

Catholic Charities Diocese of Kalamazoo Manual: Ark (Shelter)

Purpose: Shelter services meet the basic needs of individuals and families who are homeless or in transition, support family stabilization or independent living, and provide a point-of-entry to the continuum of community care.

ARK 01
Page 1 of 4

TITLE: Local Wellness Policy for the Ark Shelter

PREAMBLE:

Effective July 1, 2006, the Child Nutrition and WIC Reauthorization Act of 2004 requires local school districts to establish a wellness policy. Catholic Charities Diocese of Kalamazoo receives school lunch program funds at The Ark shelter and has established an administrative policy to comply.

ADMINISTRATIVE POLICY:

Catholic Charities Diocese of Kalamazoo is committed to creating a healthy living environment at The Ark that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support youth achievement.

Students should receive consistent messages and support for:

- Self-respect.
- Respect for others.
- Healthy eating.
- Physical activity.¹

IMPLEMENTATION:

1. Nutrition Education – The Ark staff will distribute and review nutrition education information with residents.

2. Nutrition Standards - The Ark staff will ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.² [¹ Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 and 220. <https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf> <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

3. Physical Education and Physical Activity Opportunities

The Ark shall offer physical education opportunities when these can be safely managed in the shelter setting and comply with [Michigan Department of Education K-12 PE Standards May 2017 https://www.michigan.gov/documents/mde/K_12_PE_Standards_Aug_17_ADA_compliance9-18_601116_7.pdf https://www.michigan.gov/mde/0,4615,7-140-74638_74639_29234---,00.html

4. Health Assessment

At intake, staff will assess the youth's overall physical and mental health. Staff will assess the youth's physical and restraint risk by asking health concern questions and visually assessing the client.

5. Implementation and Measurement A sustained effort is necessary to implement and enforce this policy. At the time of the annual health inspection, related to the Child Caring Institution license, food menus will be reviewed and revised according to most recent standards of healthy eating.

Catholic Charities Diocese of Kalamazoo Manual: Ark (Shelter)

Purpose: Shelter services meet the basic needs of individuals and families who are homeless or in transition, support family stabilization or independent living, and provide a point-of-entry to the continuum of community care.

ARK 01
Page 2 of 4

ALTERNATIVES TO USING FOOD AS A REWARD

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- ◆ It undermines nutrition education being taught in the school environment.
- ◆ It encourages over-consumption of foods high in added sugar and fat.
- ◆ It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.¹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.²

1. Birch LL. Development of Food Preferences. *Annu. Rev. Nutr.* 1999; 19:41-62.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. *JAMA*, October 9, 2002 Vol 288, No. 14.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- ◆ Sit by friends ◆ Watch a video
- ◆ Read outdoors ◆ Teach the class
- ◆ Have extra art time ◆ Enjoy class outdoors
- ◆ Have an extra recess ◆ Play a computer game
- ◆ Read to a younger class ◆ Get a no homework pass
- ◆ Make deliveries to the office
- ◆ Listen to music while working
- ◆ Play a favorite game or puzzle
- ◆ Earn play money for privileges
- ◆ Walk with a teacher during lunch
- ◆ Eat lunch outdoors with the class
- ◆ Be a helper in another classroom
- ◆ Eat lunch with a teacher or principal
- ◆ Dance to favorite music in the classroom
- ◆ Get "free choice" time at the end of the day
- ◆ Listen with a headset to a book on audiotape
- ◆ Have a teacher perform special skills (i.e. sing)
- ◆ Have a teacher read a special book to the class
- ◆ Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

- ◆ Select a paperback book
- ◆ Enter a drawing for donated prizes
- ◆ Take a trip to the treasure box (non-food items)
- ◆ Get stickers, pencils, and other school supplies
- ◆ Receive a video store or movie theatre coupon
- ◆ Get a set of flash cards printed from a computer
- ◆ Receive a "mystery pack" (notepad, folder, sports cards, etc.)

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: "I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!"

FRIDAY FREE TIME: "I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition school. For more information about Team Nutrition contact Chris Flood at 269-639-0007 or go to www.michigan.gov/education.

Michigan State University and the Michigan Department of Education are affirmative action, equal-opportunity institutions. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status, or family status.

MICHIGAN STATE
UNIVERSITY
EXTENSION



MICHIGAN
Department of
Education



Used with permission from Michigan Team Nutrition, a partnership between the Michigan Department of Education and Michigan State University Extension.

Healthy Choices In All Venues

Recommendations for Serving Healthy Beverages

The following beverages are recommended:

- ◆ Plenty of water
- ◆ 100% juice in 12-ounce servings* or less
- ◆ Fat free, lowfat, plain and/or flavored milk in 16-ounce servings* or less
- ◆ Fruit/fruit juice smoothies in 16-ounce servings* or less

Choosing Your Drinks Can Be Difficult! Watch Out For:

- ◆ Fruit punches
- ◆ Fruit drinks
- ◆ Juice drinks

These are NOT 100% juice!

*Suggested serving-sizes are based on what is commonly available for use in vending machines. It should be noted that excessive juice consumption may result in an increase in calorie intake and may contribute to the development of unhealthy weight. It should also be noted that 70% of teen boys and 90% of teen girls do not meet daily calcium requirements. Offering fat free or lowfat single-serve milk is another opportunity to help teens meet their nutrition needs. (Refer to Healthy Food and Beverages Policy for additional rationale).

Read the label!
To determine if a food or beverage
meets the criteria, use the Nutrition
Facts label on the package.



Healthy Choices In All Venues

Healthy Food and Beverages for Student Activities

As an administrator, teacher, coach or parent, you can help teach children lifelong healthy eating habits by promoting healthy eating behaviors. Opportunities to be a good role model for healthy eating habits abound and include special school activities such as sports events (concessions and banquets), intramural activities, dances, programs, concerts, plays and musicals. Since many athletes purchase concession items, an additional consideration for sports events is that an athlete's performance is greatly affected by the food and beverages consumed before, during, and after an event. The availability of healthy food and beverages can enhance athletic performance as well as overall health.

There are many healthy and tasty food and beverage options for special activities. Portion control is also important. Try to offer smaller portions of foods, such as mini muffins or mini bagels.

Healthy Suggestions for Concessions

- ◆ Grilled chicken sandwich
- ◆ Fresh fruit and vegetables – buy locally when possible.
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables with lowfat dip
- ◆ Fig cookies
- ◆ Baked chips
- ◆ Granola bars*
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ String cheese
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ Bottled water (including flavored water)
- ◆ Sub sandwich
- ◆ Yogurt
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Animal crackers
- ◆ Lowfat popcorn
- ◆ Soft pretzels and mustard
- ◆ Pudding
- ◆ Cereal bar
- ◆ 100% fruit juice (small single-serves)

*May be allergens and/or a choking risk for some people, please check with a health care provider.

Healthy Suggestions For Banquet Meals and Other School Functions

Main Dishes: Chili, pizza, sub sandwiches

Sides: Vegetable tray with lowfat dip, whole grain bread, pasta salad with lowfat dressing, fruit tray, basket, or kabobs

Desserts: Angel food cake with berries, apple or peach crisp, oatmeal raisin cookies, fruit and yogurt smoothies, parfaits made with vanilla yogurt, granola, and fresh fruit

Beverages: Single-serve lowfat or fat free milk (regular or flavored), bottled water, 100% juice in small single-serve containers

Sample Meals:

- ◆ Chili, cornbread, and salad
- ◆ Soup, whole grain crackers, cheese and fruit
- ◆ Spaghetti, salad, and bread
- ◆ Pizza (no extra cheese or more than one meat) and salad
- ◆ Sub sandwiches and fruit
- ◆ Baked potato bar (suggested toppings: shredded cheese, lowfat sour cream, salsa, broccoli)
- ◆ Fat free or lowfat milk or yogurt

Be sure to keep cold foods cold and hot foods hot (visit www.fightbac.org for more on food safety)

Note: Visit www.mealsmatter.org for meal planning tools and recipes.

