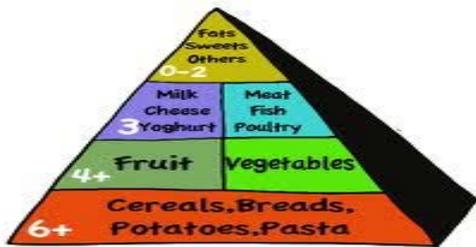


Food & Beverage Recommendations:

- Raw vegetable stick/slices with low-fat dressing or dip
- Fresh fruit
- Cookies, oatmeal, or animal crackers
- Cereal with low-fat milk
- Frozen fruit pops with fruit juice
- Dried fruits
- Applesauce or canned fruit
- Trail/cereal mix (whole grain, low sugar)
- Lean meats and reduced-fat cheese sandwiches
- Pretzels
- Whole grain or reduced-fat crackers
- Low-fat popcorn
- Granola bars or graham crackers
- Mini bagels with light cream cheese
- Low-fat yogurt or pudding
- String cheese
- Fat-free, low-fat, or lactose free milk
- 100% fruit juice



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Created 2017

Wellness Plan Guidelines



Lake County 19th Judicial Circuit
 Juvenile Probation/Detention Services
 Vernon Hills, IL

Wellness Policy Plan Statement:

The Hulse Detention Center and Families and Community Engaged in Treatment (FACE-IT) Program are committed to providing a healthy environment that promotes wellness in terms of good nutrition, education, and multi-faceted physical activity for the residents.

The 5 Areas Required in this Plan are:

- ❖ **Goals for nutrition education**
- ❖ **Goals for physical activity**
- ❖ **Goals for all foods available in our facility during daily programming**
- ❖ **Guidelines for reimbursable school meals**
- ❖ **Monitoring of wellness plan**

Nutrition Education Goals:

The required nutritional education will be included in the Hulse Detention Center and Residential Program curriculum. Staff will incorporate a wellness theme into the weekly lesson for the health class program. Good nutrition and physical activity will be emphasized. Residents will also be given the opportunity to design, plant and harvest their own garden and include the produce in their meals. In addition, information will be provided to families to encourage them to teach their children about health and nutrition.

Physical Activity Goals:

The physical activity program emphasizes the importance of an active lifestyle and the benefits. This provides a variety of opportunities for all residents to participate in physical activity at a minimum of twice a day. In addition, the residents have an opportunity to be involved in special events that promote good sportsmanship, team-building, and skill development in specific sports.



Nutritional Guidelines for Foods Available for the Facility:

All residents will be offered nutritional meals, snacks and beverages that promote a healthy life style consistent with the U.S. Department of Health and Human Services and Department of Agriculture. Also provided are special need diets for diabetics, pregnancies, and food allergies. Food items of no kind will be used as an incentive to residents by staff.

Guidelines for Reimbursement of Usable School Meals:

Guidelines for reimbursable school meals will meet the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring of Wellness Plan:

The facility wellness committee will be responsible for ensuring that the facility meets the stated policy and will implement a plan for measuring the effectiveness of the wellness policy. There will be staff and resident input when conducting an annual review of the facility wellness plan aimed at compliance with the stated policy. If a meal is not favorable to the residents that are served they have the opportunity to give feedback to Juvenile Counselors who can then inform the kitchen personnel. Kitchen personnel can then adjust meals to help adhere to resident requests. This of course is done within Illinois State Board of Education guidelines.