

May 20, 2015

HQ-100-10

Wellness Policy For OCN

PURPOSE: To meet the requirements for enrollment in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) which requires implementation of a Local Wellness Policy.

REFERENCES: The Child Nutrition and WIC Reauthorization Act of 2004, final rule adopted September 2, 2009

RESPONSIBILITY: MCA Staff

PROCEDURES:

1. Support the National Guard Youth Challenge Program's core components of Physical Training and Health and Hygiene.
2. Create an environment for the Staff and Students that will:
 - A. Improve the status of personal health.
 - B. Increase opportunities for healthy choices.
 - C. Provide opportunities for physical activity.
 - D. Help curb obesity.
 - E. Serve more healthy foods and beverages.
 - F. Comply with the Dietary Guidelines for Americans.
3. Create a team of Staff and Students to develop and evaluate the Local Wellness Policy. All Departments will contribute to the impletion of policy goals.
4. The Local Wellness Policy Team includes by title:
 - A. Deputy Director.
 - B. Assistant Commandant of Cadets.
 - C. Counselor.
 - D. Dining Facility Manager.
 - E. Cadet Platoon Leaders.
5. Focus activities will include:
 - A. Nutrition Education and Promotion.
 - 1) Include Nutrition Education in Curriculum and on the Progress Report to develop knowledge, attitudes and skills.
 - 2) Integrate Nutrition Education into all subject areas by Teachers, Counselors, and Cadre.
 - 3) Nutrition Topics will be available in the library for individual reading.
 - B. Physical Activity.
 - 1) Develop the knowledge and skills for a variety of physical activities.
 - 2) Develop understanding of the relationship between physical activity and good health.
 - 3) Include all Students in the President's Council of Physical Fitness Test weekly.
 - 4) Individually monitor physical fitness, conditioning and weight weekly.
 - 5) Participate in daily physical activity.
 - C. Nutritional Standards for Food and Beverages.
 - 1) Ensure that reimbursable meals meet the program requirements and nutrients standards.
 - 2) Procure healthier foods and beverages.
 - 3) Offer more site made meals and fewer processed items.
 - 4) Implement food safety practices for all food served or sold at the facility.
 - 5) No food or beverages will be offered through a school store or vending machines.
 - D. Health Activities to Promote Wellness.

- 1) Require hand washing prior to meals.
 - 2) Include mental health topics in Curriculum and on the Progress Report to develop knowledge, attitudes and skills.
 - 3) Create a pleasant and healthy atmosphere for eating at mealtime.
 - 4) Include positive, motivating messages daily through the automated message board.
 - 5) Staff will model healthy eating and physical activity.
6. Annual review and evaluation-
- A. The Local Wellness Policy Team will monitor the implementation of the policy.
 - B. The Local Wellness Policy Team will evaluate the policy annually.
 - C. The Local Wellness Policy Team will survey Staff and Students to measure progress and make suggestions.