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Last Approved 06/2023
Effective 06/2023
Last Revised 06/2023
Next Review 06/2024

Owner Julie Cassidy
Area Program
Applicability Gateway Residential Services

Wellness Policy

Purpose

Gateway Residential Services has established a Wellness Policy to address the growing concerns about childhood obesity, support our clients' ability to learn, and promote the long-term health and wellness of the youth served by supporting wellness, good nutrition, and regular physical activity.

Expectation

Staff are expected to follow this policy in order to provide meals that are nutritionally adequate and prepared and served in a manner that meets established governmental health and safety codes. Parents or legal guardians and clients will be informed of this policy at intake.

Implementation

1. Clients and their parents or legal guardian will be informed of the Wellness Policy through the Client and Parent Handbook upon intake of the client.
2. All new staff will be provided with the Wellness Policy and trained during orientation on program implementation of the Wellness Policy. Additionally, all staff will receive Food Safety training on an annual basis.
3. Questions, comments and concerns regarding the policy will be addressed to the Food Manager.
4. The Program will have a Wellness Committee, which will review the Wellness Policy annually to assess program compliance with and document updates to the policy.
5. Clients will receive ongoing nutrition education by the staff serving meals during breakfast and lunch hours.
6. As part of nutrition training and to offer fresh vegetables for client consumption, some clients

will participate in a garden project at the Gateway Residential Program- Delta facility. Many types of vegetables are grown, prepared, and eaten by the clients to allow clients to try new vegetables and nurture an appreciation for locally-grown, fresh vegetables.

7. Informative posters providing consistent nutrition messages will be present in the dining area, the classroom(s) and the therapeutic living area(s).
8. Physical Education classes will be taught in school, including physical activity and nutrition education. As part of the PE program, clients will receive approximately one hour per day of large muscle activity, achieved by participating in CrossFit, group sports, and other structured recreation activities.
9. There will be recreational activities outside of school hours that include physical activity.
10. USDA Nutrition Guidelines will be followed for all meals. The menu is approved by a Certified Dietician on a regular basis.
11. Consumption of sugary beverages, such as soda, by clients will be limited to one time per week.
12. During special events that include food and drink items healthy options will be provided.
13. Water will be readily available at all times of the day through the use of water fountains and/or water bottles.
14. Meal times will be at least 30 minutes per meal.
15. The use of food as a reward or consequence is not allowed.
16. Physical activities and Physical Education classes will not be denied to clients as a means of corrective action.
17. Staff members are encouraged to be active role models regarding healthy food consumption.

Approval Signatures

Step Description	Approver	Date
Executive Approval	Marni Lyons	06/2023
Initiate Review	Julie Cassidy	06/2023