiting at the same time. We support the nutritional education curriculum that is used in the Beach School System. We encourage lifelong healthy eating habits.

- Residents ages 12 – 18 receive nutrition education support that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in our dining rooms as well as in the living areas with the coordination between the foodservice staff, residential specialists, and the on-site classroom teachers.
- Residents receive consistent nutrition messages throughout the school, our dining rooms, living areas, mandatory study times, and the nursing department.
- Beach School District health education curriculum standards and guidelines include both nutrition and physical education. Home On The Range follows these guidelines not only in our on-site classroom, but with residents daily living skills.
- Staff who provide nutrition education have appropriate training.
- Residents receive a Health Tracks screening upon arrival and have access to nursing staff on a daily basis.

### *Nutritional Quality of Foods and Beverages*

National School Lunch Program mandated changes to their program starting with the school year of 2012-2013. The law requirements are based on the Healthy Hunger-Free Kids Act of 2010. Four dietary mandates of the Act are—calories, sodium, saturated fat, and trans fats.

- The calorie restrictions now have a minimum and a maximum number of calories for each meal. Each child will receive the maximum calories on the first trip through the line. Lunch meals calories will range between 750 and 850.
- Fruits and vegetables are now separate food groups, not combined. We offer 1 cup of fruit at lunch (2 - ½ cup servings)—children are allowed to take both or just one serving. We offer 1 cup of vegetables daily at lunch which we do through our vegetable bar consisting of dark greens (½ cup per week), red/orange (1 ½ cups per week), beans/peas/legumes (½ cup per week), starchy (¾ cup per week), and other (¾ cup per week). Children are to take 7 cups of vegetables a week so the other 1 ½ cups per week can come from any of the above groups.
- The breads/grain restriction is 16 ounces per week. One half of grains need to be whole wheat. By school year 2014/2015 all grains have to be whole wheat.
- The maximum limit of meat and meat alternatives (cheese, yogurt, peanut butter) is 16 ounces per week. Cheese is limited to once a week.
- Milk can only be 1 percent, skim, or chocolate skim milk.
- Students MUST take a total of 3 components to qualify for a reimbursable meal—one of the 3 components MUST be a fruit or vegetable.

- The sodium restriction is 1,420 per meal. Salt free spices are used in preparing meals. All condiments are portioned out to 1 ounce serving.
- In order to meet dietary restriction for the Health Hunger-Free Kids Act of 2010 there will be no dessert or seconds at lunch.

#### *Nutrition and Physical Activities*

- Home On The Range aims to teach, encourage, and support healthy eating.
- We offer as part of the resident’s placement, standard-based programs designed to provide residents with the knowledge and skills necessary to promote and protect their health.
- We promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutritional practices.
- We educate residents as to caloric balance between food intake and energy expenditure (exercise).

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

All resident including those with disabilities and special health-care needs normally receive physical education through the school system (a minimum of 4,500 minutes a year). In addition Home On The Range residents are involved in other activities such as gym and outdoor activities—minimally 5 hours per week (wiffle ball, kick ball, basketball, volleyball, flag football, Frisbee, Frisbee golf, football, swimming, hiking, etc.).

#### *Staff Wellness*

Home On The Range values the health and well-being of every staff member and implements activities and policies that support personal efforts by staff to maintain a healthy lifestyle. We have a gym for physical activity which can be utilized by staff. Walks during break times are allowed and encouraged. The entire facility offers a smoke-free environment. Training opportunities offered at Home On The Range include CPR, First Aid, Suicide Prevention, HIV/AIDS Awareness, and many other trainings throughout the year.

#### *Monitoring and Policy Review*

Home On the Range’s auxiliary services director ensure compliance with nutrition policies within the area and report on this matter as requested. In addition, the auxiliary services director reports on the most recent USDA school meals initiative review findings and any resulting changes. The auxiliary services director develops a summary report every three years with the established nutrition, physical activity and wellness policies. The report is provided to the Continuous Quality Improvement Committee which includes it in its annual report to the Home On The Range Board of Directors. A summary of the progress and findings is accessible to the community upon request.

#### *Policy Review*

Assessment is repeated at least every three years to help review policy compliance, assessment progress, and determine areas in need of improvement. The auxiliary services director in conjunction with various other staff will assist with the revisions of the wellness policies and

develop work plans to implement any needed changes. As part of this process they will review nutrition and physical policies, provisions of an environment that supports healthy eating and physical activity; nutrition and physical education policies as well as program elements. This overall policy is reviewed by the following staff: executive director, quality services director, business administration director, education coordinator, registered nurse, auxiliary services director, and residential director.