

LAFAYETTE JUVENILE DETENTION HOME

HEALTH WELLNESS POLICY

RATIONALE

The Lafayette Juvenile Detention Home (LJDH) is committed to promoting the health and well-being of all housed juveniles, administration, staff, visitors and community members. This facility shall promote a healthy school environment by supporting and emphasizing student and employee wellness through proper nutrition, regular physical activity, a tobacco-free environment with nutrition and physical education.

SCHOOL NUTRITION

LJDH is conscientious to provide an environment which encourages the development of lifelong health and well-being through proper nutrition. This facility complies with State and Federal guidelines and is consistent with the current USDA Dietary Guidelines for Americans.

I. Nutrition Program and School Meals:

Juveniles housed at LJDH will be provided a nutritious breakfast, lunch, and dinner with two snacks (3:15pm and 7:15pm) offered to them during the day.

- A. The Lafayette Juvenile Detention Home will participate in available Federal (United States Department of Agriculture) School Meal Program (SBP), and the National School Lunch Program (NSLP).
- B. LJDH complies with all nutrition standards as mandated by local, state, and federal guidelines. Menu planning is done by the dietetic consultant on staff who ensures that meal pattern requirements are met in compliance with the nutrient standards set forth by the Healthy, Hunger-Free Kids Act of 2010.
- C. The dining areas shall be a clean, pleasant, healthy environment that encourages students to enjoy mealtime by including age-appropriate seating and attractive décor.
- D. Commercial fast foods, carbonated beverages, concentrated sweets such as candy, and foods that are not in compliance with established nutrition standards are not allowed in the cafeteria during the breakfast and lunch meals. The evening meal, however, does offer a healthier version of fast food items that are baked rather than fried. It is only at this dinner meal that a sweet item is offered to the juveniles housed at this facility. It has been found to help the juveniles rest better through the evening with fewer behavior problems.

- E. LJDH has a kitchen area to prepare and serve the juveniles and staff meals easily and with few problems. Meals are served on washable, sectioned trays and offered individually to the juveniles through our meal service window. Those juveniles served at the same time, but in the other section of our facility are served also on sectioned trays, but have lids placed on each one. Lids are removed and given to the kitchen staff as their meal is received and before they eat. USDA recommends scheduling a minimum of twenty minutes for juveniles' seated time at the lunch table in order to provide adequate nutrient consumption and to minimize plate waste. Second servings are offered to the juveniles if extra food is available.
- F. LJDH provides dietary modifications for special dietary and religious/ethnic need of individual juveniles with proper documentation provided by the staff physician and/or nurse. Modified meals will be provided to the juveniles, as per their dietary allergies, that are as close to the menu items provided to other, non-restrictive juveniles in order to prevent problems. All meals will be nutritionally adequate that are provided to everyone.

II. SNACKS IN SCHOOLS

- A. Snacks will be provided to juveniles at 3:15 pm and at 7:15 pm. A monthly snack list is set up in advance for the staff to follow in order to provide nutritious snacks for the juveniles.
- B. The 3:15 pm snacks offered to juveniles during snack periods comply with the Pennington Biomedical Research Center's list of acceptable snacks. The 7:15 pm snacks are more liberal and may provide some form of sweetness which is used to improve their behavior before bed and during the night.
- C. The LJDH is discouraged from using foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served as a school meal) as disciplinary action.
- D. Celebrations that involve food during the school day shall be limited and can be scheduled at least one hour after the end of the lunch serving time. Items brought for the celebrations or special events cannot be home-made and are approved if found on the Pennington Biomedical Research Center's Snack/Vending List.

III. NUTRITION EDUCATION

Nutrition education will be provided to juveniles to emphasize lifelong habits of healthy eating, and will establish linkages between health education and school meal programs.

- A. Nutrition education is specifically targeted towards the juveniles by the School Nutrition Program through the website, monthly newsletters, signage, and nutrition-related educational materials at LJDH.
- B. To promote and protect the health of the students, nutrition education is offered as part of the health education classes and also is used in classroom instruction.
- C. The dietetic consultant planning the facility menus will provide juveniles with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the juveniles.
- D. Continuing education in Basic Nutrition and Food Safety and Sanitation Practices is provided regularly for all employees of Child Nutrition Services programs.

IV. ENFORCEMENT

Any violation of the Wellness Policy may result in withholding of federal reimbursement for meals. The offending facility/school shall be required to reimburse Child Nutrition Services for the loss of funds.

- A. Routine monitoring will be conducted to ensure that the guidelines for school meals, nutrition standards, and other operational services are in compliance with Federal, State, and Local guidelines.

V. PHYSICAL ACTIVITY AND EDUCATION

LJDH strives to provide, weather permitting, the nationally-recommended 60 minutes per day of daily physical activity in order for the juveniles to fully embrace this regular physical activity as a personal behavior.

- A. LJDH shall not prohibit or deny student participation in daily physical education activities as a consequence for inappropriate behavior. Daily participation in physical activities is also encouraged.
- B. Facility site administrators will be responsible for enforcing guidelines for physical activity at LJDH.

TOBACCO-FREE


It is important for facility leaders to send a clear, consistent message to the juveniles, staff, and community that a tobacco-free lifestyle is a healthy choice. Lafayette Consolidated Government along with the Lafayette Parish School Board has mandated that all school facilities and campuses be **Tobacco-Free**. Because tobacco is the leading cause of preventable death, disease, and disability, the Lafayette Parish School System shall provide a 100% tobacco-free environment.

I. Policies

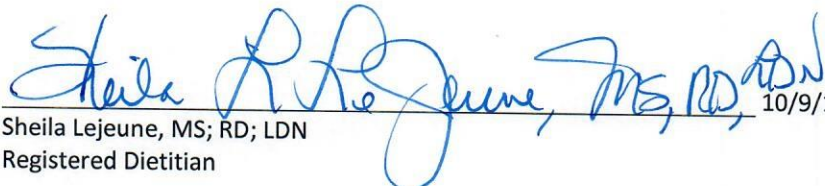
- A. All tobacco products and/or smoking or vaporizing devices are prohibited on LJDH property. There are no designated smoking areas.
- B. In accordance with Louisiana Law, smoking is prohibited within 200 feet of any entrance/exit or outdoor area of the LJDH.
- C. Juveniles and staff are informed of this policy through written notice, policy manuals, and orientation training. Visitors shall be informed of this policy through posted signs on the campus at the entrance to the facility.
- D. Any employee requesting information on smoking cessation can call the Louisiana Tobacco Quitline at (1-800-QUIT NOW).



Robert G. Cormier 10/9/17
LJDH Administrator



Donna Tolbert 10/9/17
LJDH Registered Nurse



Sheila Lejeune, MS; RD; LDN 10/9/17
Registered Dietitian