

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.	

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 Three

Nutrition education shall extend beyond the RCCI environment by engaging and involving families and the community.

Way to accomplish this goal:

- Keep parents and guardians informed about the Wellness policy.
- Special presentations or promotions by health organization (USDA, American Cancer Society, American Heart Association)

<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

<http://www.cancer.org/docroot/home/index.asp>

<http://www.diabetes.org/homepage.jsp>

- Health fair
- CRS website – learn about other cultures and the food projects conducted to help protect the health of the citizens

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 Three

Choices made when eating out shall support the goals of the Wellness Policy.

Ways to accomplish this goal:

- Limit fast food
- Help kids order healthy from a menu
- Staff sets a good example
- Keep menu selection within nutrient standards (see Pyramid)
- Don't Super Size

<http://www.restaurant.org/dineout/nutrition.cfm>

To the extent possible, staff shall encourage resident involvement in creating and cooking healthy meals.

Ways to accomplish this goal:

- Refer to Nutritional Development Services Nurture and Nourish, the Residential Child Care Institutions Manual chapter 14, **Dinner Recipes**
- Purchase a computer program with emphasis on Healthy Cooking

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 Three

RCCI's shall partner with parents/ guardians and community members to create programs that support physical activity.

Ways to accomplish this goal:

- Regularly visit the local Community recreation center, parks and play grounds, tennis courts, basketball courts, YMCA & YWCA and track.
<http://www.healthierus.gov/steps/grantees/2004/philadelphia.html>
- Look for walks for a cause, like the Walk for Hunger.
- Look for local fairs that might have strength or endurance games.
http://teamnutrition.usda.gov/resources/mpk_tips.pdf