



QUALITY FAMILY SERVICES
Quality Group Homes, Inc.

Breakfast, Lunch, Dinner Nutritional Program
WELLNESS POLICY

Business and Non-Instructional Operations B Food Service/Child Nutrition Program

The Board of Directors (Board) and Quality Group Homes, Inc., dba Quality Family Services (Agency) staff recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that Residential Child Care Institution (RCCI)'s plays a vital role in childhood nutrition and fitness, and as part of the larger community have a responsibility to promote family health and provide a strong foundation for children's future health and wellbeing. To reinforce the Agency's nutrition education program, foods provided on Site shall be:

1. Carefully selected so as to contribute to student's nutritional well-being and the prevention of disease;
2. Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits; and,
3. Served in age-appropriate quantities.

Clients shall be provided adequate space in pleasant surroundings as well as adequate time to eat, relax, and socialize.

The Director or designee shall ensure that the meals offered by the Site's food service meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

To the extent permitted under the National School Lunch and School Breakfast Programs, clients shall be allowed to decline a certain number of meal items that they do not intend to consume.

The Director or designee shall develop strategies designed to encourage the participation of clients and parents/guardians in the selection of foods of good nutritional quality for menus. Parents/guardians are encouraged to support the Agency's Nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional parties.

The Board shall establish and sustain a Child Nutrition and Physical Activity Advisory Committee (CNPAAC) to discuss nutrition and physical activity related topics of concern in the community, and to develop Agency policies on Nutrition and Physical Activity for recommendation to and approval by the Board. (Education Code 49433)

Agency CNPAAC is comprised of the twelve facilities, managers, six volunteers, residents and Agency Directors.

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Posting Requirements:

Each Site shall post the Agency's policies and regulations on nutrition and physical activity in public view within all kitchens or in other central eating areas (Education Code 49432).

Each Site may also post a summary of Nutrition and Physical Activity laws and regulations prepared by the California Department of Education (Education Code 49432).

Nutritional Standards

Effective January 1, 2007, the Director or designee shall ensure the nutritional quality and quantity of all foods served or made available to clients.

1. The Child Food Services program will ensure that all foods served on Site, from the morning comply with the following SB19 standards:
 - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices)
 - b. No more than 10% of total calories from saturated fat.
 - c. No more than 35% added sugar by weight (not including fruits, vegetables, and 100% juices)
2. Ensure fresher produce, particularly California grown fruits and vegetables, is used wherever possible.
 - a. The Child Nutrition Services program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the food service program.
3. Ensure meals are served in a pleasant environment with sufficient time for eating.
 - a. Clients shall have a minimum of 30 minutes to eat lunch and 20 minutes to eat breakfast.
 - b. Site leadership shall be involved to kitchen atmosphere.
 - c. Agency shall solicit student preferences in planning menus and snacks through surveys.
4. Nutrition and Health education should be incorporated into regular teaching plans, in ways that meet California Standards requirements.
5. Staff shall be provided with training and resources to integrate nutritious eating experiences, gardens, and Nutrition education into the curriculum.
 - a. All Sites are encouraged to develop Gardens.
 - b. Gardens can promote the link between food choices, physical activity, and health in a way that is hands-on and integrated into the standards-based curriculum.

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6. Ensure that no client is hungry.
 - a. The Agency shall develop a Client-group participation in the menu choice and meal planning.
7. Increase staff, family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health.
 - a. Provide nutrition and physical activity information.
 - b. Involve staff/client in annual evaluation of food services and physical education program services in order to improve the quality, access, and knowledge of services.

Child Nutrition and Physical Activity Advisory Committee

The membership of the Child Nutrition and Physical Activity Advisory Committee shall include, but is not limited to, the following members: Governing Board members, House Managers, Administrators, clients, parents/guardians, dieticians, health care professionals and interested community members.

The Child Nutrition and Physical Activity Advisory Committee (Committee) shall meet at least three times during the year and meetings shall be open to the public.

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, all of the following (Education Code 49433):

1. Ensuring that no student is hungry.
2. Improving nutritional standards.
3. Increasing the availability of fresh fruits and vegetables, including provisions that encourage Sites to make fruits and vegetables available at all locations.
4. Ensuring, to the extent possible, that the food served is fresh.
5. Encouraging clients to participate in the school lunch program.
6. Integrating nutrition and physical activity into the overall House program.
7. Ensuring regular professional development for food staff.
8. Ensuring clients have a minimum of 30 minutes to eat lunch and 20 minutes to eat breakfast, when provided.
9. Ensuring clients engage in healthful levels of vigorous physical activity.
10. Ensuring clients receive Nutrition education.
11. Improving the quality of physical activity curricula and increasing training of staff.
12. Enforcing existing Physical Activity Policy of daily activities of 1-hour duration.
13. Increasing the availability of organic fruits and vegetable and home gardens.
14. Collaborating with local farmers' markets.

In developing the policy(ies), the Committee shall hold at least one public hearing involving all parents, client and staff (Education Code 49433).

Instruction B Physical Activity

The Agency's Board recognizes the positive benefits of physical activity for student health and academic achievement and encourages each student to take advantage of the various opportunities for physical activity offered daily by the Agency.

The Agency desires to provide a Physical Education program which builds interest and proficiency in movement skills and encourages clients' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical activities should teach clients how to cooperate in the achievement of common goals.

Agency staff shall take special care to ensure that excessive physical exertion is not required of clients who have informed staff of a heart or respiratory condition or other physical disability that may restrict such activity. An appropriate alternative shall be provided for these clients.

Agency staff shall appropriately limit the amount or type of physical exercise required of clients during air pollution episodes, hot weather, or other inclement conditions.