

Amendment #8

Okaloosa County Department of Corrections

National School Lunch Program Wellness Policy

The Okaloosa County Department of Corrections (hereinafter “Department”), in conjunction with the Okaloosa County School Board, is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

The Chief Correctional Officer shall ensure compliance with Administrative Procedures and operationally fulfill the tasks under this procedure.

The Support Services Lieutenant is designated as the lead for operational responsibility and shall promulgate and monitor compliance of the National School Lunch Program (NSLP) Wellness Policy.

WELLNESS COMMITTEE MEMBERS

Chair	Curtis Johnson , Support Services Sergeant
Jail Administrators	C. Eric Esmond , Corrections Director/Chief Correctional Officer April McDaniel , Support Services Captain Denise Alloway , Support Services Lieutenant Jimmie Miller , Programs Technician II
Correctional Officer	Marlon Matthews , Support Services Correctional Officer I
Teacher	Brandon Ellis , Okaloosa County School District Teacher
Food Service	Lorinda McLaughlin , Trinity Site Manager
Medical Professional	Susan Priddy , Corizon Inmate Health Services Administrator
Department Nurse	Lisa Roy , Corizon Inmate Health Services Director of Nursing

EVALUATION & MEASUREMENT OF THE WELLNESS POLICY IMPLEMENTATION

The Wellness Committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued.

Triennial Progress Assessments

The Department will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will include, but is not limited to:

- The extent to which the Department is in compliance with the local school wellness policy.
- The extent to which the Department wellness policy compares to model local school wellness policies.
- A description of the progress made in attaining the goals of the Department wellness policy.

Informing the Public

The Department will ensure the wellness policy and most recent triennial assessment are available to the public at all times. On an annual basis, the Department will:

- Post an updated version of the wellness policy and triennial assessments on the public county website.
- Present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Provide updates to students, parents and staff, as applicable, in the form of handouts, county website, articles and each school's newsletter, to ensure that the community is informed and that public input is encouraged.
- Verify each school has provided all parents with a complete copy of the local school wellness policy at the beginning of the school year.

Community Involvement

The Department is committed to being responsive to community input, which begins with awareness of the wellness policy. The Department will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including, but not limited to:

- Consideration of student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of request forms and attention will be given to their comments.
- Use of electronic mechanisms, such as email or displaying notices on the county website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- Ask stakeholders to provide feedback on the policy at the final public school board meeting of each year when the local school wellness policies will be discussed. All comments and recommendations will be reviewed and considered.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written school wellness policy.

- Documentation demonstrating compliance with community involvement requirements.
- Documentation demonstrating public accessibility to the wellness policy and triennial assessments, consistent with the informing and updating the public section herein.
- Documentation of the triennial assessment of the school wellness policy.

METHODS TO ACCOMPLISH WELLNESS POLICY GOALS

The Wellness Committee involves correctional officers (guardians), students/inmates, school food service, physical education, recreation/athletics (Okaloosa County General Education Development (GED) program instructors and administrators), Board of County Commissioners, and jail administrators.

Child Nutrition Programs comply with federal, state and local requirements. Reimbursable meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f) (1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758(f) (1), 1766(a) 0, as those regulations and guidance apply to schools.

Interdisciplinary nutrition education is provided and promoted by the county GED classroom at our facility.

Patterns of meaningful physical activity shall be encouraged by making physical exercise during scheduled recreation mandatory for juveniles and youths under twenty-one (21) years of age.

School-based activities are consistent with Okaloosa County School System wellness policy goals.

Foods and beverages made available within the facility are consistent with current nutrition standards established by the United States Department of Agriculture.

Foods made available within the facility conform to food safety and security guidelines.

The facility strives to provide an environment that is safe, comfortable, and allows ample time and space for eating meals.

Adequate resources will be allocated to support Department policies.

EVIDENCE-BASED STRATEGIES AND TECHNIQUES IN ESTABLISHING GOALS FOR NUTRITION PROMOTION AND EDUCATION, PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

At a minimum, a review of Smarter Lunchroom tools and techniques.

Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

The school environment, including the classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our detention facility. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction that will be integrated into other subject areas (e.g., math, science) where there is a natural fit.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Wellness Based Activities

Students will be encouraged to start each day with a healthy breakfast.

Students shall have access to hand washing before eating meals or snacks.

Reasonable steps should be taken to accommodate the tooth-brushing regimens of students with special oral health needs.

Physical Activity

Physical activity will be mandated during scheduled recreational periods. (3 hours per week). Physical activities promote lifelong habits of physical activity.

Students will have ample opportunity for physical activity within Florida Model Jail Standards requirements.

Adequate equipment is available for all students to participate in physical education.

The school will strive to provide a safe facility.

Physical Activities cannot be compelled as a punishment for bad behavior.

NUTRITION GUIDELINES FOR ALL FOODS WITHIN THE FACILITY

The Department shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) and Smart Snacks in School nutrition standards and all applicable laws and regulations of the state of Florida.

General Guidelines

All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements. School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.

To the maximum extent possible, The Department will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP. Free, potable water will be made available to all children during each meal service.

Competitive Foods

All foods and beverages sold at the Facility to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the Smart Snacks in School nutrition standards as defined and required in 7 CFR 210.11.

All foods made available within the facility will comply with the criteria as established by the United States Department of Agriculture (USDA) requirements and the Recommend Daily Allows (RDA) for individuals between the ages of 14 and 21 years of age. Base Diet is established at 2800 calories per day with an addition of milk and fresh fruit servings to meet the requirement for National School Lunch Program. The facility does provide snacks with dinner tray which consist of a peanut butter and jelly sandwich and 1 apple juice. The facility does not supply ala cart, or other extra items unless purchased through the commissary. Nutrition information is available to assist with student education.

Approved healthy selection items available thru store call/commissary

Commissary Store

Commissary contractors will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Commissary contractor providers will offer age appropriate healthy food and beverage selections in contract specified portion sizes: Low fat pretzels, strawberry Nutra-grain bar, sugar free candy, and vacuum pack tuna.

Vending Machines

This Facility has no vending machines for student access.

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA’s Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.

NUTRITION STANDARDS FOR BEVERAGES
Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	fl. oz.

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

Standards for food and beverages available during the school day that are not sold to students:

- The Department will provide teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

Fundraising

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.

- The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

SNACKS (DRY FOODS)

Nutrient standards for competitive foods:

Nutrient Standards	Snack Items and Side Dishes (including any added accompaniments)	Entrée Items (including any added accompaniments)
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions

Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program. Fresh or frozen fruits and vegetables with no added ingredients, except water.

Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.

Low sodium/No salt added canned vegetables with no added fats.

Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

Eating Environment

Students should be provided adequate time to eat lunch -- at least ten (10) minutes for breakfast and twenty (20) minutes for lunch, from the time the student is seated.

Lunch periods are scheduled between 10:00 and 11:00 daily.

Drinking water is available for students at meals.

Child Nutrition Operations

The child nutrition program will ensure that students have access to the nutritious foods and beverages in accordance with the Healthy, Hunger-Free Kids Act of 2010. A healthy diet rich in fruit, vegetables, whole grains, low in added sugars and refined grains.

They need to stay healthy and learn well.

Food service personnel shall have adequate pre-service training in food service operations.

Meals served by the Food Service Department will meet all regulatory agency requirements.

Special dietary needs of students will be addressed per the written instructions of a qualified medical professional -- a licensed physician or licensed nurse practitioner.

Food Safety/Food Security

All foods made available within the facility comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are developed and implemented to prevent food illness.

For the safety and security of the food and facility, access to the food service operations is limited to food service staff and authorized personnel.

Okaloosa County Board of County Commissioners assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

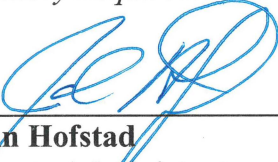
The results of any review or reports generated by annual policy review or agency inspections shall be submitted to the Okaloosa Board of County Commissioners for approval of these proposed changes.

POLICY FOR FOOD AND BEVERAGE MARKETING

The Department replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

This policy will become effective upon signature of the County Administrator.

Statutory Requirement: Federal Public Law (PL 108.265 Section: 204)



John Hofstad
County Administrator
Okaloosa County Board of County Commissioners

Date: _____

