

Eagle Harbor Wellness Policy

The purpose of this policy is to establish the basic structure for the promotion of wellness.

Eagle Harbor Ranch is committed to providing an environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity.

The policy is to ensure the following:

- Child nutrition programs (breakfast, lunch, snack) will comply with federal, state and local requirements and will be accessible to all children.
- Qualified child nutrition professionals will provide all students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of the residents.
- All foods and beverages served will comply with the current USDA Dietary Guidelines for Americans.
- All foods made available on campus will adhere to food safety and security guidelines.
- The environment will be safe, comfortable and pleasing and will allow ample space and at least 20 minutes to consume their meal after obtaining food.
- Nutrition education will be offered at each grade level as a part of a sequential, comprehensive standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education may also be integrated into other areas of the curriculum.
- Nutrition education will be linked with the residential food environment.
- Residents will be given opportunities for physical activity during the day through designated times for free play and organized activities.
- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure professional development in the area of food and nutrition is provided for food service directors, managers and staff.
- Professional training and development will be offered to staff on the importance of physical activity and good nutrition to provide residents good academic performance and healthy lifestyles.

Nutrition Guidelines:

Resident's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment.

General:

- The dining area is clean, orderly and inviting.
- The dining area has seating to accommodate all residents.
- The dining area has adequate adult supervision.

- Potable water is always available.
- Residents are allowed to converse at meal time
- Eagle Harbor Ranch operates under USDA regulations and state policies for breakfast, lunch and snack food programs.
- The HACCP food safety program is fully implemented and in place.
- Nutrition Standards for competitive and other foods and beverages are not applicable to our program. No food items are sold to our residents.

Breakfast:

- Residents have a minimum of 10 minutes to eat breakfast.
- All grains offered are whole grain rich.
- Fruits and/or vegetables are offered daily.
- Only low-fat (1%) unflavored milk, fat free (skim) unflavored milk, or fat-free (skim) flavored milk are offered.
- The flavored fat-free milks offered do not have more than 22 g. of total sugar per 8-ounce serving.

Lunch:

- Residents have a minimum of 20 minutes to eat lunch.
- Residents have the opportunity to try a variety of foods by receiving a reimbursable meal.
- Food purchases and preparation methods are used to decrease fat, calories and sodium levels in the foods served.
- Each meal served has 10% or less of calories from saturated fat.
- At least three fruit and/or vegetable choices are offered daily.
- Fresh fruits or vegetables are offered daily.
- A variety of fruits and vegetables are offered weekly to include: dark green vegetables, red/orange vegetables, beans/peas (legumes), starchy vegetables, other vegetables.
- All of the grains offered daily at lunch are whole grain-rich.
- Only low-fat (1%) unflavored milk, fat free (skim) unflavored milk, or fat-free (skim) flavored milk are offered.
- The flavored fat-free milks offered do not have more than 22 g. of total sugar per 8-ounce serving.
- Only low fat (less than 12 g. of fat per ounce) and fat-free salad dressings are available.

Nutrition Education:

The primary goal of nutrition education is to influence resident's eating behaviors and foster lifelong healthy eating. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. Nutrition education is provided for each resident's age and culture.

- All residents have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.
- Nutrition education is based on the most recent Dietary Guidelines for Americans.
- Professional development and training is provided to staff regarding the relationship of good nutrition to academic performance and healthy lifestyles.
- Staff discuss information on calories, percentages of fat and serving sizes of meal items to help children select appropriate portions of food.
- Attractive, current nutritional education materials are prominently displayed in the dining areas and changed at a minimum, each quarter.
- Residents are provided the opportunity to assist in the kitchen to learn about food safety, food preparation or other nutrition-related topics.
- Residents reinforce nutrition knowledge by helping make healthful foods and measuring out ingredients.
- Residents are offered the opportunity to provide their input on foods offered in the home.
- Snacks provided meet USDA guidelines.
- Eagle Harbor Ranch participates in Team Nutrition.
- Eagle Harbor Ranch will apply for an award in the Healthier US School Challenge.

Physical Activity:

The 2008 Physical Activity Guidelines for Americans recommends that children engage in 60 minutes or more of physical activity per day. The goal for physical activity and physical education are to provide opportunities for each resident to develop the knowledge and skills for specific physical activities, to maintain resident's physical fitness, to ensure resident's regular participation in physical activity, and to teach students the short and long term benefits of a physically active and healthful lifestyle.

- Physical activity is provided for 60 minutes each day.
- The physical activities offered are: basketball, walking, bike riding, running, climbing, soccer, baseball, football, swimming, kickball, etc. The activities are alternated.
- Participation in team sports is highly encouraged for the residents.
- Physical activity areas are safe.
- Sedentary activities such as watching television or playing video games are limited to the weekends or bad weather days.
- Eagle Harbor Ranch works with volunteers and community groups to plan physical activities and events.
- Other specified requirements are met by the residents while attending the Berkeley County Schools.

Wellness Promotion and Marketing:

- Wellness policy goals shall be considered in planning all activities.
- Staff are encouraged to model healthy behaviors including healthy eating/drinking and physical activity.

- Food and beverages will not be withheld as a form of punishment. Eagle Harbor will not use foods or beverages as rewards for academic performance or good behavior. Physical activity as a reward is highly encouraged.
- Residents are not to be denied participation in physical activity as a form of discipline.
- Healthy food items are to be promoted including fruits, vegetables, whole grains, and low-fat dairy products. Suggestions are taste tests and colorful handouts/signage.
- Residents are encouraged to participate in after-school sports, intramurals and other non-competitive physical activity programs.
- Healthy nutrition and physical activity shall be incorporated into events provided throughout the year.
- Only foods and beverages that meet Smart Snacks in school nutrition standards can be marketed and advertised on property.
- It is recommended to avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the goals for a healthy campus.

Evaluation:

- The Wellness Committee will meet on a regular basis during the year.
- At a minimum, the Wellness Committee will permit participation by the students, representatives of the school food authority, community health professionals, the board and administrators.
- The Facility Director will ensure compliance with the policy and report to the Eagle Harbor board.
- Eagle Harbor will conduct an assessment of the wellness policy at least once every three years to determine compliance with the policy, to compare with model wellness policies, and to monitor progress. The triennial assessment including progress toward meeting the goals of the policy shall be available to be shared.