



Operation SafeHouse School Wellness Policy

Purpose and Goals

Operation SafeHouse recognizes the link between health and academic achievement and the importance of creating a healthy environment. The purpose of this School Wellness Policy is to articulate the actions we are taking to comply with the USDA regulations following the 2010 Healthy Hunger-Free Kids Act. This policy is designed to help us meet our goals to support the diet quality, physical fitness, and overall health of our clients and staff.

Nutrition Environment and Services

Operation SafeHouse will provide breakfast and lunch each day in all RCCIs through the USDA School Breakfast Program and the National School Lunch Program. These meal programs are operated in full compliance with the USDA's regulations (<https://www.fns.usda.gov/school-meals/nutrition-standards>). In accordance with federal regulations, free drinking water will be available to clients in every dining area during mealtimes. All food and nutrition services staff shall receive annual training consistent with current USDA Professional Standards (<https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf>).

Promoting meal participation

We are proud of the nutritious meals we provide, and we will take the following steps to encourage participation:

- a. We will conduct annual surveys of clients to learn about their food preferences, including cultural and ethnic favorites.
- b. We will conduct taste tests of new recipes to gather feedback prior to adding them to the menu.
- c. We will prominently display unflavored milk and fresh produce in the dining area to encourage clients to select them as part of their school meal.
- d. We will schedule the day to include at least 20 minutes of seated time for clients to eat lunch and breakfast in the cafeteria.
- e. We aim to not schedule organizational meetings during the lunch period. If there is a lunchtime meeting, clients are given time to first get their lunch and consume it during the meeting.

Commercial food marketing

Operation SafeHouse recognizes that children are targeted with many types of commercial marketing, including for food and beverages. We aim to provide a commercial-free zone in our RCCI buildings. Food and beverage logos and branding are not permitted on any type of equipment or RCCI property, including vending machines; display racks; scoreboards; textbooks, or educational materials (unless required for educational purposes). The only exception is food and beverage logos and branding that appear on the package of a product that meets USDA meal.

Nutrition Education

Operation SafeHouse recognizes the importance of nutrition education to provide clients with the knowledge and skills necessary to lead a healthy life. Thus, we require sequential and comprehensive nutrition education to promote student wellness that is behavior focused, interactive, and participatory.

Operation SafeHouse will:

- Offer education in the dining room, with coordination between the clients and staff.
- Include both nutrition and physical education guidelines in the client's case plan.
- Encourage teamwork between staff to develop ways to integrate nutrition into daily routines.
- Offer nutrition education opportunities for our clients.

Physical Education

Operation SafeHouse will:

- Provide opportunities for our clients to develop the knowledge and skills for specific physical activities.
- Instruct the clients in our program on the short and long-term benefits of a physically active lifestyle.
- Provide training and resources to allow staff to promote lifelong physical activity among the clients in our program.
- Foster lifelong habits of physical activity for all clients.
- Provide all clients 225 minutes of physical activity/education every week.

Staff are strongly encouraged to use physical activity as a *reward* whenever feasible. For example, Staff may offer extra recess time to incentivize good behavior. However, physical activity may not be assigned to clients as a *consequence* of poor behavior or *punishment* for any reason. Additionally, PE or other physical activities will not be withheld from students as a *punishment* for any reason.

Coordination of Wellness Activities

Operation SafeHouse will convene and maintain an active wellness committee that meets quarterly. The wellness committee will be led by the Directors and food managers, who will be responsible for ensuring that the wellness policy is clearly communicated to all staff, clients, parents, and community members. The policy will be posted on the shelter/group home website.

Triennial Assessment

Every three years, the wellness committee, supervised by the director, will conduct a comprehensive assessment of the wellness policy and practices at Operation SafeHouse. This process will include the following elements:

- a. The current policy will be compared to a model wellness policy using the WellSAT Policy tool (www.wellsat.org).
- b. The level of compliance with the policy will be assessed by the school-level food managers supervised by the director, using the WellSAT Practice tool (www.wellsat.org).
- c. The committee will write a report that describes the progress to date in attaining its wellness goals.
- d. This report will be shared with the community through the RCCI website. This report will also be maintained by the school food authority to share during the state administrative review.
- e. Based on the findings, the committee will suggest any needed updates to the policy to the Director and will create any needed implementation plans to ensure compliance with all elements of this policy.

USDA Nondiscrimination Statement

U.S. Department of Agriculture (USDA) nondiscrimination statement for child nutrition program participants. In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#) (PDF), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or
3. email:
Program.Intake@usda.gov.

**Questions: Child Nutrition Programs (CNP)
Complaints| cnpcomplaints@cde.ca.gov**