

**Judge Ricardo H. Garcia Juvenile Detention Facility Local
Wellness Policy
Nutrition and Physical Activity**

Preamble

Whereas, Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health foster students attendance and education;

Whereas, obesity rates have doubles in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominate causes of obesity;

Whereas heart disease, cancer stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risks factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas on 2@ of children (10 to 19 years) eat a healthy diet consistent with five main recommendations from the My Plate;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snacks bars include low nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful wellness policies;

The Judge Ricardo H. Garcia Juvenile Detention Facility will be committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Judge Ricardo H. Garcia Juvenile Detention Facility that:

- Judge Ricardo H. Garcia Juvenile Detention Facility will engage students, parents, teachers, food service professionals, health professionals, school board members, administrator, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All Students in grades 5-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The maximum extent possible, the Judge Ricardo H. Garcia Juvenile Detention Facility will participate in available federal school meal programs: The School Breakfast Program, National School Lunch Program, including after-school snacks.
- Judge Ricardo H. Garcia Juvenile Detention Facility will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and they will establish linkages between health education and school meal programs and with related community.

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Serve (1%) low-fat and fat-free milk and nutritionally equivalent nondairy alternatives to (to be defined by USDA); and ensure that half of the served grains are whole grain.

Breakfast

To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

- Judge Ricardo H. Garcia Juvenile Detention Facility will, to the extent possible, operate the School Breakfast Program.
- Judge Ricardo H. Garcia Detention Facility will, to the extent possible, methods to serve school breakfasts that encourage participation.
- Judge Ricardo H. Garcia Detention Facility will serve breakfast to students and notify parents and students the availability of the School Breakfast Program.

Free Meals

Judge Ricardo H. Garcia Juvenile Detention Facility will make every effort to eliminate any social stigma attached to, and prevent the over identification of, students who are eligible for free school meals

Meal Times and Scheduling

- Judge Ricardo H. Garcia Juvenile Detention Facility Will Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate time. Lunch should be schedule between 10:45 a.m. and 1:00 p.m.;
- Will provide students access to hand washing or hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of the students with special oral health needs.

Qualifications of School Food Services Staff

Qualified nutrition professionals will administer the school meal programs. As part of the CE's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in Judge Ricardo H. Garcia Juvenile Detention Facility. Staff development programs should include appropriate certification and/or training programs (including CPR and First Aid) for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. A Food Handlers health card will be required for all kitchen workers.

Sharing of Foods and Beverage

Judge Ricardo H. Garcia Juvenile Detention Facility should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

- French fries and par fried potatoes may not exceed a 3 oz. serving size.
- Deep Fat frying shall be eliminated as a method of preparation as soon as possible. Food items containing more than 28 grams of fat per serving size cannot served more than twice per week.
- Must offer 1% low fat or skim milk at all points where milk is served. Flavored milk cannot contain more than 30 grams of sugar per 8 oz.
- Fruits and Vegetables shall be offered daily on all points of service, preferably fresh.
- Chips should be reduced fat (not more than 5 grams per ounce) or baked varieties whenever possible.
- Low-fat pepperoni pizza and hamburgers will be offered not more than twice a week at the snack bar and not more than twice a month through the reimbursable school meals programs.

Snacks

Snacks served in the after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage or if eligible, Judge Ricardo H. Garcia Juvenile Detention Facility that provide snacks through after-school care program will pursue receiving reimbursements through the National School Lunch Program.

II. Nutrition Education Goals

Judge Ricardo H. Garcia Juvenile Detention Facility aims to teach, encourage, and support healthy eating by students. Judge Ricardo H. Garcia Juvenile Detention facility will provide nutrition education and engage in nutrition promotion. Students will receive nutrition education through the use of state adopted textbooks during weekly health classes. Through the use of our state adopted textbook "Health and Wellness," students will learn about: mental, emotional, family and social health; growth and nutrition; personal health and safety; drugs and disease prevention; and community and environmental health.

Students receive nutrition instruction through the health class required for one semester in the 6th grade. The will also use the Project Wisdom" program to give information about health, nutrition, and character education. Students receive nutrition instruction through the health class require for one semester. Judge Ricardo H. Garcia Juvenile Detention Facility will add two nutrition classes during the school year 2013-2014. General education teachers throughout the Judge Ricardo H. Garcia Juvenile Detention Facility are also encouraged to integrate nutrition education into the core curriculum areas: language arts, math, reading, science, and social studies as applicable.

Staff Wellness

Judge Ricardo H. Garcia Juvenile Detention Facility highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The plan should be based on input solicited from staff and should outline ways to encourage healthy eating, physical activity, and other elements of healthy lifestyle among staff.

III. Physical Activity Goals

All students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which Judge Ricardo H. Garcia Juvenile Detention Facility should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Judge Ricardo H. Garcia Juvenile Detention Facility will follow the Presidential Physical Fitness Program." Using this established guideline, the coaches assess the current fitness level of our students. The students at Judge Ricardo H. Garcia Juvenile Detention Facility practice the outlined physical activities, but only the students

Actually complete in the five events: Muscular strength/endurance, cardio-respiratory endurance, speed, agility, and flexibility. Participation is mandatory and the following awards are presented to our students based on their performance: The Presidential Physical Fitness Award, The National Physical Fitness Award and the Participant Physical Fitness Award. Physical Education is required of all students in the 6th grade. All 6th, 7th, 8th graders in Physical Education or Athletics must participate in the "Presidential Physical Fitness Program. Athletics is available for all students 9-12 with a variety of sports. All Physical Education students will be required to participate in the "Presidential Physical Fitness Program."

V. Measurement and Evaluation

The director will ensure compliance with established nutrition and physical activity wellness policies. Judge Ricardo H. Garcia Juvenile Detention Facility will identify areas for improvement. This report will assist to create a plan of action to address the needs of the facility. Director will monitor the health and physical education curriculum with walk-through visits throughout the school year. The director will develop a summary report every three years on compliance with the facility established nutrition and physical activity wellness policies, based on input from Judge Ricardo H. Garcia Juvenile Detention Facility that report will provided to the board.



FOOD SERVICE DIRECTOR

8/7/2013

DATE

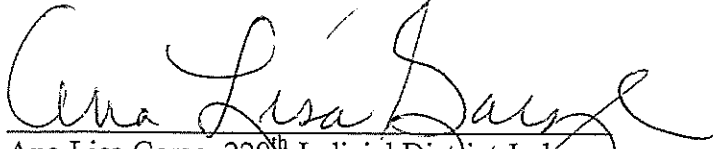


PROGRAM DIRECTOR

8/7/2013

DATE

Duval County Juvenile Board



Ana Lisa Garza, 229th Judicial District Judge

2-24-15
Date



Ricardo Carrillo, Duval County Judge

2-24-15
Date



Georgia Parr, Facility Director

2/24/15
Date

Community Member

Date

H1N1 Emergency Planning

Meal Coverage Ideas and Options for Feeding Children during H1N1-Related School Closings

Prepare your district for meal service for potential H1N1 school closures:

- Get approved by your state agency as soon as possible.
- Have your food plan in place before the need arises.*
- Establish your meal distribution and communication plan.

Know the rules and requirements:

- The waiver authority allows schools and community organizations to continue providing reimbursable meals to low-income children.
- For closed schools with 50% or more students eligible for free or reduced price meals, SFAs should develop a meal distribution method for all low-income families with children enrolled in that school. If less than 50% are qualified, meal distribution must more directly target eligible students.
- The meal program operates in a similar fashion to summer programs.
 - a. There is a maximum of two meals per day per child.
 - b. Reimbursement at SFSP or Seamless Summer Option rates is offered.
- There are no congregate meal service and no time requirements.
- Offer Versus Serve (OVS) will not apply and all meals must be unitized (a complete reimbursable meal that meets the requirements of the menu planning method used, including milk, must be distributed. Shelf-stable milk may be used).

“Schools without adequate equipment or temperature control will need to make sure that they have chosen menus and meal distribution methods that will minimize food safety risks.”

Janey Thornton, PhD, SNS Deputy under Secretary of the US Dept. of Agriculture

East Side Entrees can help:

- Assist in preparing and implementing your emergency preparedness plan.
- **Cost-effective, safe, healthy and shelf-stable meals** that all qualify for reimbursement at **Summer Food Service Program Rates** or the free rate for Seamless Summer Options.
- Cycle menus that help prepare for the entire school year.
- Shelf-stable and Thaw & Serve Unitized Meal Options, with or without shelf-table milk.
- Answers to your food safety questions and concerns.
- A prototype waiver request is available at:
http://www.fns.usda.gov/disasters/pandemic/prototype_waiver.pdf.

* If not needed, use meals for field trips, alternate site breakfasts, before and after vacations, etc.



**PREPARING NOW FOR A POSSIBLE H1N1 VIRUS OUTBREAK
ENSURES MEAL AVAILABILITY!**

“Schools without adequate equipment or temperature control will need to make sure that they have chosen menus and meal distribution methods that will minimize food safety risks.”

Janey Thornton, PhD, SNS Deputy under Secretary of the US Dept. of Agriculture

If schools close, a “no congregate” regulation would be waived so students could receive up to two meals a day that won’t have to be eaten on school premises.

Eastside Entrees’ comprehensive shelf-stable meals, milk and snacks address all spoilage and food safety issues, helping schools focus on developing and implementing emergency meal coverage.

Ordering meal and snack supplies now will guarantee adequate coverage during an emergency.

Your safety and wellness are our business.

Start preparing now!

Contact Your Local East Side Entrees Representative:

Luis Santiago-Vice President of Sales-931.368.0194

lsantiago@eastsideentrees.com

Angie Ferguson-North East-214.852.4602 aferguson@eastsideentrees.com

Dorie Pullen-Central Region-330.722.5453 dpullen@eastsideentrees.com

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Jessamyn Stidham-South Central-940.321.0362 jstidham@eastsideentrees.com

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Additional information and resources:

- http://www.fns.usda.gov/disasters/pandemic/prototype_waiver.pdf
- http://www.fns.usda.gov/disasters/pandemic/sample_sl-agreement.pdf
- <http://www.schoolnutrition.org/Content.aspx?id=12860>
- http://schoolnutrition.org/uploadedFiles/School_Nutrition/104_CareerEducation/ContinuingEducation/WebinarWednesdays/Webinars/H1N1_Webinar_Slides.pdf?f=n=5923
- http://www.fns.usda.gov/cnd/governance/Policy-Memos/2009/SP_31-2009_os.pdf
- http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2009/SP_33-2009_os.pdf



FOOD SAFETY

FOOD SAFETY: SHELF STABLE MILK & JUICES

- Produced using UHT processing for near sterility
- Requires no refrigeration
- Shelf life of 7 months for milk, up to 12 months for juice
- Includes sanitary, individually wrapped straw

FOOD SAFETY: SHELF STABLE BREAKFAST & MEALS BREAKS

- Each contain individual wrapped utensils
- Each case contains trash bags
- Each component in breakfasts and meals is individually wrapped
- Shelf stable breakfasts and meals require no refrigeration and are highly portable
- Each breakfast/meal kit can be eaten at any location
- Student opens and handles his/her own individual meal; requires no contact from or preparation by others
- Moist towelette allows for a basic removing of soils on the hands prior to regular washing with soap and sanitizing
- All food components are produced under strict regulatory oversight for compliance with all mandated FDA standards
- All food components are routinely tested microbiologically to insure safety and long shelf life
- Tuna and chicken salads are retorted and pH adjusted to inhibit bacterial growth and provide long shelf life

FOOD SAFETY: THAW & SERVE BREAKFAST & MEALS

- Thaw & Serve Breakfasts and Meals are stored frozen to maintain safety of sandwich meats and cheese

**Your Safety and wellness are our business. Start preparing now!
Contact your local East Side Entrees representative for further information.**



ATTENTION ALL VISITORS

Prior to entering the JRHG Juvenile Detention Facility, you will be asked to answer the following questionnaire:

- **Do you have the Flu?**
- **Do you have a temperature of at least 99.5?**
- **Have you been vomiting in the past 24 hours?**
- **Have you had diarrhea in the past 24 hours?**
- **Have you experienced any of the following symptoms in the last 24 hours?**
 - **Feeling feverish but temperature unknown**
 - **Coughing up phlegm/mucus**
 - **Sneezing**
 - **Body aches**
 - **Poor appetite**
 - **Exposed to a person known to be infected**

If you answered "YES" to any of the symptoms, you will be asked to return at a later time and/or routed to a triage clinic for medical review before being allowed to enter the facility. These precautions are for the safety of the residents and staff residing at the JRHG Juvenile Detention Facility as per the H1N1 Influenza (swine flu) virus.

**Thank you for your understanding,
JRHG Administration**



Judge Ricardo H. Garcia
Regional Juvenile Detention Facility

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Date: July 22, 2016

Child Nutrition/Food Service

Judge Ricardo H. Garcia Regional Juvenile Detention Facility encourages and welcomes community stakeholders to participate in the development, review, update and implementation of the JRHG Juvenile Detention Facility Local Wellness Policy.

Coming Soon.....

Announcements for opportunities to participate will be posted on the facility website in regards to meeting dates and times.

Judge Ricardo H. Garcia Regional Juvenile Detention Facility: Local Wellness Policy