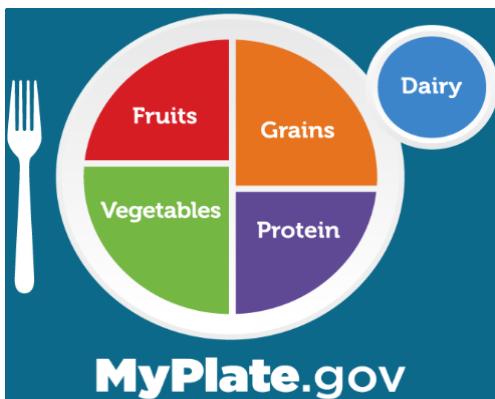


## Food & Beverage Recommendations:

- Raw vegetables with low-fat dressing or dip
- Fresh fruit or 100% fruit juice
- Snack cookies (low sugar)
- Whole grain cereals with low-fat milk
- Oatmeal
- Dried fruit (in moderation)
- Applesauce or canned fruit (in natural juice or water)
- Lean meats and reduced fat cheese
- Whole grain & reduced fat crackers
- Breakfast cereal bars (low sugar)
- Mini bagels with low-fat cream cheese
- Low-fat yogurt or string cheese
- Whole grain breads & pasta
- Eggs
- Low-fat & chocolate milk



*"In accordance with Federal law and United States Department of Agriculture policy, this institution is prohibited from discriminating based on race, color, national origin, sex, age, or disability.*

*To file a complaint of discrimination, write:*

*USDA Director at Office of Civil Rights*

*1400 Independence Ave SW*

*Washington, DC 20250-9410*

*Or call*

*800-795-3272 or 202-720-6382 (TTY).*

*USDA is an equal opportunity provider and employer."*



Updated 2025

## Wellness Plan Guidelines



## Juvenile Detention and Residential Program

Lake County 19<sup>th</sup> 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 through good nutrition, education, and physical activity for residents.

### The 5 Areas Required in this Plan are:

- ❖ Goals for nutrition education
- ❖ Goals for physical activity
- ❖ Nutritional guidelines for all foods provided during daytime meal service
- ❖ Guidelines for reimbursable school meals
- ❖ Monitoring of the wellness plan



### Nutrition Education Goals:

Nutrition education is part of the curriculum at the Hulse Detention Center and Residential Program. Staff incorporate wellness themes into weekly health lessons, emphasizing good nutrition and physical activity. Residents have opportunities to plant, tend, and harvest a garden, using the produce in their meals. Families will also receive information to encourage healthy habits at home.

### Physical Activity Goals:

Our physical activity program promotes an active lifestyle and its benefits. Residents participate in physical activities at least twice daily and can join special events that foster sportsmanship, teamwork, and skill development.

### Detention Center Garden:

Residents assist with planting, watering, and caring for fruits and vegetables in the Detention Center Garden. The produce grown is used in the facility's meals.

### Nutritional Guidelines for Foods Available for the Facility:

All meals, snacks, and beverages served support a healthy lifestyle, following guidance from the U.S. Department of Health and Human Services and the Department of Agriculture. Special diets accommodate residents with diabetes, pregnancy, or food allergies.

### Guidelines for Reimbursement of Usable School Meals:

Meals meet the nutrition standards and regulations of the National School Lunch and Breakfast Program.

### Monitoring of Wellness Plan:

The facility Wellness Committee ensures compliance with this policy and measures its effectiveness. Staff and residents provide input during an annual wellness review. Residents can give feedback on meals to Juvenile Counselors, who communicate with kitchen staff to adjust menus while following ISBE guidelines.