

Chapter: Juvenile Services

Topic: Juvenile Wellness

Status

New

Effective Date

09/20/2017

Revised Date

2/7/19

Approved:

Linda Tucci Teodosio

Standards:

Policy

The Summit County Juvenile Detention Facility (SCJDF) shall identify goals for nutritional education and physical activity that are designed to promote juvenile wellness and encourage habits of healthy eating and physical activity. The Wellness policy shall be made available to staff, juveniles, and families by placing a copy of it in the Detention Policy and Procedure Manual, Lobby, classrooms, and on the facility website.

This policy shall be reviewed on an annual basis and updated as needed.

Procedures

1. Nutrition Education

- a. Nutritional education is an important component of programming at the SCJDF. The SCJDF Mental Health Department shall provide monthly nutrition education on various topics including the Choose My Plate lesson plan provided by the USDA.
- b. All Detention staff and ARAMARK staff shall obtain Civil Rights Training on an annual basis. Attendance shall be documented.
- c. At least one member of ARAMARK staff providing service to the facility shall be certified in Servsafe.

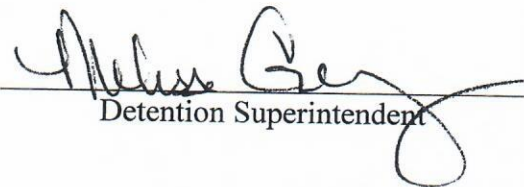
2. Nutrition Promotion

- a. The Detention facility shall promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables.
- b. Display nutrition and health posters in various areas of the facility, such as cafeteria and classrooms. living areas.
- c. Cut back on fats, added sugars, and sodium levels.
- d. Promote juvenile participation in the SCJDF vegetable garden.
- e. Never withhold meals or snacks as punishment.

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3. Physical Activity

- a. Juveniles shall participate in large muscle activity at least one hour per day. This will include a combination of stretching and muscle building activities on a rotating basis. Accommodations will be made for limitations, such as asthma, traumatic injury (broken bones, sprains, etc.), etc.
- b. Juveniles will have access to the indoor gymnasium as well as the outdoor recreation area (weather and staff availability dependent).

Reviewed By: 
Detention Superintendent

Date: 4-1-19