

Staff and Administration

The goals of this section address creating an environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

Year One	Year Two	Year Three
Appropriate training shall be available to all staff on the components of the Wellness Policy.	The goals of the Wellness Policy shall be considered in planning all staff and program activities.	
In every way possible, the administration shall support the efforts of staff to provide a healthy diet and daily physical activity for the residents.	In every way possible, the administration shall support the staff wellness by providing on-going health and nutrition screening and education.	

Staff and Administration

Year Two

The goals of the Wellness Policy shall be considered in planning all staff and program activities.

Ways to accomplish this goal:

- Consider physical activity and healthy food when planning:
 - Day trips
 - Staff meetings
 - Parties

In every way possible, the administration shall support the staff wellness by providing on-going health and nutrition screening and education.

Ways to accomplish this goal:

- Evaluate personal wellness behaviors.
- Create and maintain personal nutrition goals, use of food diaries to analyze food intake.
- Model the goals of the wellness policy.
<http://www.nhlbi.nih.gov/health/public/heart/obesity/losewt/control.htm>
- Staff will take advantage of all health assessment opportunities such as a yearly physical check up. Blood pressure and weight are checked as well as BMI, and cholesterol levels. If a doctor feels a change is needed to improve or correct a health concern, a plan should be developed, followed through and sustained for better health.

Good Nutrition Practices for a Healthy Life

The primary goal of this section is to have a better understanding of good nutrition and to influence residents' eating behaviors. This can be accomplished through practical hands-on experiences and through nutrition education which may be defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being." (ADA 1996)

Within the RCCI, these learning experiences shall address residents' knowledge, skills, attitudes, and behaviors and provide opportunities for residents to have positive food experiences. Life skills lessons and other activities shall be age-appropriate and behavior focused. Lifelong lifestyle balance shall be reinforced by linking healthy food choices and physical activity.

Year One	Year Two	Year Three
The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.	Staff shall serve as role models in healthy eating and other healthy lifestyle practices.	
	Nutrition education shall be provided to residents and/or integrated into other resident activities.	Nutrition education shall extend beyond the RCCI environment by engaging and involving families and the community.

Good Nutrition Practices for a Healthy Life

Year Two

Staff shall serve as role models in healthy eating and other healthy lifestyle practices.

Way to accomplish this goal:

http://www.dairycouncilofca.org/PDFs/Role_model.pdf

Nutrition education shall be provided to residents and/or integrated into other resident activities.

Way to accomplish this goal:

- Have a health field professional talk to residents and staff about nutrition and diet related health problems.
- Have kids make bulletin boards and posters on good nutrition in the dining room and kitchen.
- Refer to Nutritional Development Services Nurture and Nourish, the Residential Child Care Institutions Manual chapter 13, **Special Health Concerns**

<http://teamnnutrition.usda.gov/Resources/foodfamilyfun.html>

<http://www.fda.gov/fdac/special/foodlabel/pyramid.html#dietary>

<http://www.yogamovement.com/links/topsites.html>

- Training should focus on creating hands on opportunities about good nutrition.
- Plant an herb garden
- Integrate good nutrition into life skills curricula.
- Involve the Wrap around program
- Refer to Nutritional Development Services Nurture and Nourish, the Residential Child Care Institutions Manual chapter 8, **Preparing and Serving Healthy Meals**

www.SmartMouth.org

Nutrient Standards and Meal Service

The goal of this section is to provide residents with opportunities to make healthy food choices. All food choices shall be made with consideration for promoting health and reducing childhood obesity. Also important is to increase the nutrient density of food, to decrease fat and sugar and to provide moderate portion sizes.

Year One	Year Two	Year Three
Nutrition content of meals shall be available to residents, staff and parents/guardians.	Residents and staff shall be involved in menu selection.	
Food shall not be used as a reward or punishment.	Menu selection and portion sizes for celebrations shall support the goals of the Wellness Policy.	Choices made when eating out shall support the goals of the Wellness Policy.
Nutritional value of foods and beverages brought into the residence shall be evaluate and improved.	Cooking methods used for all foods shall be evaluate and improved and appropriate portion sizes shall be served to the residents.	To the extent possible, staff shall encourage resident involvement in creating and cooking healthy meals.
Residents shall be provided with a clean and safe meal environment.		
Residents shall have access to hand washing before meals and snacks.		
Meals shall be scheduled at appropriate times.		
Residents shall be provided with adequate time to eat, at least: fifteen (15) minutes sit-down time for breakfast; twenty (20) minutes sit-down time for lunch and thirty (30) minutes sit-down time for dinner.		
Drinking water shall be available at all meals and throughout the day.		

Nutrient Standards and Meal Service

Year Two

Residents and staff shall be involved in menu selection.

Ways to accomplish this goal:

- Refer to Nutritional Development Services Nurture and Nourish, the Residential Child Care Institutions Manual chapter 14, **Dinner Recipes**
- Have nutrient standards be your guide (see pyramid)

When planning a menu keep these in mind:

- Keep foods with “sugar as a first ingredient” out of the house.
- Avoid foods with trans fats and high fat foods
- Watch sodium isn’t higher than 1500mg per day
- Bring more nutrient dense food into the house
- Add more fresh fruits and vegetables for fiber
<http://nutrition.about.com/od/healthysopping/a/groceryshoplist.htm>

Beverage Guidelines: 1% milk or 100% juice at meal times

Other beverages include: flavored or unflavored water, seltzer, drinks with at least 50% fruit juice. Serving size not to exceed 16 oz.

Food Guidelines: 35% calories from fat, 10% calories from saturated fat, 35% sugar, 1500mg per day of sodium

- Moderate portion sizes
- Whole grains, no trans fats, limited sugar and salt
- Keep saturated fat low
- Increase Fiber in diet
- Refer to Nutritional Development Services Nurture and Nourish, the Residential Child Care Institutions Manual chapter 10, **Healthy Hints**
- Plan a menu and shop for it

Menu selection and portion sizes for celebrations shall support the goals of the Wellness Policy.

Ways to accomplish this goal:

- Keep sweets to a minimum 2 or 3 per celebration
- Keep beverages healthy 100% juice, flavored water or milk
- Let the kids make fruit smoothies

www.msue.msu.edu/fnh/tn/foodrewards.pdf

Cooking methods used for all foods shall be evaluate and improved and appropriate portion sizes shall be served to the residents.

Ways to accomplish this goal:

- *Limit frying to once a week*
- Accurate portion sizes
- Use pyramid as a guide
www.mypyramid.gov
- Use more baking, steaming, broiling, grilling and sautéing
- Refer to Nutritional Development Services Nurture and Nourish, the Residential Child Care Institutions Manual chapter 8, **Preparing and Serving Healthy Meals**

<http://nhlbisupport.com/chd1/Tipsheets/hearthealthy.htm>

Physical Activity

Current recommendations suggest that children should strive to accumulate 60 minutes of physical activity each day. The primary goal of this section is to create a physical activity plan that provides residents with opportunities for developmentally appropriate physical activities in a safe and enjoyable environment, helps residents develop the knowledge and skills for specific physical activities and maintain physical fitness and to understand the short and long-term benefits to a physically active and healthy lifestyle.

Year One	Year Two	Year Three
Residents shall be provided with safe and adequate equipment, facilities and resources for physical activity.	Staff shall encourage physical activity in free time and support structured physical activity.	RCCI's shall partner with parents/ guardians and community members to create programs that support physical activity.
Staff responsible for leading or overseeing physical activity shall be properly trained and shall participate in appropriate professional development.	Staff shall serve as role models in the area of physical activity and other healthy lifestyle practices.	
Physical activity shall not be used as a reward or punishment.	Residents shall be provided with the knowledge necessary to understand the short- and long-term benefits of a physically active lifestyle.	

Physical Activity

Year Two

Staff shall encourage physical activity in free time and support structured physical activity.

Ways to accomplish this goal:

- Participate in group or team activities such as: soccer, basketball, football, dodge ball, volleyball, tennis and baseball.
- For non-athletic children other activities could include walking steps, walking the house perimeter, martial arts, yoga & aerobics.
- Involve residents in individual physical activities such as: walking, running, bike riding, swimming, working out on equipment and weight training, push-ups, sit-ups and jump rope.

Life Skills

Choose active chores around the house like vacuuming, raking leaves, helping bring groceries into the home, washing cars, shoveling snow and gardening.

- Coordinate a daily walking or jogging group.
- Organize a game of dodge ball, basketball, volleyball or play catch.
- Coordinate a daily yoga, Pilates or aerobic exercise group with a DVD.
<http://www.yogamovement.com/links/topsites.html>
- Set up different physical activity's stations for 2 minute intervals (sit-ups, push-ups, jog in place, short sprints, and stretching) then have the residents rotate stations.
<http://www.presidentschallenge.org/>
- Refer to Nutritional Development Services Nurture and Nourish, the Residential Child Care Institutions Manual chapter 11, **Energize with Exercise**

Staff shall serve as role models in the area of physical activity and other healthy lifestyle practices.

Ways to accomplish this goal:

- Have stretching be a part of the day.
- Have staff vs. resident's games of volleyball, soccer or basketball.
- Have staff trained in exercise equipment use. Help residents develop a well rounded work out routine.
- Have staff lead an exercise video session.
- Park in the spot farthest away.
- Take the stairs in place of an elevator or escalator.
<http://www.mypyramidtracker.gov/>

Residents shall be provided with the knowledge necessary to understand the short- and long-term benefits of a physically active lifestyle.

Ways to accomplish this goal:

- Identify and know the location and function of the major body organs and systems (circulatory, respiratory, muscular, skeletal and digestive).
http://kidshealth.org/kid/body/heart_noSW.html
- Describe and apply the principles of exercise to the components of health-related and skill-related fitness.
(cardio-respiratory endurance, muscular strength, flexibility).
http://www.kidshealth.org/kid/exercise/fit/work_it_out.html
- Describe how exercise plays a role in the prevention of health-related illness and disease (obesity, high blood pressure, diabetes, heart disease) and general good health and well-being.
<http://www.cdc.gov/healthyyouth/physicalactivity/pdf/facts.pdf>
http://www.mypyramidtracker.gov/PhysicalActivities/Information/PA_info.asp