



ALPHA CONNECTION

## JUVENILE WELLNESS POLICY

### **I. POLICY:**

All programs that serve the Alpha Connection Youth shall promote the long-term health and wellness of juveniles by supporting student wellness, good nutrition and regular physical activity programs. Facilities as part of their program day should include at a minimum nutrition education, physical activity, nutritious foods and other activities that promote a healthy lifestyle.

### **II. DEFINITIONS:**

A. Wellness: The condition of good physical and mental health especially when maintained by proper diet, exercise and good health habits.

### **III. PROCEDURES:**

A. All facilities shall support and promote wellness activities by positively influencing juveniles' understanding and habits as they relate to good nutrition, regular physical activity, health education and treatment/education/awareness programs.

B. As part of an annual goal requirement all facilities shall meet and maintain the following goals that support and promote a long-term healthy lifestyle:

1. Menus must meet federal standards for calories, protein, fat, saturated fat, calcium, iron, vitamins A and C.
2. Provide nutritional information in all juvenile dining areas such as

the caloric content of each meal served, information explaining the food pyramid, the And justice for all poster and other applicable nutritional information.

3. All facilities shall provide at least one hour of large muscle activity each day, which may include Physical Education classes (PE) as part of the school day or program recreation therapy.

4. Incorporate wellness education programs into the program day, which may include life skills health modules, food services vocational programs, experiential programs and community resources.

D. At least fifty (50) percent of all available food items offered at the facility canteen, must meet acceptable nutritional standards such as:

a. Plain, unflavored noncarbonated water:

b. Milk including chocolate or other similar dairy or nondairy beverage;

c. 100% fruit juices or fruit-based drinks composed of no less than 50% juice;

d. An electrolyte replacement beverage that contains forty-two grams or less additional sweetener per 20 ounce serving;

e. Nuts, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice;

f. Any other food item:

1. Containing 35 percent or less of the total calories from fat and not more than 10% of those calories from saturated fat.

2. No more than 35% of its total weight in sugar.

E. As a part of Alpha Connection Wellness Policy, food from Outside Sources, family members or other

Approved visitors must meet the above criteria as well as the Alpha Connection Program food and nutrition guidelines.

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