

<b>OREGON YOUTH CHALLENGE</b>  OFFICE POLICY	Number: 225
	Effective date: June 1, 2006
<b>POLICY:</b> Wellness and Nutritional Education Program Standards	Page: 1 of 3
	Revised: Mar 27, 2012

**OFFICE POLICY:**

Pursuant to the Child Nutritional Reauthorization Act of 2004, Public Law 108-265 and the Oregon Department of Educations Federal School Meal Reimbursement program, the Oregon National Guard Youth Challenge Program shall operate a Wellness/Nutrition program that incorporates National Guard Bureau standards, cadet physical standards, daily physical activity and nutritional education/diet instruction. At a minimum, it shall focus on responsible health, hygiene and personal development. As a matter of OYCP policy:

- A basic nutritional class curriculum shall be incorporated into the school that each cadet must participate in and pass with a minimum of 80%. This curriculum shall be integrated into the physical training component.
- On a daily basis, 7 days per week, cadet physical training (PT) shall be incorporated into the basic program curriculum. This shall include implementation of the Presidents Physical Fitness program standards required by the National Guard Bureau.
- OYCP shall participate in the Federal School Meal program and shall meet or exceed all requirements, standards for nutrition, dietary needs and menus as outlined by the Oregon Department of Education. This shall include low fat, low added sugar and portion size menu guidelines approved by ODE. Except for “special pre-approved events”, candy, junk foods and sweetened beverages shall not be served or provided independent of the daily approved dining hall menus.
- The program shall contract with and proactively seek routine health and sanitation inspections by the local Deschutes County Health & Sanitation Bureau. OYCP shall meet or exceed County health codes and inspection requirements.
- Specific designated meal periods shall be scheduled into the daily training plan. (POD) It shall be consistently adhered to on a daily basis.
- Except for pre-approved “special events”, all cadet food consumption shall be monitored and consumed within the designated OYCP dining facility. (Mess Hall)
- Vending machines shall not be available to cadets at any time.
- Water shall be the primary beverage of choice during and in-between meals.
- Milk and water shall be the only beverages served within the program. No beverages containing caffeine shall be served.
- Snacks shall consist of fruit, granola or similar type food servings approved by ODE.
- OYCP shall not post or advertise any foods or beverages that fall into the category of “foods of minimal nutritional value” (FMNV) within the facility or on the grounds.
- The OYCP shall be a **TOBACCO FREE PROGRAM**. Pursuant to ORS 433.835-433.990 and NGB Master Cooperative Agreement, all tobacco products including cigarettes and chewing tobacco are strictly prohibited on the grounds, facility and off-site activities at all times.
- Under no circumstances will food or beverages be used as a reward or for disciplinary purposes in any part of the program, curriculum or service delivery models.

**PURPOSE:**

The Oregon National Guard through the Youth Challenge Program recognizes the importance of nutritional education, physical activity and related educational activities. Our goal is to promote life long student wellness, eating habits, exercise, reduce obesity and avoid long term health issues. The purpose of this policy is to support and comply with the Child Nutritional Reauthorization Act of 2004 while adhering to Federal Lunch Money program requirements.

**RESPONSIBILITY:**

The responsibility and oversight for the monitoring and implementation of this policy, curriculum and service standards shall be the OYCP Deputy Director through and including the School Principal/designee and Supervising Cook.

**DEFINITIONS:**

- **Nutritional Class Curriculum** – Specific classroom instruction will be provided that is directly related to the federal approved nutrition standards. Instruction shall be provided by a certified instructor. The curriculum shall provide knowledge and skills that promote and help cadets maintain lifelong healthy eating habits.
- **Physical Training** – Physical activity that consists of an educational component, acclimation, stretching and daily physical activity that meets or exceeds the NGB standards. Activities that help & promote life long fitness standards.
- **Federal Meal Program** – Pre-approved federal lunch program reviewed and accepted by the Oregon Department of Education.
- **Pre-Approved Special Events** – Graduation dinner, Mentor training luncheon, half-way party or related director approved events that occur outside the dining hall.
- **Foods of minimal nutritional value (FMNV)** - Foods that provide less than 5% of the referenced daily intakes for each of the 8 specified food groups; Food that is classified as a) carbonated soft drinks b) chewing gum c) water ices d)certain candies made predominantly from sweeteners such as hard candy, licorice, jelly beans, gum drops, coated popcorn or similar foods.
- **Tobacco** – ORS 431.840, cigars, cheroot, stogies, periques, granulated, plug cut, crimp cut, ready rubbed and other smoking tobacco; snuff, snuff flour, Cavendish, plug & twist tobacco, fin-cut & other chewing tobaccos, shorts, refuse scraps, clippings, cuttings, sweepings of tobacco or other items containing tobacco.

**PROCEDURE:**

1. The Deputy Director in collaboration with the School Principal/designee shall ensure that a specific Wellness and Nutrition program is in place as part of the OYCP school curriculum prior to the start of each OYCP class. The program shall be reviewed for compliance, development, improvement and modifications no less than twice per year and prior to the beginning of each class.
2. A formal committee shall be in place to address wellness and nutrition curriculum. It shall be chaired by the program Deputy Director. At a minimum, the committee shall consist of the Deputy Director, School Principal/designee, Supervising Cook, Commandant/designee and an Administrative Representative appointed by the Director. The committee shall meet during week 20 of each residential class.
3. The committee shall maintain formal written documentation of meetings, decisions, changes and enhancements to the program for reference and outside agency review.

4. All inspections, audits or evaluations by approved outside oversight officials shall be maintained in a central filing system for reference and compliance purposes. The agency shall make modifications or improvements within reasonable timeframes when directed to do so through audit, evaluation or ODE directives.

**INTENDED OUTCOMES / MEASURABLES:**

- All cadets shall participate in the approved curriculum and shall pass classroom work and testing at 80% or greater.
- 100% of the cadets shall participate in a body fat testing/reduction model. The model shall compare body fat at the "in-processing" date and the exit date at or prior to graduation.
- Cadets shall participate in a monthly weight monitoring system that evaluates their weight gain/loss/physical development.
- Cadets shall show progress on the mandatory Presidents Physical Fitness Test Standards as measured between intake and graduation. This shall consist of a point system measuring progress from beginning to end.
- Cadets shall participate and earn certification/awards for the Presidents Physical Fitness Program based upon age group.
- 95% of the cadet corps shall pass food service curriculum and pass/earn the State of Oregon Food Handlers card.



Daniel M. Radabaugh, Director

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