



Wellness Plan 2025

Providence House, Inc

West Campus – 2050 West 32nd Street, Cleveland, OH 44113

East Campus – 11801 Buckeye Road, Cleveland, OH 44120

Phone 216.651.5982 | **Email** info@provhouse.org | **Website** provhouse.org

Nutrition & Wellness Policy and Procedure

This policy is intended to outline the agency's nutrition and wellness policy and program elements in accordance with the requirements for the Ohio Department of Education and Workforce (DEW) for Residential Child Care Institutions (RCCIs), to promote the health, well-being, and success of children admitted to Providence House. This plan will be reviewed annually by agency leadership.

Nutritional Quality of Foods and Beverages Served at Providence House

Meals and Snacks

Providence House will serve three meals and three snacks per day. All meals and snacks will comply with the following standards:

- Be offered free of charge to all children at Providence House.
- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, meal pattern and nutrition requirements established by local, state, and federal statutes and regulations
- Serve a variety of fruits, vegetables, and whole grains as documented in a three-week rotating menu
- Be staffed appropriately given the ratio and needs of the children
- Be provided to each child, without sharing plates or drinks to prevent the spread of communicable disease and to uphold all dietary and allergy-specific restrictions
- Neither foods nor drinks will be used as a reward or punishment for behavior
- If food items are refused, appropriate substitutions will be offered
- Water will be offered at all meal and snack times
- Meals and snacks made for the children will not be served to the staff

Meal and Snack Scheduling

Providence House will offer a consistent daily routine including predictable and consistent meal and snack times as follows:

- 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 based on the child's age, development, and needs
- Providence House will ensure that children wash their hands before they eat meals and snacks
- Approximate meal and snack times are:
 - Breakfast at 8:00 am (earlier to accommodate those attending school or daycare)
 - Morning snack (non-reimbursable) at 10:00 am
 - Lunch at 12:00 pm
 - Afternoon snack at 3:00 pm
 - Dinner (non-reimbursable) at 5:30 pm
 - Evening snack at 7:00 pm
- Providence House does not serve leftovers to children
- Providence House will discourage parents/ others/staff from bringing snacks and drinks for special treats, events, or celebrations that are not commercially packaged or prepared onsite and that do not follow the pre-planned menu
- Providence House will ensure that teeth-brushing regimens are established for all children in residence

Nutrition and Physical Education

Educational Efforts

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
- Is incorporated into meal and snack times
- 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 as required:
 - All personnel will receive Civil Rights training annually
 - Childcare providers and volunteers will receive at least 6 hours of food service related training annually
 - Food Service Managers will receive at least 10 hours of food service related training annually
 - The Food Service Director will receive at least 12 hours of food service related training annually

Parent Education about Child Wellness

During the delivery of family preservation services:

- 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

Physical Activity Opportunities and Physical Education

Providence House will encourage physical activity including indoor and outdoor play daily that supports the health development of all children.

- 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, neighborhood walks, field trips, and utilizing playground equipment
- 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. (Except during nap times or prolonged illness or if injured)
- Providence House staff will ensure that all children receive physical activity opportunities throughout the day, including children who attend school
- Providence House staff does not condone using physical activity (running laps, pushups, etc) or withholding opportunities for physical activity (recess) as punishment
- Providence has partnerships with community organizations who, when available, provide activities such as music, art, and yoga on site

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.

- Providence House encourages staff to participate in all play and activities with children and have eliminated the option for sedentary oversight in most program areas
- Providence House offers quarterly self-care days for all staff
- Providence offers a sabbatical every 10 years for three weeks to support staff wellbeing
- Providence House offers comprehensive health insurance (medical, dental, and vision) to support overall health and wellness
- Providence House also offers Ease at Work support (EAP) which includes nutritional coaching

Monitoring and Policy Review

Monitoring

- The COO, Compliance and Quality Manager, and Crisis Nursery Managers will ensure compliance with established nutrition and physical activity wellness policies.
- The COO, Compliance and Quality Manager, Crisis Nursery Managers, and childcare staff will ensure compliance with nutrition policies at Providence House

Policy Review

- This policy will be reviewed annually for compliance, to assess progress, and to 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