

Fairbanks Youth Advocates' Wellness Policy

Policy: Fairbanks Youth Advocates, believes the physical, mental, emotional, and spiritual development of each youth is enhanced by healthy nutrition and physical activity. We are committed to promoting health, well-being, and encourage lifelong habits of healthy eating, good hygiene, and healthy lifestyles including physical activity.

Purpose: Research concludes that a healthy diet and exercise helps one deal with stress, fight off illness, and grow strong. The purpose of this policy is define our wellness guidelines and routines for the youth in our care.

Procedure:

1. Wellness:

- a. It is our policy to comply with federal wellness policies as a tool to promote the wellness of youth, prevent and reduce childhood obesity, and provide assurance that meal nutrition guidelines meet the minimum federal school meal standards. The Director will be responsible for implementing, disseminating, and evaluating the wellness policy and its goals, as well as reporting its assessment to the Board.
- b. A workgroup made up of a team (including staff, volunteers (public), youth/residents, & board members) shall assist in the development, implementation, yearly review and update of the wellness policies and goals.
- c. The Director shall designate one or more staff to ensure compliance with this policy. The public will be informed about the content and implementation of the policy. An annual assessment will be conducted in July. The results will be made available to the public.
- d. We will participate in the National School Lunch Program and School Breakfast Program to the maximum extent possible.

2. Wellness Education:

- a. Every effort will be made to encourage and support the youth and staff in choosing healthy choices, including but not limited to: physical, mental, emotional, and spiritual health.
 - i. this includes but is not limited to supporting the youth to
 1. set realistic personal goals,
 2. support them in self care, personal hygiene, and
 3. develop skills for self regulation.
 - ii. this includes but is not limited to supporting the staff to:
 1. set realistic personal and professional goals,
 2. provide access to Planet Fitness (after 3 months of employment),
 3. encourage healthy eating by making available nutritious choices for staff.
- b. Nutrition/healthy lifestyle posters in the meal/kitchen area will promote the discussion of healthy eating.

- c. Staff serving meals and snacks will use that opportunity to encourage healthy eating and discuss healthy nutrition and lifestyle choices.
 - d. House meetings will be an opportunity to receive feedback from residents as well as to share wellness information, for the purposes of encouraging & promoting a healthy lifestyle.
 - e. Residents are encouraged to exercise regularly by walking or bicycling whenever possible.
 - f. Residents at The Door are encouraged to participate in helping to prepare healthy nutritious meals with staff.
 - i. If youth want to prepare a specific item not on the menu, they should
 1. find a recipe that complies with NSLP guidelines,
 2. request necessary ingredients,
 3. choose a day to cook & give information to staff to place in Kitchen Manager's box for approval or give directly to Kitchen Manager.
 - ii. Youth will be accompanied by staff at all times while in the kitchen.
 - g. Youth will observe sanitation and food safety requirements according to best practices.
3. FYA accepts donations from the Community Foodbank, churches, agencies and individuals. We serve only the food that we deem safe, in accord with our healthy and nutritious meal policy.
4. Residents are encouraged to eat meals at the The Door.
- a. Fairbanks Youth Advocates complies with federal civil rights. We follow the USDA National School Lunch Program guidelines and will not discriminate based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, nor age.
 - b. Youth are encouraged to share their food interests, menu preferences, likes and dislikes with the Kitchen Manager and staff.
 - c. As a general rule, personal food items may not be stored at the Door. However, exceptions may, from time to time, be granted with the consultation of the Kitchen Manager and/or the Director.