

Helping Hand Home for Children Wellness Policy

Helping Hand Home for Children adopts this wellness policy with the following commitments to nutrition, education and physical activity:

A. Nutrition Requirements:

1. Helping Hand Home (the Home) will participate in the National School Lunch and Breakfast program. Food served in the Home's dining room will meet all nutrient standards established by the USDA. The Food Services Department will provide snacks that meet the federal nutrition guidelines for after school programs.
2. Students will be given adequate time to eat all their meals.
3. Students will eat their meals with therapeutic child care specialists present who will encourage them to eat healthy foods and will reinforce good eating habits.
4. Health Department staff will alert the Food Services Manager of any food allergies that affect any of the Home's children, and food service staff will adjust the individual child's diet accordingly.

B. Education Requirements:

1. Helping Hand Home will provide a consistent message of nutrition and wellness in our campus.
2. Employees will receive training on the subjects of nutrition and wellness.
3. Communication channels such as bulletin boards will display child-friendly educational materials on nutrition and wellness.
4. Training sessions on the subject of healthy eating and wellness developed by the Health Department staff will be given to all children, along with enrichment activities after school and on weekends on subjects such as cooking, gardening, and healthy eating habits.

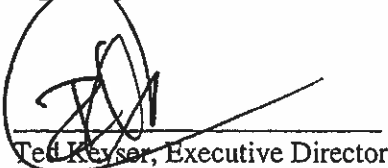
C. Physical Activity

1. Physical activity is a critical component of a healthy lifestyle.
2. Both recreation and enrichment activities after school and on weekends will be implemented to encourage physical activity.

D. Implementation and Monitoring

1. The Food Services Manager and the Residential Services Director will be jointly responsible for monitoring policy implementation and monitoring of all nutrition, educational and physical activity policies.

Signed by:



Ted Keyser, Executive Director