

Missouri Girls Town Foundation Inc Wellness Policy

Missouri Girls Town Foundation Inc is committed to providing a residential care 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 Missouri Girls Town Foundation Inc that:

- The campus will engage clients, house parents, counselors, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All clients will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Missouri Girls Town will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

In order to fulfill this policy, we have set the following goals.

Nutrition Education

Missouri Girls Town will provide nutrition education material via posters and handouts in the dining hall and in the houses. This will be provided by the foodservice staff and nursing staff.

Nutrition education and promotion will also be delivered via employee interaction with clients in the dining hall and in the houses. Staff will encourage healthy choices and be role models in their choices.

Missouri Girls Town will provide nutrition education via house group discussions at least twice a year. This will be led by the nursing staff and/or the foodservice staff.

Physical Activity

Missouri Girls Town will provide the opportunity for clients to participate in a minimum of two physical recreation activities lasting at least one hour each within a week. This is

in addition to the physical recreation they receive from the local district's curriculum and requirements for physical activity within the school week.

Missouri Girls Town employees will participate in and encourage physical activities with the clients.

Nutrition Guidelines

In order to promote client health, Missouri Girls Town will limit the amount of sugar and fat content available to the clients.

Fresh fruit will be available in a central location within the dining hall and in the houses. The salad bar at the dining hall will have available a variety of fresh fruits and vegetables on a daily basis. The house dining table will provide a variety of fresh fruit on a daily basis within the houses.

Limit the availability of seconds to the salad bar and the vegetable and fruit component only. This will help promote portion control and help limit the amount of fat, sodium, and carbohydrates.

Implementation

Missouri Girls Town will measure the nutrition education goal through house group notes. Physical recreation will be tracked for each client's participation in weekly recreation activities. Missouri Girls Town will use the Nutrikids software to monitor the breakfast and lunch menus to ensure we are meeting the federal requirements.

This wellness policy will be reviewed on an annual basis by the Clinical Safety Committee.

Non-Discrimination Statement 11

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