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PURPOSE

SJRC Texas, under USDA National School Lunch Program, Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell national School Lunch Act (42 USC 1758b), Local Wellness Policy (LWP) Implementation. The provision set forth in Section 204 expands SJRC Texas upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

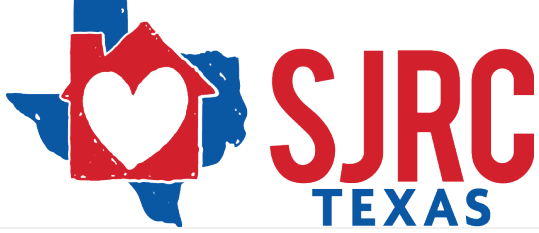
POLICY

SJRC Texas, as a contracted sponsor of the National School Lunch Program (NSLP), School Breakfast Program (SBP) and Afterschool Snack Care Program (ASCP) is required to develop a local “Local Wellness Policy”.

- Inform and update the public regarding the content and implementation of local wellness policies.
 - SJRC Texas’s website www.sjrctexas.org under USDA Child Nutrition Program
- Recordkeeping
 - SJRC Texas will retain basic records demonstrating compliance with the Wellness Policy and Procedure to include:
 - Nutrition promotion and education, physical activity and other agency-based activities that promote child wellness.
 - Goal 1: Nutrition Education & Promotion -- ‘To promote nutrition education with the objective of improving youths’ health and wellbeing while reducing childhood obesity.
 - Staff responsible for nutrition education is adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition program as planned.

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- It is the intent of this policy to allow each child, youth, pregnant and/or parenting teen and their children must be allowed to eat their meals, therefore, time spent acquiring the meal is not included in the time to consume the meal. SJRC Texas shall provide each child, youth, pregnant and/or parenting teen and their children 30 minutes for Breakfast/A.M. Snack/Afterschool Care Snack and 30 minutes for Lunch and 30 minutes for Dinner.
- Physical Activity
 - SJRC Texas must provide the opportunity for moderate to vigorous physical activity for at least 1 hour daily. It is recommended that each child, youth, pregnant and/or parenting teen and their children be given physical activity opportunities in bouts of 10 minutes at a minimum.
 - SJRC Texas will not use physical activity or withhold opportunities for physical activity as punishment.
- Marketing
 - SJRC Texas does not sell food.
- Smart Snacks Nutrition Standards
 - SJRC Texas does not sell food.
 - SJRC Texas follows NSLP/SBP/ASCP menu standards for Breakfast, Lunch and Afterschool Care Snack. SJRC Texas also serves A.M. Snack, Dinner and/or food as needed in between for each child, youth, pregnant and/or parenting teen and their children admitted to SJRC Texas at other times throughout the 24-hour period of each day as SJRC Texas is an RCCI (USDA term) and open 24/7, 365 days.
- SJRC Texas ensures that every child, youth, pregnant and/or parenting teen and their children has access to:
 - Healthful food choices in appropriate portion sizes.
 - Fresh produce whenever practical.

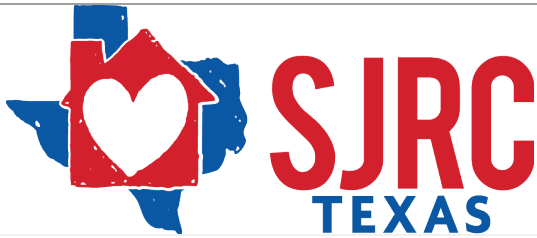
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- Access to an unlimited amount of drinking water throughout the day.
- Access to age-appropriate physical activity.
- Access to age-appropriate and culturally sensitive instruction designed to teach lifelong healthy eating habits and healthy level of physical activity.

PROCEDURE

1. Food choices for youth’s meals and snacks at SJRC Texas are in 100% compliance with Health Hunger Free Kids Act of 2010.
2. SJRC Texas’s Therapeutic Practice Framework, specifically Trust Based Relational Intervention (TBRI) is applied in the home environments by offering youth a home schedule for transition and ritual, proper nutrition and snacks every two hours, frequent exercise, play therapy and sensory rooms that enhance the vestibular, proprioceptive and touch senses, to allow youth control and power over their needs and help youth learn to self regulate.

Breakfast Meal Pattern				
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)			
Fruits (and vegetables)	5 (1 cups)	5 (1 cups)	5 (1 cups)	5 (1 cups)
Grains, Whole Grain Rich	7-10 (1.0) oz eq	8-10 (1.0) oz eq	9-10 (1.0) oz eq	9-10 (1.0) oz eq
Fluid milk (cups)	5 (1) cups	5 (1 cups)	5 (1 cups)	5(1 cups)
Other specifications: Daily Amount Based on the Average for a 7-Day Week				
Min-Max calories (kcal)	350-500	400-550	450-600	450-500
Sodium Target	≤540 mg	≤600mg	≤640	<540
Saturated fat (% of total calories)	<10	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.			



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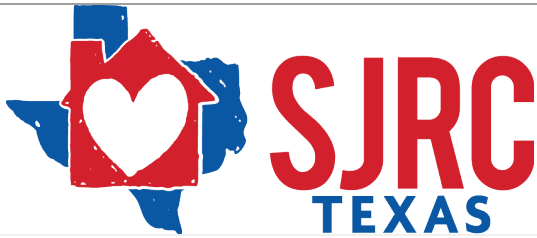
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Lunch Meal Pattern

	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)			
Fruits	2 ½ (1/2 cup)	2 ½ (1/2 cup)	2 ½ (1/2 cup)	5 (1 cups)
Vegetables	3 ¾ (3/4 cup)	3 ¾ (3/4 cup)	3 ¾ (3/4 cup)	5 (1 cups)
Dark green	½ cup	½ cup	½ cup	½ cup
Red/orange	¾ cup	¾ cup	¾ cup	1 ¼ cup
Beans and peas (legumes)	½ cup	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1 ½ cups
Grains (oz. eq.)	8.0-9.0 (1.0)	8.0-9.0 (1.0)	8.0-10.0 (1.0)	10.0-12.0 (2.0)
Meats/meat alternatives (oz. eq.)	8.0-10.0 (1.0)	9.0-10.0 (1.0)	9.0-10 (1.0)	10.0-12.0 (2.0)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 7-Day Week				
Min-max calories	550-650	600-650	600-700	750-850
Saturated fat (% of total calories)	<10	<10	<10	<10
Sodium (mg)	≤1,110	<1,110	<1,225	<1,280
Trans fat (g)	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.			

Afterschool Care Program Meal Pattern Chart - Snack

Components: <i>Homes provides two different components from the four components listed for a reimbursable snack</i>	Age Group Serving Size		
	Ages 1-2	Ages 3-5	Ages 6 & Older
Fruit or Vegetable			
Juice, fruit and/or vegetable	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	¾ cup (6.0 oz)
Grains/Breads			
Bread	½ slice	½ slice	1 slice
Cornbread, biscuit, roll or muffin	½ serving	½ serving	1 serving
Cold dry cereal	¼ cup or .33 oz	1/3 cup or .5 oz	¾ cup or 1 oz
Cooked pasta or noodles	¼ cup	¼ cup	½ cup



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Meat/Meat Alternate			
Lean meat or poultry or fish	½ oz	½ oz	1 oz
Alternative Protein Products	½ oz	½ oz	1 oz
Cheese	½ oz	½ oz	1 oz
Egg (large)	½ large egg	½ large egg	½ large egg
Cooked dry beans or peas	1/8 cup	1/8 cup	¼ cup
Peanut or other nut seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seed	½ oz = 50%	½ oz = 50%	1 oz = 50%
Yogurt – plain or flavored, unsweetened or sweetened – commercially prepared only	4 oz = ½ cup	4 oz = ½ cup	4 oz = ½ cup
Milk, fluid			
Fat free milk, flavored or unflavored, 1% fat free mil, unflavored only	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	1 cup (8.0 fl oz)
<ol style="list-style-type: none"> 1. <i>It is recommended that Homes offer larger portions for older children (ages 13-18) based on their greater food energy requirements.</i> 2. <i>Full-strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s) and juice.</i> 3. <i>Juice may not be served when milk is the only other component.</i> 4. <i>Grains/Breads must be whole grain. Cereal must be whole grain, enriched and fortified.</i> 5. <i>Either volume (cup) or weight (oz), whichever is less.</i> 6. <i>A serving consists of the edible portion of cooked, lean mean or poultry or fish.</i> 7. <i>Alternate protein products must meet requirements in 7CFRPart210, Appendix A</i> 8. <i>Nuts and seeds are not recommended to be served to children ages 1-3 since they present a choking hazard.</i> 			

- 100% of the children enrolled at SJRC Texas participate in the National School Lunch Program/School Breakfast Program/Afterschool Care Snack Program.

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- Texas Department of Family & Protective Services licenses SJRC Texas, Bulverde, Texas Campus for 45 children
- Vice President of Touchstone Program at each location is responsible for the additional oversight of the Wellness policy at each location as well as USDA Program compliance:

Name/Title	Address	Office	E-Mail
Cristina Rivera Reyes Child Nutrition Manager	1400 Ridge Creek Lane Bulverde, TX 78163	210-876-6763	criverareyes@sjrctexas.org
Laura Rendon Lopez Vice President of Touchstone	1400 Ridge Creek Lane Bulverde, TX 78163	210-876-6763	lrendonlopez@sjrctexas.org

3. Child Nutrition Manager will monitor Wellness Policy & Procedure for the following:
 - The level of the wellness policy implementation
 - The length of the meal and snack service
 - Provision of health snacks and water to youth throughout day
 - The amount of daily youth recreation time
 - Only youth care staff in direct care with the children/youth at time of the meal or snack, can participate in the USDA meal/snack with the children/youth free of charge

