

Caring for the Whole Child

# Wellness Policy

Archdiocese of Philadelphia  
Residential Child Care Institutions



Nutritional Development Services  
222 North 17th Street  
Philadelphia, PA 19103  
215-895-3470  
[www.nutritionaldevelopmentservices.org](http://www.nutritionaldevelopmentservices.org)

# Wellness Policy

## Archdiocese of Philadelphia

### Residential Child Care Institutions

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# Wellness Policy Introduction

The Archdiocese of Philadelphia recognizes that wellness, proper nutrition, and regular physical activity are related to children's physical well-being, growth, development, and readiness to learn. It also recognizes that Residential Child Care institutions (RCCI's) can provide an environment in which the children in their care can learn about and participate in positive dietary and lifestyle practices. The Archdiocese is committed to supporting RCCI's in providing a healthy environment that promotes these concepts.

In response to the 2004 Child Nutrition Reauthorization Act, Nutritional Development Services (NDS) and the Office of Catholic Education (OCE) partnered to create a Wellness Policy for Archdiocesan schools and other participants in the National School Lunch Program that is sponsored by NDS. A committee of stakeholders was formed and the final policy is presented in this document.

The committee used the following guidelines to create the policy:

- It was created at the local level.
- It includes goals for nutrition education, physical activity, staff and administration, nutrient standards and meal service.
- It is designed to promote resident wellness.
- It establishes nutrient standards for all food available at the RCCI with the objective of promoting resident health and reducing childhood obesity.
- It has a plan for measuring and evaluating implementation.
- A broad group of individuals participated in its development including, among others, students, parents, school food authority representatives, school board members, school administrators, and the general public.

The Wellness Policy created by this committee will be implemented over three years. It is a living document that will change as needs arise or as new guidance is provided.

“New”: In accordance with the Final Rule released July 28, 2016, all stakeholders will participate in Wellness trainings each year and in the development, implementation, periodic reviews and update of the policy. Stakeholders include youth care staff, teachers, nurses, office workers, social workers and kitchen workers. All stakeholders are important role models for the residents.

## Wellness Policy Plan

To be successful, the staff and administration at each RCCI needs to support the policy and any subsequent changes. Children really do enjoy eating healthy foods and moving their bodies. As caregivers, we are an important influence in a resident's life. Modeling healthy behavior supports the development of healthy behaviors in children and there is no stronger message for the importance of healthy habits. Children watch and imitate adults, and look to them to learn proper behavior. As role models, we need to monitor our own behavior so that children acquire healthy attitudes. It is recommended to identify staff that can be "wellness champions," or role models to help others in the community realize this. These role models, along with other interested parties, also are good candidates for a wellness committee.

The policy is divided into four topics: Staff and Administration, Good Nutrition Practices for a Healthy Life, Nutrient Standards and Meal Service and Physical Activity.

The first year of the plan focuses on creating "safe and adequate" environments in which residents can eat and do physical activities. It also focuses on training staff on the policy, nutrition and physical activity and on beginning to incorporate healthy messages.

One of the requirements of the policy is to measure changes taking place. The current environment can be evaluated by comparing it with the policy statements. Each residential program already has submitted a baseline assessment.

The RCCI Administrator will be the LEA official responsible for ensuring each RCCI complies with the Wellness Policy.

The point person for the stakeholders at each agency will be the on-site trainer. They will be responsible for conducting Wellness trainings during which time they will be encouraged to participate in the ongoing development, implementation and collection of suggestions and ideas to forward goals of the Wellness Policy. The stakeholder include: youth, youth care workers, teachers, nurses, office staff, social workers and kitchen staff. The LEA will post the Wellness Policy and annual updates to the website at <http://www.nutritionaldevelopmentservices.org> .

A "new" requirement for the LEA is to conduct an assessment every three years of the Wellness Policy. The results of the triennial assessment will be made available with a description of progress made. The Wellness Policy will be updated as needed and reflect goals established through the triennial assessments. Results and updates will be posted to the NDS web site.

Reimbursable meals are compliant with federal meal pattern requirements.  
No foods are sold at the residential programs.  
No foods are marketed at the residential programs.

Please feel free to share your successes or any resources you find especially helpful.

# 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.	At all levels of the organization, staff will model healthy eating at the work place.
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 staff wellness by providing on-going health and nutrition screening and education.	

## Staff and Administration

<b>Year One</b>
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Appropriate training shall be available to all staff on the components of the Wellness Policy.

Ways to accomplish this goal:

- Use staff development days or other time to discuss the policy, the changes that will occur, and the importance of their role in this process.
- Use NDS in conjunction with Catholic Social Services to expand on the Wellness Policy.
- Training should include the most recent Dietary Guidelines including portion size, balance and food choices.
- Take advantage of community health organizations such as the American Cancer Society <http://www.cancer.org/docroot/home/index.asp>, community adult learning classes, hospital seminars on health, and the American Diabetes Association <http://www.diabetes.org/homepage.jsp>.

In every way possible, the administration shall support the efforts of staff to provide a healthy diet and daily physical activity for residents.

Consider the needs the staff may have in making the changes needed and the ongoing support they may need in sustaining these changes.

## 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 staff wellness by providing on-going health and nutrition screening and education.

Ways to accomplish this goal:

- Evaluate personal wellness behaviors.
- Model the goals of the Wellness Policy re: weight control <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, weight, BMI and cholesterol levels are checked. If a doctor feels a change is needed to improve or correct a health concern, a plan should be developed, followed and sustained for better health.

## Year Three

At all levels of the organization, staff will model healthy eating at the work place.

Way to accomplish this goal:

- Staff will not bring in or consume personal food or beverages in front of youth other than items that would appear on the program menu.

# National Alliance for Nutrition and Activity Meeting Guidance

## Introduction

Creating a culture of health and wellness in meetings and conferences is an important way to help people eat well and be physically active, foster healthier work environments, and cultivate social norms around healthier choices and behaviors. Supporting healthy food and beverage choices, providing physical activity opportunities, requiring a tobacco-free environment, and promoting sustainability are the areas of focus for the National Alliance for Nutrition and Activity (NANA) meeting and conference guidance. A toolkit to support adoption of the guidance is available at: [www.healthymeeting.org](http://www.healthymeeting.org)

## General Recommendations

- Support healthier choices, provide leadership and role modeling, and help to create a social norm around healthier choices and behaviors.
- Offer nutritious food and beverage options.
- Offer recommended servings of fruits, vegetables, and whole grains, especially for all-day meetings.
- Place healthier foods and beverages in prominent positions, where they are most likely to be seen and more likely to be chosen.
- Post calories in worksite cafeterias and at conferences and meetings when appropriate and/or possible.
- Provide reasonable portions of foods and beverages (i.e., avoid large portions).
- Consider not serving food at breaks that are not mealtimes; instead provide physical activity.
- Ensure healthier options are attractively presented, appealing, and taste good.
- Offer physical activity opportunities that are relevant to the audience and environment to help people achieve at least 30 minutes of physical activity each day.
- Provide a tobacco-free environment.
- Prioritize sustainable practices when possible, by minimizing waste, encouraging recycling, and sourcing products from sustainable producers.
- Evaluate efforts to hold healthy meetings and conferences and make adjustments over time to continue to improve the acceptability and healthfulness of choices.

## Nutrition: Beverages

### Standard Healthy Meeting

- Make water the default beverage.
- Do not offer full-calorie sugar-sweetened beverages. Serve 100% juice, 100% juice diluted with water, low-fat or nonfat milk, calcium and vitamin D-fortified soymilk, or beverages with 40 calories per container or less.
- Offer low-fat or non-fat milk with coffee and tea service in addition to or in place of half and half.

### Superior Healthy Meeting

*Includes all Standard Healthy Meeting recommendations, plus the following:*

- Eliminate all sugar-sweetened beverages (including those with less than 40 calories per container that are allowed under the Standard Healthy Meeting).

## Nutrition: Food

### Standard Healthy Meeting

- Offer fruits and/or vegetables every time food is served.
- Offer reasonable portion sizes.
- In buffet lines or self-service, support sensible portions by offering reasonably-sized entrees and appropriately-sized serving utensils and plates.
- Use whole grains whenever possible (100% whole grain or whole grain as the first ingredient).
- Serve healthier condiments and dressings and offer them on the side.
- Look for and try to offer lower-sodium options.
- Make the majority of the meat options poultry, fish, shellfish, or lean (unprocessed) meat.
- Provide a vegetarian option.
- For special occasions and dinner, cut desserts in half or serve small portions. For lunches, breaks, or regular meetings serve fruit as dessert.
- Do not place candy or candy bowls in the meeting space.
- Whenever possible, offer foods prepared in a healthy way (grilled, baked, poached, roasted, braised, or broiled). Avoid fried foods.

### Superior Healthy Meeting

*Includes all Standard Healthy Meeting recommendations, plus the following:*

- All grains must be whole grain-rich (51% or more whole grains by weight or whole grain as the first ingredient).
- Serve only poultry, fish, shellfish, or on occasion lean (unprocessed) meat options; seek alternatives to processed and red meats.
- Replace all desserts and pastries with fruit or other healthful foods.
- Do not serve fried foods.
- If there is the capacity to do nutrient analyses or if the caterer can provide nutrient information, meals should meet the nutrition standards in Appendix A in the toolkit at: [www.healthymeeting.org](http://www.healthymeeting.org)

## Physical Activity

### Standard Healthy Meeting

- Mention to attendees (through announcements or in written materials) that it is fine to move within the meeting space (standing, stretching); integrate exercise equipment if possible within the space (exercise balls in place of some chairs, raised tables for standing).
- When possible, allow for comfortable clothes/shoes to support physical activity during breaks.
- Periodically break up sitting time.
- For conferences or all-day meetings, support physical activity before, during, and after the work of the day.
- Provide adapted programming or alternative activities for those with physical disabilities.
- Identify someone to facilitate a short physical activity break(s).

### Superior Healthy Meeting

*Includes all Standard Healthy Meeting recommendations, plus the following:*

- Try to choose meeting/conference locations where there are walkable destinations; provide walking/running maps.
- Only contract with hotels that have a fitness facility available at no cost to attendees. If the hotel does not have a fitness facility, contract with a local exercise facility.
- Provide exercise stations in the hall or within the meeting room.
- Implement walking meetings when possible.



## Sustainability

### Standard Healthy Meeting

- Reduce waste and packaging whenever possible.
- Consider appeal to meeting attendees, sustainability, and usefulness of conference giveaways.
- Have recycling bins available.
- Provide handouts on a flash drive or make them available online to reduce paper.

### Superior Healthy Meeting

*Includes all Standard Healthy Meeting recommendations, plus the following:*

- Conduct a zero-waste meeting or conference.
- Use locally-sourced and sustainably-produced food and giveaways when possible.

## Tobacco-Free

### Standard Healthy Meeting

- Meetings should be held in smoke-free facilities.

### Superior Healthy Meeting

*Includes all Standard Healthy Meeting recommendations, plus the following:*

- A tobacco-free environment is provided at all times.
- Choose to host your conference in a city with a comprehensive smoke-free policy that includes restaurants and bars.

# 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 and nutrition promotion.

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.
		Nutrition promotion shall positively influence eating behavior by using evidence – based techniques that create food environments which encourage healthy nutrition choices.

# Good Nutrition Practices for a Healthy Life

## Year One

Staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

Ways to accomplish this goal:

- Training should include how to create opportunities for residents to have positive food experiences and should focus on how to create behavioral change over educational learning goals.
- Take advantage of community health organizations, such as the American Cancer Society <http://www.cancer.org/docroot/home/index.asp>, the American Diabetes Association <http://www.diabetes.org/homepage.jsp> and the American Heart Association <http://www.americanheart.org/presenter.jhtml?identifier=1200000>.
- Search out other community organizations like the local Community College, local hospital for health seminars and community adult learning classes.
- Appropriate nutrition topics for professional development can include, but are not limited to, food safety, diet-related health problems, food disorders, cooking, shopping, budgeting, meal planning, label reading, balancing eating and physical activity, nutrition and the life cycle, food trends and diet fad, food and culture, and hunger in America or other countries.
- Include nutrition education as a Life Skills topic.

## Year Two

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

Ways to accomplish this goal:

[http://www.dairycouncilofca.org/PDFs/Role\\_model.pdf](http://www.dairycouncilofca.org/PDFs/Role_model.pdf)

- Staff will model healthy eating by sitting down daily to eat with youth.

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

Ways to accomplish this goal:

- Have a health professional talk to residents and staff about nutrition and diet-related health problems.
- Have youth make bulletin boards and posters on good nutrition for display in the dining room and kitchen.  
<http://teamnutrition.usda.gov/Resources/foodfamilyfun.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 Wraparound or Step enrichment program.

# 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.

Ways to accomplish this goal:

- Keep parents and guardians informed about the Wellness Policy.
- Special presentations or promotions by health organizations (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.
- Catholic Relief Services website – learn about other cultures and the food projects conducted to help protect the health of citizens.

Nutrition promotion shall positively influence eating behavior by using evidence – based techniques that create food environments which encourage healthy nutrition choices.

Ways to accomplish this goal:

- Buy fresh foods from local farms and farm markets.
- Encourage healthy food choices brought back from home visits.
- Encourage healthy food choices through posters suggesting good food choices. Go to [www.myplate.gov](http://www.myplate.gov).
- Share with residents the food information flyer enclosed in the monthly reports.

## 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 evaluated and improved.	Cooking methods used for all foods shall be evaluated 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

<b>Year One</b>
Nutrition content of meals shall be available to residents, staff and parents/ guardians.

Ways to accomplish this goal:

- Post menus with the nutrient content.
- Help residents, staff and parents/guardians understand the nutritional value of meals served.

Food shall not be used as a reward or punishment.
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Ways to accomplish this goal using non-food rewards:

- Give gift certificate to book store or sporting store.

- Purchase Frisbees, NERF balls, footballs and basketballs as prizes.
- Go to the movies or rent one, the child's choice.
- Use board games, puzzles, crossword puzzles and Sudoku.

Nutritional value of foods and beverages brought into the residence shall be evaluated and improved.

Ways to accomplish this goal:

- Analyze foods at the home. Discover healthy foods to replace foods that are less healthy.
- **Let MyPlate and the U.S. Dietary Guidelines be your guide.**
- Reduce the number of foods that have sugar as the first ingredient.
- Avoid foods with trans-fat and reduce the number of high fat foods.
- Choose foods that are moderate in sodium:
  - low sodium foods have less than 140 mg per serving;
  - aim to consume no more than 1500 mg per day.
- Increase the number of nutrient dense foods.
  - choose foods that have at least 10% of various desired nutrients.
- Choose only 1% or non-fat milk and 100% juice to serve at meals.
- Choose flavored or unflavored water, seltzer, and drinks with at least 50% real juice to serve at all other times. Keep servings to 8 ounces or less.
- Increase the number of fruits and vegetables offered.

Residents shall be provided with a clean and safe meal environment.

Residents shall have access to hand washing before meals and snacks.

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 for dinner.

Meals shall be scheduled at appropriate times.

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:

- Have nutrient standards be your guide (see MyPlate)

**When planning a menu keep these in mind:**

- Keep foods with "sugar as a first ingredient" out of the home
- Avoid foods with trans-fats and high fat foods
- Watch sodium isn't higher than 1500 mg per day
- Bring more nutrient dense food into the home
- Add more fresh fruits and vegetables for fiber

<http://nutrition.about.com/od/healthysopping/a/groceryshoplist.htm>

Beverage Guidelines: 1% milk or non-fat milk, 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 8 oz.

Food Guidelines: 30% calories from fat, 10% calories from saturated fat, 1500 mg per day of sodium

- Moderate portion sizes
- Whole grains, no trans-fats, limited sugar and salt
- Keep saturated fat low
- Increase fiber in diet
- Plan a menu and shop for it

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

To accomplish this goal, celebrations and parties will offer:

- Minimal amount of foods (maximum 2 to 3 items) that contain added sugar as the first ingredient.
- Will provide the following:
  - Fresh fruits AND vegetables
  - Water, 100% fruit juice, 1% or non-fat milk

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

Ways to accomplish this goal:

- *Eliminate frying food*
- Accurate portion sizes
- Use MyPlate as a guide [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Use more baking, steaming, broiling, grilling and sautéing.

### 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 MyPlate)
- Don't Super-Size

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

Ways to accomplish this goal:

- Sit down with residents to plan the dinner menus, make a shopping list and schedule nights for helping in the kitchen
- Watch the Food Network to inspire budding young chefs

## GOOD CEREAL CHOICES

Good Choice Cereals 4g Fiber per Serving	Better Choice Cereals 5g to 7g Fiber per Serving	Best Choice Cereals 8+g Fiber per Serving
Basic 4 3.5g (GM) Crispy Wheaties 'N Raisins 3.5g Just Right with Crunchy Nuggets 3g Just Right Fruit and Nut 3g (K) Life, plain and Cinnamon 3g (Q) Honey Nut Clusters 3g (GM) Apple Raisin Crisp 4.5g (K) Frosted Bran 4.5g Grape-Nut Flakes 4g Nature Valley Cinnamon & Raisins 4g Nature Valley Toasted Oats 4.5g Oatmeal Crisp w/ Almonds 4.5g (GM) w/ Apples 4.5g w/ Raisins 3.5g Oatmeal Squares 4.5g (Q) Oatmeal Cinnamon Squares 4.5g (Q) Toasted Oatmeal Honey Nut 3.5g Total 3.5g Total Raisin Bran 5g Wheat Chex 4g Wheaties 3g Cheerios 3.6g Oatmeal whole oats and instant 4g	Common Sense Oat Bran Flakes 5.5g Complete Bran Flakes 6g (K) 100% Natural Oats & Honey 7g (Q) Apple & Cinnamon 7g Oats Honey & Raisin 7.5g Raisin & Dates 7.5g 100% Natural Low Fat, Crispy Wholegrain w/ Raisins 6g (Q) Apple Cinnamon Squares 6.5g (K) Blueberry Squares 6.5g Crunchy Bran 6.5g (Q) Frosted Mini Wheats 6g (K) Low-Fat Granola w/Raisins 5g (K) Low-Fat Granola w/o Raisins 6.5g (K) Mueslix-Apple & Almond Crunch 6g Mueslix-Raisin & Almond Crunch w/dates 5.5g (K) Nature Valley Fruit & Nut 5g (GM) Nature Valley Low-Fat Fruit 5g Nutrigrain Wheat 5g (K) Oat Bran 5g (Q) Raisin Squares 7g (K) Strawberry Squares 5g (K) Wheatina 6.6g	All-Bran 19.5g (K) Fiber One 28.5g(GM) Grape-nuts 11g Natural Bran Flakes 9g Bran Chex 8g Cracklin' Oat Bran 8.5g Raisin Bran 8g  K-Kellogg's GM-General Mills P-Post Q-Quaker

## Cereals to Avoid

Read the Label: Try to keep **Sugar at 7g** (1.5 tsp.) per ounce. **Sugar can be as high as 12g** as long as the **Fiber is above 4g**, the **Protein is above 5g** and the **Fat is no higher than 10%**.

**Look for whole grains in the ingredient list.**

Kix Trix Golden Grahams Berry Berry Kix Fruit Loops Frosted Flakes Cocoa Puffs Frosted Wheaties Crispix Corn Chex Rice Chex Honey Nut Chex Corn Pops Frosted Krispies Rice Krispies Rice Krispie Treats	Cap'n Crunch all varieties Cinnamon Mini Buns Cinnamon Toast Crunch Reese's Peanut Butter Puffs Lucky Charms Honey Nut Crunch Smacks S'Mores Grahams Honey Nut Cheerios Cookie Crisp Chocolate Chip & Vanilla Double Dip Crunch Frankenberry Cocoa Pebbles Fruity Pebbles Honey Graham O's Cocoa Krispies Count Chocula
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No Trans-fats or Hydrogenated Oils.  
No Deep fat Frying.

MILK- Use 1% Low Fat Milk or  
Non-Fat Milk

## Fruit Juices and Beverages

<b>Fruit Juice Brands 100% Fruit Juice</b>	<b>No Nutritional Value</b>
Juicy Juice Welsh's Very Fine Tropicana Snapple Juice Ridgefield's R.W. Knudsen Dole Minute Maid Campbell's Tomato Apple and Eve	Capri Sun All Natural, various flavors Town House Apple, fruit punch and other fruit drinks Kool Aide Bursts Gatorade Ice tea Lemonade

### Good Choice Snack Foods

Limit snack cakes and sugary snacks to once or twice a week

Pretzels  
Baked chips  
Lite Popcorn  
Goldfish  
Granola bars  
Cereal and milk

### Bread-

Use 100% whole wheat. Whole wheat should be the first ingredient on the label.

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

## Physical Activity

<b>Year One</b>
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Residents shall be provided with safe and adequate equipment, facilities and resources for physical activity.

Ways to accomplish this goal:

- Examine equipment and facility currently available to residents for safety, adequacy and age appropriateness.
- Inventory supplies currently available at the facility for sports and physical activity.
- Check available neighborhood resources, such as schools, playgrounds, recreation centers, YMCA and YWCA for programs and use.

Staff responsible for leading or overseeing physical activity shall be properly trained and shall participate in appropriate professional development.

Ways to accomplish this goal:

- Provide ongoing professional training and development for staff in the area of physical education.
- Offer seminars for relaxation, like meditation. Have a masseuse come to the home to help staff relieve physical stress.
- Staff members are role models for the residents. When residents are physically active, staff should participate in the activity with the residents when possible.
- Provide knowledge necessary to understand the short-term and long-term benefits of a physically active lifestyle. <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>
- Learn the positive and negative effects of regular participation in moderate to vigorous physical activities.
- Understand what healthy weight is. Find out what Body Mass Index is (BMI)?  
<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>  
[http://www.cdc.gov/nccdphp/dnpa/bmi/childrens\\_BMI/about\\_childrens\\_BMI.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/about_childrens_BMI.htm)
- 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](http://www.kidshealth.org/kid/exercise/fit/work_it_out.html)
- Describe how exercise plays a role in general good health and well-being and in the prevention of health-related illness and disease (obesity, high blood pressure, diabetes, heart disease).  
<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>



### **Taking Your Heart Rate**

Generally, to determine whether you are exercising within the heart rate target zone, you must stop exercising briefly to take your pulse. You can take the pulse at the neck, the wrist or the chest. We recommend the wrist. You can feel the radial pulse on the artery of the wrist in line with the thumb. Place the tips of the index and middle fingers over the artery and press lightly. Do not use the thumb. Take a full 60-second count of the heartbeats, or take for 30 seconds and multiply by 2. Start the count on a beat, which is counted as "zero." For moderate-intensity physical activity, a person's target heart rate should be 50% to 70% of his or her maximum heart rate. This maximum rate is based on the person's age. An estimate of a person's maximum age-related heart rate can be obtained by

subtracting the person's age from 220. (Aug 10, 2015 CDC)

Physical activity shall not be used as a reward or withheld as punishment.

Ways to accomplish this goal using non-food rewards:

- Give gift certificate to book store or sporting store.
- Purchase Frisbees, NERF balls, footballs and basketballs as prizes.
- Go to the movies or rent one, the child's choice.
- Use board games, puzzles, crossword puzzles and Sudoku.

- A way to accomplish the goal of not denying physical activity as a punishment is to commitment to not taking away recreation time for misbehavior.
- A way to accomplish the goal of not using physical activity as a punishment is not requiring residents to run laps or do push-ups as punishment.

## 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 home 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.
- Choose active chores around the home 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 or Frisbee.
- Coordinate a daily yoga, Pilates or aerobic exercise group with a DVD.
- Set up different physical activity 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/>
- Reduce screen time by encouraging outdoor activities.

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

- Staff will model healthy physical behavior by participating in physical activity alongside youth.

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

## 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://teammnutrition.usda.gov/resources/mpk\\_tips.pdf](http://teammnutrition.usda.gov/resources/mpk_tips.pdf)
- Increase opportunities for extracurricular physical activity and outdoor recreation facilities.