

GFCRH WELLNESS POLICY

Professional Development

- The Great Falls Children's Receiving Home (GFCRH) will provide ongoing professional development and education for foodservice professionals and other staff.
- GFCRH will provide nutrition and physical activities for students and staff.

Eating Environment

- Children and staff will have adequate space to eat meals in a clean, safe, pleasant surroundings.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available.

Activity Time Before Lunch and Dinner

- GFCRH will schedule activity time for children before lunch and dinner when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch and dinner also encourages nutrient intake.

Rewards, Incentives and Consequences

- Rewards and incentives may be given careful consideration as to the messages they send to the children receiving them. Food will not be used as a reward or incentive, but other, more appropriate rewards may be used.
- Food will not be withheld from children as a consequence for inappropriate behavior or poor academic performance for the tutor.

Wellness Councils

- The GFCRH has an organized local wellness council comprised of house parent committee board members and staff to plan, implement and improve nutrition and physical activity within the GFCRH environment.

Nutrition Standards Component

Children's life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods and low-fat grain products will be available.

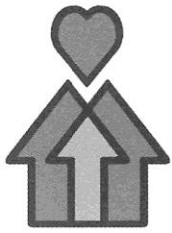
General Guidelines

- Food and beverages served at the GFCRH will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this document.

Great Falls Children's Receiving Home Meal Program

- The GFCRH food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996. The GFCRH will comply with USDA regulations and state policies.





GREAT FALLS
children's
RECEIVING HOME

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- Menus will be planned with input from staff and will take into account the children's cultural norms and preferences.
- Children with special dietary needs (e.g. diabetes, celiac sprue, allergies, lactose intolerance, etc.) will be accommodated as required by USDA regulation.

Snacks

- Healthy snacks will include fresh, dried or canned fruits (in 100% juice only), vegetables, 1% or skim milk, and grains meeting the Standards for Food and Beverages.

Parties and Celebrations

- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.

Ideas for Healthy Snacks

Best Choices:

Granola Bars, whole grain fruit bars
Nut mix
Fresh fruit (all varieties)
Beef jerky
String cheese
1% or skim milk
Dry roasted peanuts, tree nuts, and soy nuts
Frozen fruit juice bars (no sugar or high fructose corn syrup)
Nuts and seeds – plain or with spices
Trail mix – plain
Dried fruit
Yogurt, low fat and no sugars added
Fruit/Vegetable juice (100% juice)
Plain water
Fruit bars

Good Choices:

Nuts with light sugar covering; honey roasted
Individually packed fruit in natural juices only
Animal crackers and graham crackers
Low-fat ice cream and sherbet bars
Low-fat pudding
Popcorn without hydrogenated fats
Fruit leather
Pretzels
Peanut butter and crackers
Baked chips, corn nuts

a door that never closes in the face of a needy or deserted child

