

# LOCAL SCHOOL WELLNESS POLICY & NUTRITIONAL REQUIREMENTS

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## POLICY [PER 7 CFR 210.31(A)]

**Youth For Tomorrow** participates in the National School Lunch Program, the School Breakfast Program and the Afterschool Snack Program. This policy provides each resident with a daily diet (7 days per week) that consists of three nutritionally balanced meals, after school snack and an evening snack; includes an adequate variety and quantity of food for the age of the resident and meets the USDA Guidelines and Federal Standards.

## PROCEDURES

1. As required by USDA guidelines, Youth for Tomorrow has adopted several Policies and Procedures to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages made available on the school campus during the school day are consistent with the applicable minimum Federal Standards. Procedures have been implemented to create healthy choices and meet dietary needs and cultural diversity in both the homes and in the school setting. These policies and procedures include SOP, the Procurement Process, Allergies Procedures and the Employee Health Plan and are reviewed annually by Youth For Tomorrow's Leadership.
2. Nutrition Education and Promotion:
  - Nutritional Posters are posted in the kitchens of each home and the School Cafeteria to provide educational information in aiding residents in making healthy food choices. It outlines the 5 main meal components, the recommended portions to meet a minimum requirement of 3 out of the 5 components for Breakfast and a minimum of 2 out of 5 components for Snacks.
  - We provide educational awareness programs to help build self-confidence, provide time for self-reflection and self-improvement to help in better decision-making. Goals are established and monitored by their case manager.
  - Teachers will integrate nutrition education into core curricula.
  - Nutrition promotion will include participating in their homes to experiment cooking and baking with new recipes.
  - Each home is equipped with outdoor grills for the enjoyment of summer cookouts family-style.
  - Kitchen services provide fresh fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods and accurate portion sizes both during the school day and in the homes.
  - Staff members responsible for nutrition education and snack program will participate in relevant training.
  - Staff will only use approved nutrition curriculum in the classroom.
  - Staff will not allow children to eat during class. However, students are allowed water during class.
  - Staff are not permitted to eat or drink out of branded packaging in front of children in the school dining room.
3. Nutrition standards for all food and beverages served on school grounds: School meals will include a variety of healthy choices while accommodating special dietary needs and culturally. Diverse/Sensitive food preferences. Breakfast, lunch and snack will comply with the USDA school foods programs.
  - All reimbursable meals will meet nutrition standards mandated by the USDA, as well as State nutrition guidelines beyond USDA requirements.
  - Students will be provided at least 20 minutes to eat breakfast and 20 minutes to eat lunch after being seated.
  - Meals will be served in a clean and pleasant setting under active supervision.
  - Students will have access to hand washing/sanitizing stations before meals and snacks.
  - The dining room is cleaned and sanitized between each lunch period by Kitchen Staff.

## Youth for Tomorrow Meal Serving

Breakfast: 06:30 am - 08:00 am

Lunch: 10:30 am – 01:00 pm

(Dining Room lunches are split in 4 separate periods to accommodate all students in a timely manner)

Snack: 03:15 pm - 03:30 pm

Dinner: 05:00 pm – 06:00 pm

Evening Snack: 07:30 pm – 08:00 pm

- If YFT experiences a snow day and students remain in their homes during a weekday, YFT Kitchen Staff prepare hot meals for breakfast, lunch and snacks.

4. Youth for Tomorrow's Nutrition Standards for reimbursable meals meet or exceed USDA standard guidelines while meeting or exceeding the Recommended Daily Allowance for children.

- Packaged items shall not exceed one serving per package/200 calories.
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero Trans fats.
- Items shall contain no more than 35% of calories from total sugars.
- Items shall contain less than or equal to 200 mg of sodium per packaged portion.
- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion, in any combination.
- Beverages: when offering Milk Products, it is required two varieties of milk are to be offered. It can be any combination of the following as long as there are two, such as but not limited to: Whole Milk, 2% Milk, Soy, Lactaid, Chocolate, etc. There will also be orange juice or apple juice available to residents.

The only beverages allowed to be served outside of school meals during the school day include:

- Low-fat (1 %), non-fat or non-dairy milk in 8 oz portions
- 100% fruit/vegetable juice
- Plain water

- Non-food celebrations will be promoted, and a list of ideas will be available to staff and students by the Principal.

5. Portion Controls. YFT ensures the School Serving Line meets or exceeds the recommendations for all meals served. Daily meals are prepared in accordance to **Daily Census** at YFT to ensure appropriate portions and quantities are available. YFT calculates how many servings are in a case and multiply times the number of meals we will need. If the food items are calculated by weight, we multiply the serving weight for each meal, times the number of meals needed. This technique tells us how much to order of each item.

YFT follows the **Offer vs. Serve** process which helps reduce food waste while allowing students to choose the foods they want to eat. As defined by the National School Lunch Program, meal components consist of five (5) following categories: Fruits, Vegetables, Grains, Meats/Meat Alternatives, and Fluid Milk. Breakfast students must select at least three of the four offered food components including a least ½ cup of fruit and/or vegetable, and for Lunch students must select at least four of the five components offered.

All children are provided the three meals with additional options to supplement should there be something they do not wish to eat. A full salad bar and fruits are always available as an option. Once all children receive their recommended proportioned meal, if there is extra, children are able to request more. Outside of the daily meals, children do have access to fruits and other snack foods in their homes. If additional dietary restrictions (see specific

policies on allergens), needs, or cultural or religious preferences are documented, our staff work to ensure all children are offered food they are able to eat.

Recommendation Daily Allowance Recommendation (RDA) minimum serving per meal

- 8oz Milk (*Lactose free or Soy are available upon request*), beverage alternatives include water or 8oz of iced tea). Two varieties of milk will always be offered.
- 2 oz of Grains (*include whole wheat, brown rice, enriched grains of flour or rice*)  
NOTE: Rice and beans are always available daily on the serving.
- 1.5 cups of vegetables (*carrots, broccoli, peas and lettuce*)  
NOTE: Salad bar is served daily as an option with fresh broccoli, beets, chickpeas, carrots and celery. Sometimes spinach and kale are offered for a variety.
- 1.5 cups of fruit (*fresh fruit is always an option on the salad bar, such as sliced oranges. Fresh whole fruits such as apples and bananas are always available on the serving line*)
- Protein serving (meat or meat alternative)  
\*NOTE: Per USDA-FNS School Nutrition Programs each student must take a fruit/vegetable with each meal. For Breakfast, 4 components must be offered, and students must take at least 3. At Lunch, all 5 components must be offered, and students must take at least 4.

As an option for lunches – alternatives are provided daily:

- Peanut butter & jelly with bread
- Rice and Beans
- Salad Bar
- Soup of the day

Garlic Bread or rolls are only served when a menu item such as pasta, fettucine or soup bowls are being served on the line. Slices of bread are always available if asked for PB&J or by itself.

Portion Size Guide (using proper serving utensils):

YFT Kitchen Staff utilizes portion control serving utensils to serve appropriate portion servings as outlined below.

*Example, ½ cup of cooked vegetables would use the green serving spoon at a minimum.*

- 1oz. - Yellow portion serving spoon
- 2oz. – Red portion serving spoon
- 4oz. – Green portion serving spoon
- 6oz. – Black portion serving spoon
- 8oz. - Blue portion serving spoon

Portion Size Guide (using your hand as a visual):

1 cup: 1 clenched fist is about one cup, suitable for portion of pasta, rice, cereal, vegetables and fruit.  
Size of the Palm of your hand would equate to a proper portion of meat or fish

What counts as a serving:

Grains – 1 slice of bread, ½ cup of cooked rice or pasta, or about 1 cup of ready-to-eat cereal.

Vegetables - 1 cup of raw leafy vegetables or 1/2 cup of other cooked or raw vegetables.

Fruits – 1 medium apple, 1 banana or 1 orange; or ½ cup of chopped fruit.

Protein – ¼ cup cooked beans, 2 ounces of tofu, 1 tablespoon of peanut butter can count as 1 oz equivalent or 4oz of a meat/fish protein.

Dairy – 1 cup (8oz) serving of milk or yogurt

## 6. Access to drinking water:

- Students and education staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water pitchers and cups will be available in the dining room.
- Water is available as well as two types of milk and other juice beverages
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs and other delivery methods for water are maintained.

## 7. Physical Education and Activity

- **Physical Education (PE).** All students will receive PE four (4) days a week (180 minutes per week) for the entire school year. Physical education classes include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. The PE program will meet the needs of students and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.
  - PE classes will count towards graduation and GPA.
  - Teacher to student ratio will be no greater than 1:15.
  - The school will provide adequate space/equipment and conform to all safety standards.
  - The school prohibits the use of physical activity or withholding PE class as form of punishment.
  - All PE classes will be taught by a qualified PE teacher and at least 50% of class time will be spent in moderate to vigorous activity.
- **Physical Activity.** All students will have an opportunity for physical activity beyond PE class daily. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Students participate in physical activities a few times a week outside of school such as indoor/outdoor basketball, bowling, golf, swimming, etc.
- **Outside Recreational Activities.** Students are provided with the opportunity throughout the year to participate in the various activities such as a Guided Outdoor Ropes Course which is facilitated by our Director of Student Life & Acculturation Services, this activity also focuses on team building and building self-confidence.

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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Mail Stop 9410  
Washington, DC 20250-9410; or

2. **Fax**  
(202) 690-7442 or;

3. **Email**  
[Program.intake@usda.gov](mailto:Program.intake@usda.gov)

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## PUBLIC INFORMATION

Public Involvement, Marketing and Public Updated Information:

- YFT involves students, teachers, YFT's Nutritionist and Medical Clinic and the School Administrators. The public will be notified on the division website.
- YFT only provides food and beverages that meet the USDA's Smart Snacks rule.
- If there is a change or revision to the Wellness Policy after YFT's annual assessment / review, it will be revised and updated on the website during that process.
- Per 7 CFR 210.13 (b), Local Health & Food Safety inspections are required to be completed two times within the school year.

Public Update through Evaluation / Annual Review and Enforcement:

- This Wellness Policy was developed by the Director of Food Operations, Director of Campus Operations and Approved by the Chief Operating Officer of YFT.
- The Local School Wellness Plan Policy will be reviewed annually by YFT Leadership, and the signed copy will be submitted to the USDA Office of School and Community Nutrition Programs (SCNP) Regional Specialist.
- The Director of Food Operations shall implement and ensure compliance through the annual review and evaluation. Any revision will be submitted before the YFT Leadership Team for approval. Any revisions to the Wellness Policy will be updated on website during the annual review process or sooner if significant revisions occur.
- This policy, as previously stated, is per the 7 CFR 210.31 (e) the VDOE-SCNP which requires the Policy to be reviewed at least once every three years (Triennial assessment). The next Triennial Assessment will occur 2027. **The Assessment Checklist** can be used located on-line at <https://www.doevirginia.gov/programs-services/school-operations-support-services/school-nutrition/training-resources> to help with this review.

The review will include menu items, standard operating procedures, food handling practices, training, and related items that are used in food preparation areas.

## BUY AMERICAN REQUIREMENTS [7 CFR 210.21 (D) (1); 7 CFR 210.21 (D) (1) (iii)]

Under the Buy American provision, School Food Authorities (SFA, i.e., Director of Food Operations), in the contiguous United States that participate in the National School Lunch Program of the School Breakfast Program are required to purchase domestic commodities or products for their school meal programs to the maximum extent possible. This means over 51% of a food product (by weight or volume) must consist of commodities grown domestically.

There are two exceptions when non-domestic foods may be purchased.

- 1) The product is not produced or manufactured in the US in sufficient and reasonable quantities or quality; or is on the non-available articles list **48 CFR 25.104**.
- 2) Competitive bids reveal the costs of a US product is significantly higher than non-domestic product.

## TRAINING [7 CFR 210.309 (C)]

The Director of Food Operations (SFA) must ensure all School Nutrition Program directors and staff tasked with National School Lunch Program will complete appropriate training for their position. Per the Professional Standards, staff outside the SNP whose responsibilities include duties related to the SNP such as afternoon or evening snacks must also receive training on civil rights, meal counting, meal pattern requirements and food safety. **Additional Training details include the frequencies and specified Continue Education hours based on positions and are broken down in the YFT Food Service Policy & Procedures.**

END OF POLICY