

**Victoria Regional Juvenile Justice Center
Wellness Policy Annual Assessment
Facility Wellness Policy 11.6.**

Date: 5/29/24

Each committee member was requested to review the following to determine if modifications were needed:

Policy 11.2 Food Service Management
Policy 11.4 Meal Service - policy updated to add “caloric” to pg. 1. III.D.
Policy 11.5 Meal Planning, updated 3/1/24
Policy 11.6 Wellness Policy on Physical Activity & Nutrition
Policy 17.5 Recreation & Exercise
Policy 14.2 Residents Rights/Grievances, updated 3/8/24

The following was provided to the committee and reviewed:

Menus
Daily Caloric Intake based on current menus
Summary of weekly total of Daily Caloric intake
Food survey
Updated week 1 sample menu

Guidelines and Wellness Goal Development

The School Lunch Program at this facility was audited December 19, 2023 by TDA. The program was in compliance with guidelines. The next audit will be scheduled in 2026.

The wellness policy, assessments and USDA Nondiscrimination Statement will be available on the county website. The youth are provided the “Let’s eat for the health of it” pamphlet and the USDA Nondiscrimination Statement. The post adjudicated youth’s parents are mailed a copy of both.

The food grocer company contracted for the VRJJC is Labatt Company.

Stephanie Whitley, contract dietitian conducts the nutritional information for products yearly and approves and updates the developed menu. A copy of the policy was emailed to the dietician for review.

All nutrition program staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professions. The food services staff will attend continuing professional development through the Region 3 workshop or Institute of Child Nutrition. Training will be monitored by the kitchen manager.

- The director will maintain 12 hours of professional standards training hours annually.
- Kitchen Manager Dora Lively has completed the continuing education requirements. The Kitchen manager will maintain 10 hours of professional standards training hours annually.
- Kitchen staff Misty Green will complete the required continuing education requirements (6 hours annually) for 2024-2025.
- Kitchen staff Carolyn Hernandez will complete the required continuing education requirements (6 hours annually) for 2024-2025.
- All kitchen staff will maintain the Learn to Serve Texas Food Manager Certification required by Victoria County Health Department due to each staff working independently in the kitchen.
- Kitchen staff maintained the Food Safety Manager Certification which expires every 5 years.

Meals, Snacks and Beverages

All food and snacks served during the school day will meet NSB and NSL nutritional standards for reimbursable meals. All reimbursable school meals will meet current USDA nutritional standards. Menu's follow the school year schedule.

The facility does not offer A La Carte, Cafeteria style service, Family Style Meals, Multiple Choice menus, Offer VS. Serve meals, Salad or Theme Bars, Vending machines or Smart Snacks.

Youth meals are scheduled between 11-1pm for lunch which allows 30 minutes for the meal. Youth will be allowed at a minimum 10 minutes after sitting down to eat their meal. Trays are prepared in the kitchen with the same portions on

each tray with the exception of special diets. The medical department provides a list of dietary restrictions to the kitchen staff to follow. These specific trays are labeled for staff.

If a youth is pulled out of a scheduled meal for an activity the youth will be allowed to eat during that activity.

A snack including milk will be served in the evening. The snack will be taken to the youth in the unit. The snack list was updated by the contract dietitian.

Beverages served will not contain caloric sweeteners and youth will be provided with 2 options for milk. Low fat and 1%.

Water will be available at all meals and snack. Youth will be provided access to drinking water throughout the day.

Youth are allowed time to wash their hands before eating and brush their teeth following their meals and snack.

Youth will not share food or beverages. Celebrations will be limited to no more than 4 events during the school calendar year to be approved by the facility administrator.

Additional information:

Special diets for pregnant youth needs may be recommended by the obstetrician. If the OB-GYN recommends additional caloric intake or special instructions, the medical department will notify the Facility Administrator and the Kitchen Supervisor to ensure modifications are made to an individual diet.

Food will not be used as a punishment or a reward.

Health & Physical Education

Nutritional education is provided to the youth upon intake and posters are displayed in the units, including the civil rights poster which is also posted in the lobby. New posters have been provided to the Kitchen Supervisor.

Nutrition topics are integrated in a comprehensive health education curriculum at every grade level of youth detained. Nutrition education is taught in academic classes by the teachers (Health Wellness for Life). A component of wellness is provided in the parenting classes by the facility nurse and in the substance abuse groups provided by the counselor. The youth receive Nutrition, Health, and Wellness through Science - chemical/fats, History - food throughout history, Math – measurements and Economics. Education will include caloric balance/food intake/energy expenditure, healthy eating habits and the importance of exercise.

Education will include lessons for reading food labels and menu planning. The fitness gram will be used for PE charting growth.

The physical education curriculum is aligned with national and state physical education standards. Physical education will be taught by a certified/licensed teacher who is endorsed to teach physical education and/or teacher assistant under the direction of a certified PE teacher on campus provided by VISD. The State certified Physical Education teacher will provide physical education classes following the school schedule. The teacher ratio for the physical education is 1:12 with a juvenile supervision also present. The physical education teacher and teacher assistant receive professional development annually through VISD.

Physical education is provided daily for ½ hour (gym) & ½ hour (outside, weather permitting) during the school year and for the summer sessions. When school is not in session, on weekends & holidays the youth are scheduled 1 hour of large muscle exercise daily. Outside recreation is also scheduled daily (weather permitting) and monitored by the juvenile supervision officers. Staff encourage the youth to participate in moderate to vigorous physical activities daily.

Physical activity will not be used as a punishment or withheld as a punishment.

Promotion and Marketing

Food will not be sold to the youth during the school day. Youth will not participate in fundraising. Advertising of foods and beverages is prohibited.

Staff is encouraged to model healthy eating/ drinking. Staff is prohibited from consuming food/beverages that may not be sold to youth during the school day. While on shift the staff will eat the same meal the youth are served if in the presence of the youth with the exception of the staff with a doctor ordered special diet. However, the staff is not required to eat with the youth.

Staff Wellness

Health and Wellness Newsletters are sent out via email to staff from Human Resources. If the staff does not have a work email, copies are provided by the Facility Administrator and available by the time clock. The newsletters include exercises and recipes to encourage healthy eating. Additional resources are provided in the newsletters for health and wellness.

- The Employee Assistance program provides free and confidential assistance for stress/Anxiety, Grief/Loss, Alcohol/Drug Problems, and family issues. Crisis counselors are available 24/7 through Interface EAP.
- Victoria County provides a discount membership through Citizens Healthplex.
- The county also encourages a Health Risk Assessment each year through county primary health care. The county provides a discount on health insurance if an employee participates in the HRA annually. Primary health care is available through a contract PA for employees and dependants at no cost to the employee, if carrying health insurance through the county.
- Teledoc is also available to county employees 24/7.

Wellness Committee

The Wellness Advisory Committee will include at a minimum the Asst. Chief, Facility Administrator, VISD on site Principal, Kitchen Supervisor, Compliance Officer, Supervisor, and LVN.

To ensure student involvement in the NSLP, a Food survey is conducted every year. This survey will assist in reducing waste. The survey explains:

- The guidelines of the school lunch program,
- Nutritional diets are provided that meets the daily recommended caloric intake and nutritional requirements,
- Menus meet the nutritional requirements established by local, state and federal statutes and regulations; and
- How menus are developed and approved by a licensed dietician to promote healthy eating.

The committee will review the wellness policy annually to review compliance, assess progress and determine areas of improvement. The Report of Review findings from the monitor will be made available for review to the committee. A triennial meeting will be held to review compliance of the policy.

Civil Rights Discrimination

Civil Rights Discrimination grievances will be reported to TDA by the compliance officer. There have been no Civil Rights Discrimination grievances to date. The grievance form was updated on 3/8/24 following the audit.

The Staff Services Coordinator will provide Civil Rights training annually and upon employment.

Discussion:

The food survey and daily meal caloric intake will be provided to the Licensed Dietician for consideration when developing the menus. Menu development is currently in process.

TDA has waived the requirement of the offer vs. serve for this facility as an RCCI.

Meal Pattern Flexibility - Age/Grade Portion Size Flexibility

If approved, (1) the RCCI may serve lunch and/or breakfast meals with the same amount of food for all age/grade groups at the meal service and (2) RCCI must

serve meals meeting the lunch meal pattern in effect for the highest age/grade group participating to ensure nutritional adequacy. Therefore, the portions in this facility will be based on a 17 year old/12th grade male. The highest required daily caloric intake for males moderately active (30-40 minutes) noted on the menu is 1836-2641. However, on the Dietary Guidelines and My Plate Healthy Eating for Kids, and Teens notes 2400-2800 calories per day for 17yo male teens.

Discussed the possibility of increasing calories on the meals that have the lowest # of calories:

Week 1 & 3

- Monday Dinner 612 calories
- Wednesday Dinner 756 calories
- Monday Breakfast 432 calories
- Tuesday Breakfast 442 calories

Week 2& 4

- Friday Breakfast 389 calories

Supervisor Dora Lively will speak to the dietician.

Fruit salad or any other food with liquid will be served in separate containers to reduce the possibility of the juice mixing with other foods.

Discussion: Meals will again be served on the cafeteria plastic trays with dividers for lunch and dinner, therefore when served in the cafeteria trays, the separate containers will not be provided.

5/6/23 - 5/6/24 - 15 grievances have been written. 8 Post Adjudication youth and 7 Detention youth.

Grievances were regarding:

- 9 not enough food/hungry
- 2 fruit tasted like chemicals
- 1 unhappy with substitute for nuts
- 1 chicken not cooked
- 1 trays late
- 1 beans tasted like soap