

Local Wellness Policy
Genesis Youth Crisis Center, Inc.
2026-2029

Local Wellness Policy (LWP)

Genesis Youth Crisis Center Inc. Wellness Policy

At Genesis Youth Crisis Center, Inc. we value resident health and wellness. We recognize that good nutrition and regular physical activity affect the health and well-being of all youth. We strive to provide an environment that is conducive to learning and that allows residents to succeed. This policy outlines Genesis Youth Crisis Center's approach to ensuring environments, opportunities, confidentiality for all residents to practice healthy eating and physical activity behaviors throughout the school day and beyond.

Wellness Committee

The Wellness Committee consists of committed agency and community stakeholders including representatives of the agency food service program, Chief Operating Officer and/or designee(s), agency health professionals, on-ground school administrators and any other members interested in development, implementation, and annual review of the local wellness policy. The Wellness Committee will meet at least one time per year. The Wellness Committee will establish goals for and oversee development, implementation, periodic review, and update of the Genesis Youth Crisis Center, Inc. Wellness Policy. The Director of Compliance or designee(s) will convene the Wellness Committee and facilitate development and updates to the wellness policy and ensure compliance.

Nutrition Promotion *

- Staff will create a pleasant, healthy atmosphere for eating during all mealtimes.
- Staff will provide opportunities for residents to receive positive, motivating messages about healthy eating and physical activity.
- A Bulletin Board with various topics of nutrition and wellness will be displayed in the dining room.
- Staff will model healthy eating and physical activity daily.
- Food and beverages will not be used as a reward or consequence.
- Nursing staff will be available to residents and staff during established office hours and via phone to address health and wellness related concerns.

Nutrition Education*

- Nutrition information will be available concerning the products served upon request by any individual within the agency.
- Residents will be able to access the [MyPyramid.gov](https://www.mypyramid.gov) website upon request.
- Nutritional information and guidelines may be discussed with the agency nursing staff upon request.
- Medical and mental health professionals will be available upon request of the youth.
- Qualified Nursing Staff will complete an assessment with each resident that includes identifying any dietary or nutritional needs.

Physical Education and Activity *

- 2 hours of physical activity will be scheduled weekly to promote fitness. Activities will be documented on the Recreation Calendar. This does not include any PE class that the resident may have while attending school.
- Each site will have access to a gymnasium and/or designated space as requested on the recreation schedule to meet the physical activity guidelines.
- Resident heights and weights will be recorded at least monthly.

Guidelines for All Foods and Beverages Available During the School Day

Genesis Youth Crisis Center, Inc. shall operate and provide food service in accordance with USDA's National School Lunch Program NSLP standards.

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.
- All reimbursable meals should consider children with special dietary needs and food-related allergies
- Reimbursable 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, all sites in Genesis Youth Crisis Center, Inc. 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 youth during each meal service.
- After obtaining food, residents will have at least 10 minutes of "seat time" to eat breakfast, and at least 20 minutes of "seat time" to eat lunch.

Standards for all foods and beverages provided, but not sold (Competitive Foods)

No foods and beverages will be sold on the campus to residents during reimbursable school meal/snack times.

Standards for food and beverages provided

- Food and beverages provided but not sold to residents available during the school day (e.g., in classroom parties, classroom snacks brought by the agency, or other foods given as incentives) must meet School Meal Nutrition Standards and Smart Snacks in School Nutritional Standards.
- The agency has contracted with a registered dietitian to accommodate the needed nutrition standards for menus for all meals and snacks served.

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- Residents will not have access to colas, coffees, energy drinks, etc. for meals and snacks on a regular basis (Holidays may include (1) non-caffeinated beverage).
- Food safety practices will be implemented for all food served at the facility including hand washing facilities, effective hair restraints, and current food safety training for applicable staff each year.

Evaluation and Measurement of the Implementation of the Wellness Policy

Genesis Youth Crisis Center, Inc.'s 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 Assessment

The wellness policy will be assessed at least every three years, at a minimum, by conducting an assessment. This assessment will measure the implementation of the local wellness policy, and include:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy

Informing the Public

Genesis Youth Crisis Center, Inc. will ensure that the wellness policy and most recent triennial assessment are always available to the public at www.genesisyouthcenter.com. Genesis Youth Crisis Center, Inc. will also actively notify households (as applicable/possible) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the agency's nutrition environment. This will be available by request.