



Wellness Policy

- Interactive nutrition education is part of the agency's programming to help clients and families to adopt and maintain healthy eating habits.
- Physical activity is part of the agency's programming.
- All foods and beverages that are available on campus contribute to meeting the dietary needs of clients; that is, they are from the five major food groups and meet federal, state and local laws and guidelines.
- The eating environment is pleasant –clean, safe, enjoyable.
- Healthy eating, physical activity, anti-smoking and alcohol/drug abuse information is actively promoted to clients, parents, teachers, administrators and the community.
- Meals at least meet the standards established by the United States Department of Agriculture (USDA) National School Lunch Program. Menus conform to good menu planning principles and food safety is a key part of the Food Service operation. The Food Service Director is a qualified, credentialed professional.
- We have a Wellness Committee that are part of the policy making process and support a healthy nutrition environment, it includes: Food Service, Dietitian, Agency Administrators, School Administrators, Teachers, Clients, Health Care Professionals, Direct Care Staff Members, Social Workers and the Client Advocate.

We would like to include members of the community and stakeholders in our wellness efforts. If you wish to participate in or contribute to activities, please contact Marilyn Marko, Director of Residential Support Services at (216) 320-6855.

Food Brought From Home Policy

We are making an effort to reinforce healthy eating and exercise messages throughout our campus. The breakfasts, lunches and snacks served on campus meet USDA guidelines. At the same time, we have numerous reasons to celebrate (birthdays, holidays) and we provide treats and special foods at these times. However, to prevent unhealthy choices from becoming daily norms, we ask that food brought in from home be kept to a minimum and fit within this policy or ideally are only brought in if medically necessary.

Also, we cannot ensure that foods prepared at home (cakes, cupcakes, casseroles) are free of allergens and were properly handled. So to prevent food borne illnesses ("food poisoning") and allergic reactions, we ask that you not bring homemade foods from home.

This policy is based on The Healthy, Hunger-Free Kids Act of 2010, Smart Snacks in School recommendations. Foods should fit within one of the five food groups on MyPlate (grains, fruits, vegetables, protein, dairy) and not contain a lot of added sugars, solid fats and sodium that provide little nutritional value.

This institution is an equal opportunity provider.