



Nutrition & Wellness Policy and Procedure

I. Nutritional Quality of Foods and Beverages Served at Providence House

A. Meals

Meals served through Providence House at breakfast, lunch, and dinner will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Be offered free of charge to all children at Providence House

B. Meal Times and Scheduling

- Providence House will provide children with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Providence House will schedule meal periods at appropriate times
- Providence House will ensure that children wash their hands before they eat meals or snacks
- Providence House will ensure that teeth-brushing regimens are established for all children in residence

C. Sharing of Foods and Beverages

- Providence House will discourage children from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets, as well as the sharing of germs

D. Rewards

- Providence House will not use foods or beverages as rewards for obedience or good behavior.
- Providence House will not withhold food or beverages as a punishment for disobedient or bad behavior.

E. Snacks

- Providence House will discourage parents/ others from bringing snacks and drinks that are not prepared onsite and that do not follow the pre-planned menu.
- All snacks served at Providence House will be free of charge to all children at Providence House.

II. Nutrition Education

A. Providence House aims to teach, encourage, and support healthy eating for children living at the agency. Providence House will provide nutrition education and engage in nutrition promotion that:

- Is offered at each age level and designed to be developmentally appropriate
- Is incorporated into pre-school activities such as art projects, story time, and play time
- Includes enjoyable, culturally-relevant, participatory activities, such as games and field trips
- Promotes fruits, vegetables, whole grain products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Includes training for childcare providers, volunteers, and other staff

B. Parent Education about Child Wellness

- Providence House will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- Proper nutrition and sufficient physical activity will be addressed during parent education classes with the caregivers of the children in the care of Providence House.
- Social work staff will provide information about proper nutrition and physical activity levels to parents after education sessions on those topics

III. Physical Activity Opportunities and Physical Education

A. Daily Physical Education

- All children at Providence House, including children with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical activity opportunities as appropriate
- These opportunities include but are not limited to gross motor play (indoor or outdoor), neighborhood walks, dance class participation, and yoga instruction.

- All children at Providence House will have at least 20 minutes a day of supervised recess, preferably outdoors as the weather permits, during which childcare staff will encourage moderate to vigorous physical activity through the provision of space and equipment
- Providence House staff will discourage extended periods (two or more hours) of inactivity. (Exceptions include nap times).
- Providence House staff will ensure that all children receive physical activity opportunities throughout the day, including children who attend school.

B. Physical Activity and Punishment

- Providence House staff does not condone using physical activity (running laps, pushups, etc) or withholding opportunities for physical activity (recess) as punishment.

C. Staff Wellness

- Providence House highly values the health and well-being of every staff member and encourages personal efforts by staff to maintain a healthy lifestyle.

IV. Monitoring and Policy Review

A. Monitoring

- The CEO, Compliance and Quality Manager, Nursery Operations Manager, or designee will ensure compliance with established nutrition and physical activity wellness policies.
- The CEO, Compliance and Quality Manager, Nursery Operations Manager, childcare staff, and designee will ensure compliance with nutrition policies at Providence House.
- Providence House will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

B. Policy Review

- Evaluation will be repeated every three years to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Providence House will review the nutrition and wellness policies mandated by the state. Providence House will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.