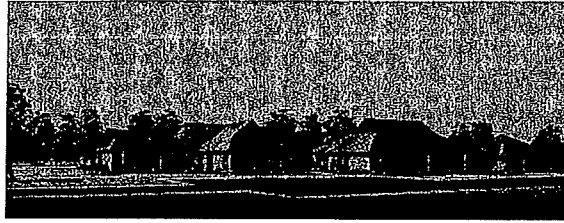




BERRIEN COUNTY TRIAL COURT

FAMILY DIVISION

Scott Schofield
Presiding Judge



Telephone:
269-471-2831
Fax: 269-471-2837

Berrien County Juvenile Center
6414 Deans Hill Road
Berrien Center, MI 49102

WELLNESS POLICY

Berrien County Juvenile Center

As required by law, the Berrien County Juvenile Center established the following policy for the Berrien County Juvenile Center Residents.

The Center sets the following goals in an effort to enable youth to establish good health and nutrition habits.

- A. With regard to nutritious education, the Center shall promote the following:
- Nutritional education shall be included in the curriculum so that instruction is sequential and standards-based and provides youth with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
- B. With regard to physical activity, the Center shall promote the following:
- Sequential, physical activities opportunities that shall be provided to all youth residing within the Center on a daily and regular basis.
 - The physical activities shall provide sequential instructions related to the knowledge, attitudes, and skills necessary to participate in lifelong, healthy-enhancing activity.
- C. With regards to other Center based activities the Center shall promote:
- The Center will provide at least 30 minutes daily for youth to eat all meals prepared.
 - The Center shall provide attractive, clean environments in which the youth eat.
- Youth are prohibited from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some of the youth diets.

Furthermore, with the objectives of enhancing resident health and well being, and reducing childhood obesity, the following guidelines are established.

- A. The Food Service Program shall comply with Federal, State and Local regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as the fiscal management of the program.
- B. All youth are provided, at no charge, three meals per day as long as they are present in the Center.
 - The food service program will provide all youth access to nutritious foods they need to be healthy and to learn well.
 - All foods available to youth in the dining area during meal times shall comply with the current USDA dietary Guidelines for Americans.
 - Continuing professional development shall be provided for all staff of the food service program.

The Berrien County Juvenile Center shall develop guidelines necessary to implement this policy including but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the Administration of the Center.

Review of any and all policies related to this shall be reviewed at a minimum of every five years.

May 2007

Reviewed and Approved:

Richard Dama
Richard Dama, Director

Elvin Gonzalez
Elvin Gonzalez, Family Division Administrator

5/15/07
Date

Reviewed and Approved:

Richard Dama
Richard, Dama, Director

Elvin Gonzalez
Elvin Gonzalez, Family Division Administrator

7/28/14
Date

Reviewed and Approved:

Richard, Dama, Director

Elvin Gonzalez, Family Division Administrator

Date