DEPARTMENT OF CORRECTIONS

Policy Number:	**204.043**
Title:	**Wellness Program for Juvenile Residents**
Effective Date:	**6/18/19**

PURPOSE: To ensure an environment that promotes and protects residents' health, well-being, and ability to learn by supporting healthy eating and physical activity.

APPLICABILITY: Minnesota Correctional Facility – Red Wing (MCF-RW)

DEFINITIONS:
Key Club – an international, student-led organization that provides its members with opportunities to provide service, build character and develop leadership.

PROCEDURES:

A. Minnesota Correctional Facility – Red Wing (MCF-RW) recognizes that nutrition education and physical education are essential components of the educational process, that good health fosters resident attendance and education, and that healthy eating and physical activity can have a positive impact on resident behaviors.

B. The resident Key Club, organized by volunteer services staff, is scheduled monthly to address and discuss any food service or recreational concerns. The Key Club is made up of resident representatives from each general population living unit. Volunteer services staff take and retain meeting minutes.

C. The facility encourages the involvement of residents, parents, guardians, teachers, food service staff, and other interested persons (such as program directors, nurses, living unit staff) in implementing, monitoring, and reviewing nutrition and physical activity policies.

D. Residents have access to healthy foods and opportunities for physical activity in order to grow, learn, and achieve academic success.

E. Residents have opportunities, support, and encouragement for physical activity on a regular basis.

F. Qualified food service personnel provide residents with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of juveniles, also accommodating the religious, ethnic, and cultural diversity of the residents in meal planning (including meals for residents with approved dietary needs). Qualified food service personnel also provide clean/safe settings and adequate time for residents to eat.

G. Foods and beverages

1. Foods and beverages offered are nutrient-dense including whole grain products and fiber-rich fruits and vegetables, to provide residents a variety of choices to maintain a balanced diet.

2. Food and beverages available must include a variety of healthy choices that are of excellent quality, appealing to residents, and served at the proper temperatures.

3. Food and beverages offered are provided in modest portion sizes, age-appropriate for all residents, or restricted in quantities available.

4. Drinking water and hand-washing facilities are conveniently available for residents at all times.

5. Carbonated beverages are not available to residents during the day.

6. Food service provides recommended snacks for celebrations. The snacks must reinforce the importance of healthy choices and portion control.

7. Food brought into the facility for service to residents must be commercially-prepared food items.

H. Resident Nutrition

1. The facility must provide a healthy and safe meal program that strictly complies with all federal, state, and local statutes and regulations.

2. The facility must designate an appropriate person who is responsible for the food service program, whose duties include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available at served meals and snacks to ensure food and beverage choices are consistent with current U.S. Department of Agriculture (USDA) dietary guidelines.

3. The DOC registered/licensed dietician reviews and approves the menu. Approved menus are retained at the facility.

I. Nutrition education and promotion

1. The facility encourages and supports healthy eating by residents and engages in nutrition promotion that is:
   a) Offered as part of a comprehensive program designed to provide residents with the knowledge and skills necessary to promote and protect their health; and

   b) Part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate.

2. The facility encourages all residents to make age-appropriate, healthy selections of foods and beverages, including those sold individually outside the meal programs, such as through canteen.

J. Physical activity and education guidelines

1. Physical education is designed to build interest and proficiency in the skills, knowledge, and attitudes essential to a lifelong physically healthy lifestyle. It includes providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of residents' lives.

2. Health education reinforces the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television. Health

education also encourages residents practice health-enhancing behaviors, reduce health risks, and develop the ability to access valid health information.

3. Residents receive a minimum of one hour of large motor physical activity daily in addition to leisure recreational activities.

4. Staff development opportunities are available to provide the necessary skills and training to facilitate physical activities.

5. The facility recommends information to parents and guardians to help them promote and incorporate physical activity and healthy eating into their children's lives.

6. Staff provide safe and satisfying physical activity for all residents, including those with special needs.

K. Communications with parents and guardians

1. The facility recognizes that parents/guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The facility supports this role and offers educational materials that assist families in making healthy choices related to nutrition and physical activity.

2. The facility supports parents' and guardians' efforts to provide a healthy diet and daily physical activity for their children, especially during furloughs to assist in successful transitioning to home.

3. The facility provides information about physical education and other school-based physical activity opportunities and supports parents' and guardians' efforts to provide their children with opportunities for physical activity outside of school.

4. A paper copy of this policy is provided to resident's parents and guardians upon request.

L. Implementation and monitoring

1. Facility food service staff ensure compliance with this policy and must report to the food service program administrator or the warden/designee, as appropriate.

2. The facility's wellness committee reports to the warden the nutrition guidelines and procedures for selection of all foods made available.

3. The warden/designee provides a report of the facility compliance with this policy annually to the assistant commissioner of facility services.

INTERNAL CONTROLS:

A. The menu is reviewed by the DOC registered/licensed dietician and retained at the facility.

B. Minutes from the Key Club are reviewed and retained by volunteer services staff.

ACA STANDARDS: None

REFERENCES: Minn Stat. §§ 242.43 and 242.44
Richard B. Russell National School Lunch Act; 42 U.S.C §1751

Child Nutrition Act of 1996; 42 U.S.C §1771
Local Wellness Policy; Public Law 108-265 (2004)
Establishment of Dietary Guidelines; 7 U.S.C §5341
School Lunch Program Regulations; 7 C.F.R. §210.10
School Breakfast Program Regulations; 7 C.F.R. §220.8
Policy 500.400, "Dietitian Services"
Policy 302.010, "Canteen"
Division Directive 302.260, "Juvenile Resident Property"

REPLACES: Division Directive 204.043, "Wellness Program for Juvenile Offenders," 8/2/16. All facility policies, memos, or other communications whether verbal, written, or transmitted by electronic means regarding this topic.

ATTACHMENTS: None

APPROVALS:
Deputy Commissioner, Community Services
Deputy Commissioner, Facility Services
Assistant Commissioner, Operations Support
Assistant Commissioner, Facility Services