

**STATE OF NEW JERSEY
DEPARTMENT OF LAW AND PUBLIC SAFETY
NEW JERSEY JUVENILE JUSTICE COMMISSION
Office of the Chief Administrative Officer**

POLICY TITLE: Resident Wellness Policy

POLICY NUMBER: FIS-10.02 (2023)

EFFECTIVE DATE: 4/26/2019

ATTENTION: Facility Staff

DATE REVISED: 4/30/2023

CONTACT: Clinical Nutritionist

I. PURPOSE

The purpose of this policy is to establish a written plan for the Juvenile Justice Commission (JJC), as an agency participating in the National School Lunch Program and School Breakfast Program, to promote resident wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available within facilities during the school day are consistent with applicable minimum Federal standards, as required under the Healthy, Hunger-Free Kids Act of 2010 and described at 7 C.F.R. 210.31.

II. DEFINITIONS

Unless otherwise defined below, the definitions of relevant terms contained in any applicable statutes or regulations will apply to this policy as indicated. The below terms, when used in this policy, have the following meanings:

Facility: A JJC facility or program used to house, train, or educate juveniles; it does not refer to the JJC's central or other administrative offices.

Resident: A juvenile, regardless of age, residing in a JJC facility.

III. PROCEDURES

The JJC, through its Clinical Nutritionist, will implement the following goals, standards, and procedures to promote the health and wellbeing of its residents and to ensure compliance with the local school wellness policy requirements set forth at 7 C.F.R. 210.31. In addition, the JJC's Clinical Nutritionist will regularly review the NJ Department of Agriculture's Wellness Policy Assessment Tool (Form 357, attached), United States Department of Agriculture or New Jersey

Department of Agriculture resources, and any other relevant information, to ensure that appropriate wellness goals and practices are being implemented by each facility.

A. Nutrition

1. Goals for Nutrition Promotion and Education

To the extent practicable, standards-based nutrition education will be offered in a variety of subjects to residents participating in the JJC's school program through the high school level. Further, the JJC will also seek to promote nutrition within its facilities through various methods, as appropriate for each facility including, but not limited to, providing nutrition information, and developing menus in consultation with a Registered Dietician and residents.

2. Standards for Food and Beverages Provided

Within all facilities, residents will be provided with food and beverages that meet certain standards.

During school hours, breakfast meals will meet or exceed the requirements set forth under 7 C.F.R. 220.8. Further, school lunch meals and after-school snacks will meet or exceed the requirements set forth under 7 C.F.R. 210.10. And, school breakfast meals, school lunch meals, and after-school snacks will meet or exceed the nutrition standards set forth under 7 C.F.R. 210.11.

Facilities may occasionally provide special meals or snacks during the school day, which are served outside of the Federal meal programs, such as light refreshments for a graduation ceremony or a holiday celebration meal. In these limited cases, nutrition will be considered.

Outside of school hours, all JJC facilities will follow Federal and State nutrition, food service, and food handling guidelines and requirements applicable to any other regular meals provided to residents. Facilities will also accommodate medical and religious diets and breaking fast schedules.

In addition, the JJC will require that its Food Service Managers and Food Service Staff are SERVSafe Certified.

3. Standards for Food and Beverages Sold

During school hours, the JJC does not provide opportunities for residents to purchase food or beverages, such as a la carte sales, vending machines, or school stores. Furthermore, the JJC also does not permit marketing of food or beverages within its facilities. Therefore, the JJC does not require standards or guidelines for food and beverages sold during the school day.

Outside of school hours, the JJC offers a limited variety of snacks for sale to residents from facility commissaries. In these limited cases, nutrition will be considered.

B. Physical Activity

1. Goals for Physical Activity

To the extent practicable, residents will receive education on the importance of physical activity, including being encouraged to exceed physical activity standards.

2. Standards for Physical Activity

Physical activity will be required for all residents, and those who are students will be provided with physical education consistent with NJ Student Learning Standards. Physical activity and recreation, including access to outdoor recreation, will be provided to all residents, consistent with JJC regulations and facility restrictions.

C. Other School-Based Activities

As an additional goal, staff who work with residents participating in the JJC's school program will be provided with information and tools necessary to promote health and wellness amongst residents to support and supplement the nutrition and physical activity guidelines described above including, but not limited to, ensuring handwashing and encouraging the development of mental health.

D. Administration

1. Public Participation, Involvement, and Notification

Parents, residents, teachers, education staff and administrators, health and food staff and administrators, and the public will be permitted to participate in the development, implementation, and periodic review and update of this policy. JJC staff including teachers, health staff, and food staff are regularly consulted by the Clinical Nutritionist for input regarding this policy's implementation. In addition, while residents may provide feedback at any time, the JJC's State Youth Advisory Board, consisting of residents advocating for residents, is also asked for input regarding food and wellness.

The public will be informed about the content and implementation of this policy through publication of the most recent policy on the JJC's website. In addition, the public will be informed about the JJC's progress toward meeting the goals of and compliance with this policy through the publication of the most recent triennial assessment on the JJC's website.

2. Oversight Responsibility

The JJC's Clinical Nutritionist will be responsible for the implementation and oversight of, and ensuring compliance with, this policy.

3. Triennial Assessment

The JJC will measure the implementation of this policy by conducting triennial assessments. Specifically, at least once every three years, the JJC will assess each facility's compliance with this policy and make assessment results available to the public, as indicated above. The triennial assessment will measure the implementation of this wellness policy, and will include:

- a. The extent to which facilities are in compliance with the wellness policy;
- b. The extent to which the wellness policy compares to model local school wellness policies; and
- c. A description of the progress made in attaining the goals of the JJC's wellness policy.

4. Policy Updates

Based on the results of the triennial assessment, the JJC will make appropriate updates or modifications to this Wellness policy. Any updates will be published to the JJC's website, as indicated above.

5. Recordkeeping

Consistent with its Records Retention Policy, the JJC will retain records to document its compliance with the requirements of 7 C.F.R. 210.31. The records to be retained will include, but are not limited to:

- a. The written wellness policy;
- b. Documentation demonstrating compliance with community involvement requirements, including requirements to make the wellness policy and triennial assessments available to the public; and
- c. Documentation of the triennial assessment of the wellness policy for each facility.

IV. ATTACHMENTS AND REFERENCES

Relevant Forms/Attachments:

- JJC Forms: _____
- State/Other Forms: NJDA Wellness Policy Assessment Tool (Form 357)
- Other Attachments: _____
- None

Location of Forms/Attachments:

- Attached to this Policy
- JJC's Intranet, Forms Page
- Other: NJDA website
- Not Applicable

Relevant JJC Regulations:

- N.J.A.C. _____
- None

Other Relevant Laws or Guidance:

- N.J.S.A. _____
- Other: Healthy, Hunger-Free Kids Act of 2010; 7 C.F.R. 210.10, 210.11, 210.31, and 220.8
- None

Related JJC Policies:

- Policy: _____
- None