



| FOOD SERVICES           |                  |                   |
|-------------------------|------------------|-------------------|
| <b>2500.06 Wellness</b> | <b>Effective</b> | <b>06/26/2017</b> |
|                         | <b>Replaces</b>  | <b>2500.06</b>    |
|                         | <b>Dated</b>     | <b>06/10/2014</b> |

The Arizona Department of Juvenile Corrections (ADJC) is committed to providing a school environment that enhances learning and development of lifelong wellness practices. ADJC supports a school environment that encourages and models nutritious eating habits and physical activity, which promote academic success and lifelong health for our juveniles and employees. ADJC school personnel shall model healthy activity and proper nutrition.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle includes maintaining a healthy weight, requires a combination of nutritious meals and the appropriate amount of physical activity. A healthy, physically active juvenile is more likely to be academically successful. Therefore, all foods made available on the school campus shall offer an optimal level of nutrition, and physical activity shall be incorporated into the school day.

#### AUTHORITY

|   |                                       |
|---|---------------------------------------|
| <b>Arizona Revised Statutes (ARS)</b>   |                                       |
| <a href="#">§ 41-2804</a>   | Duties and powers of the director     |
| <b>American Correctional Association (ACA) Standards for Juvenile Correctional Facilities</b> |                                       |
| 3-JTS-2E-05   | Dining                                |
| 3-JTS-2E-06 & 07  | Food Service                          |
| <b>National Commission on Correctional Health Care (NCCHC)</b>                                |                                       |
| § Y-F-02  | Nutrition and Medical Diets           |
| <b>111<sup>th</sup> Congress Public Law 296</b>   |                                       |
| <a href="#">111-296</a>   | Healthy, Hunger-Free Kids Act of 2010 |

#### PROCEDURES

1. **ADJC** shall:
  - a. Ensure that child nutrition programs comply with federal, state, and local requirements and that child nutrition programs are accessible to all juveniles;
  - b. Promote health and nutrition education in all academic areas;
  - c. Ensure that all secure care facility activities are consistent with the local wellness policy and goals;
  - d. Ensure that all foods and beverages provided by Food Services during the school day are consistent with the Arizona Nutrition Standards, National Commission on Correctional Health Care (NCCHC) standards, American Correctional Association (ACA) standards and Form 2500.06A Arizona Department of Education National School Lunch Program Meal Pattern Charts, Released May 2015;
  - e. Ensure that all foods provided by Food Services (including site sponsored events) adhere to food safety, sanitation, and security guidelines; and

- f. Establish a plan for measuring implementation of the local wellness policy, including wellness criteria in the secure care facility environment utilizing quality assurance resources.

2. **Nutrition promotion and nutrition education:**

- a. **ADJC** recognizes that:
  - i. To achieve full academic potential, physical and mental growth, and lifelong well-being, juveniles must develop healthy eating habits;
  - ii. Healthy meals provide energy and nutrients needed for sound minds and bodies; and
  - iii. Juveniles who are not well nourished have difficulty learning.
- b. **ADJC** shall:
  - i. Offer a variety of healthy foods in school meal programs which allows the juveniles to learn to enjoy different foods and develop healthy eating habits;
  - ii. Develop menus which meet the federal and state nutrition standards, featuring a variety of healthy choices;
  - iii. Ensure that the juveniles start each day with a healthy breakfast;
  - iv. Establish a lunchroom environment that is a place where the juveniles have:
    - (1) An attractive and adequate space to eat;
    - (2) Adequate time for meals;
    - (3) Available drinking water; and
    - (4) A climate where healthy eating habits are established.
  - v. Integrate and utilize a curriculum based nutrition education program into areas of the curriculum such as math, science, language arts, and social studies.
- c. **ADJC** shall utilize the services of qualified nutrition professionals who specialize in school-based nutrition, and ensure that all foods made available on site and at school sponsored events comply with the current *USDA Dietary Guidelines for Americans*.

3. **Physical activity:**

- a. **ADJC** shall:
  - i. In accordance with state and federal standards, ensure the juveniles are provided a daily minimum of one hour daily large muscle exercise;
  - ii. Ensure that recreation and physical activity are essential elements of the secure care facility's instructional program;
  - iii. Ensure that the program provides the opportunity for all juveniles to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity;
  - iv. Provide a physical and social environment that encourages safe and enjoyable activity for all juveniles, including those who are not athletically gifted;
  - v. Integrate physical activity across curricula and throughout the day, utilizing a curriculum based recreation education program; and
  - vi. Include movement as a part of science, math, social studies, or language arts.
- b. **ADJC** shall offer recreation activities in an environment where the juveniles learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge;
- c. **ADJC** shall design the recreation program which:
  - i. Stresses physical fitness;
  - ii. Encourages healthy, active lifestyles;
  - iii. Includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity;
  - iv. Include weekend programs that encourage physical activity and healthy habit formation; and
  - v. Consists of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to the juveniles.
- d. **ADJC** shall:
  - i. Employ recreation employees to oversee the instruction of recreation activities;

- ii. Allot time for physical activity consistent with research, national, and state standards;
  - iii. Encourage organized physical activity during the day;
  - iv. Ensure adequate equipment is available for all juveniles to participate in recreation; and
  - v. Ensure physical activity facilities on school grounds are safe.
- e. **ADJC** shall ensure that physical activity participation takes into consideration the “balancing equation” of food intake and physical activity;
- f. **ADJC** shall provide information to families in writing to help them incorporate physical activity into their family life.
4. **Other ADJC activities:**
- a. **ADJC** shall demonstrate support for the health of all juveniles by:
    - i. Hosting health clinics and/or health information forums;
    - ii. Ensuring health screenings in accordance with Policy *3030 Health Assessment*;
    - iii. Helping to enroll eligible juveniles in Medicaid and other states’ juveniles health insurance programs; and
    - iv. Providing follow-up nutritional counseling when the juveniles refuse prescribed diets in accordance with *Policy 2500.02 Food and Nutrition*.
  - b. **ADJC** shall provide juveniles with convenient access to hand washing and hand sanitizing facilities before meals.
5. **Nutrition guidelines for all foods:**
- a. **ADJC** shall **not**:
    - i. Provide or sell any foods or beverages through vending machines, school stores, or concessions as an alternative or supplement to the reimbursable school meal program;
    - ii. Sell a la carte foods as an alternative or supplement to the reimbursable school meal program; and
    - iii. Participate in food based fundraising as part of the school day or as an alternative or supplement to the reimbursable school meal program.
  - b. **ADJC** shall follow the 7 day meal pattern for the National School Lunch Program *Form 2500.06A Arizona Department of Education National School Lunch Program Meal Pattern Charts, Released May 2015*.
6. **Stakeholder involvement and participation:**
- a. **ADJC** shall include the following participants during the development, implementation, and revision of the local wellness policy:
    - i. Correctional Food Service Manager;
    - ii. Secure Care Bureau Administrator;
    - iii. Support Services Chief Administrator;
    - iv. Education Superintendent;
    - v. Secure Care Programs and Operations Chief Administrator;
    - vi. Medical Director; and
    - vii. Legal Systems Bureau Administrator.
7. **Public notification:**
- a. **ADJC** shall inform and update the public about the content and implementation of the local wellness policy by including information and resources to families through the public website, as well as including information in the Youth Handbook and Family Handbook.
8. **Measuring implementation and local designation:**
- a. **ADJC** shall measure and assess the local wellness policy on a yearly basis; and
  - b. The **CORRECTIONAL FOOD SERVICE MANAGER** shall:
    - i. Complete quarterly compliance audits; and
    - ii. Ensure ADJC is compliant with the local wellness policy.

**Signature Date**

06/06/2017

**Approved by**

Original signature on file

Tamara Gallett, Secure Care Bureau Administrator

**Effective Date**

06/26/2017

**Approved by**

Original signature on file

Jeff Hood, Interim Director

**FORMS**

2500.06A

**Arizona Department of Education National School Lunch Program  
Meal Pattern Charts**

# (7-Day) Meal Pattern for National School Lunch Program

**Serve Only:**

- Must PREPARE all 5 components in required amounts
- AT POS: Must SERVE all 5 components in minimum required amount

**Offer Versus Serve (OVS):**

- Must PREPARE all 5 components in required amounts
- AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable

## Component Specifications: Daily and Weekly Amount Based on the Average for a 7-Day week

| Grades  |  | K-5                           | 6-8                | K-8                | 9-12             | Additional Information  |
|---|--|-------------------------------|--------------------|--------------------|------------------|---|
| <b>Fruit (cups)</b>   | <b>Weekly (daily)</b>  | <b>3 ½ (½)</b>                |                    |                    | <b>7 (1)</b>     | Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.     |
|   | <b>Serve Only: minimum amount required at POS</b>                            | <b>½</b>                      |                    |                    | <b>1</b>         |   |
|   | <b>OVS: minimum amount to count at POS</b>                                   | <b>½</b>                      |                    |                    | <b>½</b>         |   |
| <b>Total Vegetable (cups)</b>                                   | <b>Weekly (daily)</b>  | <b>5 ¼ (¾)</b>                |                    |                    | <b>7 (1)</b>     | Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice. |
|   | <b>Serve Only: minimum amount required at POS</b>                            | <b>¾</b>                      |                    |                    | <b>1</b>         |   |
|   | <b>OVS: minimum amount to count at POS</b>                                   | <b>½</b>                      |                    |                    | <b>½</b>         |   |
| <b>Vegetable Subgroups (cups)</b>                               |  | <b>Minimum weekly amounts</b> |                    |                    |                  |   |
| Dark green  |  | ½                             |                    |                    | ½                | No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>            |
| Red/Orange  |  | ¾                             |                    |                    | 1 ¼              |   |
| Beans/Peas (legumes)  |  | ½                             |                    |                    | ½                |   |
| Starchy   |  | ½                             |                    |                    | ½                |   |
| Other   |  | ½                             |                    |                    | ¾                |   |
| <b>To meet weekly requirement, vegetables from ANY subgroup</b> |  | <b>2 ½</b>                    |                    |                    | <b>3 ½</b>       | Minimum creditable amount to count as a subgroup is 1/8 cup.  |
| <b>Grains (oz/eq.)</b>  | <b>Weekly (daily) amounts</b><br><i>*Not required to meet Weekly maximum</i> | <b>11-12.5*(1)</b>            | <b>11-14*(1)</b>   | <b>11-12.5*(1)</b> | <b>14-17*(2)</b> | <b>All grains offered must be whole grain rich.</b>   |
|   | <b>Serve Only and OVS: Minimum amount to count as a component at POS</b>     | <b>1</b>                      | <b>1</b>           | <b>1</b>           | <b>2</b>         | Weekly, no more than 2 oz/eq. grain based dessert.  |
| <b>Meat/ Meat Alternate (oz/eq.)</b>                            | <b>Weekly (daily) amounts</b><br><i>*Not required to meet Weekly maximum</i> | <b>11-14*(1)</b>              | <b>12.5-14*(1)</b> | <b>12.5-14*(1)</b> | <b>14-17*(2)</b> |   |
|   | <b>Serve Only and OVS: Minimum amount to count as a component at POS</b>     | <b>1</b>                      | <b>1</b>           | <b>1</b>           | <b>2</b>         |   |
| <b>Fluid milk (cups)</b>  | <b>Weekly (daily)</b>  | <b>7 (1)</b>                  |                    |                    |                  | Offer two varieties daily. (variety: fat content or flavor)   |



| Dietary Specifications: Weekly Average Requirement for a 7-Day week |   |         |         |         |   |
|---|---|---------|---------|---------|---|
| Grades  | K-5   | 6-8     | K-8     | 9-12    | Additional information  |
| Minimum - Maximum calories (kcal)                                   | 550-650   | 600-700 | 600-650 | 750-850 |   |
| Sodium (mg)   | ≤ 1230  | ≤ 1360  | ≤ 1230  | ≤ 1420  | The current sodium guidelines (Target 1) were implemented SY 14-15. |
| Sodium Target 2 implement in SY 2017/18                             | ≤ 935   | ≤ 1035  | ≤ 935   | ≤ 1080  |   |
| Sodium Final Target Implement in SY 2022/23                         | ≤ 640   | ≤ 710   | ≤ 640   | ≤ 740   |   |
| Saturated fat (% of calories)                                       | ≤ 10  |         |         |         |   |
| Dietary Specifications: Daily Requirement for a 7-Day week          |   |         |         |         |   |
| Grades  | K-5   | 6-8     | K-8     | 9-12    |   |
| Trans fat   | Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving. |         |         |         |   |

