

## **JRC Policy on Nutritional Services**

The Food Services Director is responsible for the overall food program. JRC's food program is run with the input from a Licensed Nutritionist/Registered Dietician, who has training in the nutritional needs of children. The nutritional services program is carefully designed and closely monitored by JRC's Food Services Director and treatment team to ensure adequacy of all nutrients and calories necessary for optimal growth in healthy children and adolescents. JRC's Nutritionist and treatment teams monitor the weight status of students/clients, when appropriate. Food refusals are recorded and monitored, feedback on the quality of meals is collected from both staff and students/clients and nutritional services are individualized to each individual's needs. The NCHS/CDC growth charts using BMI are used to assess each student's weight status.

JRC's nutritional program is consistent with the National Federal Food Program and Dietary Guidelines for Americans and USDA School Meals Initiative for Healthy Children in nutritional content, portion size, and quality. The Food Services Director prepares menus. He is trained in the National Federal Food Program Guidelines and all menus are consistent with those guidelines. In designing the menus for the students/clients, JRC's goal is to emphasize choices based on whole, plant-based foods, such as fruits, vegetables, legumes and whole grains, while at the same time trying to minimize the use of refined foods. In order to ensure that all JRC students receive all their nutritional needs, skim milk, 1% milk, and fortified non-dairy milk and adequate omega-3-fatty acids are provided to all students/clients. In addition, a supplement containing vitamins and minerals for students/clients may be recommended by their attending physician.

JRC students/clients can choose between a meat and plant-based meal seven days a week. Students/clients can also earn the opportunity to order out food from local restaurants once or multiple times per week depending on their specific behavior plan. In addition, students/clients frequent restaurants and attend planned pizza parties at both the school/day program and residence. JRC student/clients are provided frequent meals and snacks.

The food that is served at the JRC school/day program buildings is prepared by JRC's Food Services Department staff. Food that is served at the residences is purchased and delivered to the residences by JRC and is prepared by staff members, or by the students/clients with assistance from staff, when safe and appropriate. JRC ensures that all food is prepared safely and meals are served according to the student's/client's program. A ServSafe certified Food Services staff is on site at the school/day program when food is served and JRC residences are equipped with food safety manuals to inform staff on food safe practices.

Most students/clients are served their lunches in the all-purpose room of the JRC school/day program building in Canton by members of the Food Services Department. A few students/clients, whose behavioral issues are too problematic to allow them to eat with safety in the all-purpose room, eat their lunches in their classrooms or Work Activities Centers. Most students/clients eat their breakfast and dinner at their residence.

Meals on weekends and holidays are either in the community or served at the student's/client's residences. JRC staff members are present during all meals.

When appropriate, some students/clients plan and design their own meals with oversight from the Food Services Director, treatment team and residential supervisor. These students/clients attend culinary classes when appropriate and go food shopping for the food items they need and prepare the food.

Food choices are provided for all meals. For lunch at the school/day program, our chefs create a minimum of two meal options. Students/clients are also given the choice between a tossed salad and a specialty prepared salad. At the residence, the students/clients are provided with ingredients to make one main meal. Students/clients have the option of using the ingredients to make a different meal with staff assistance, switching out the main course with pasta and sauce, peanut butter and jelly (when appropriate), soup and salad or leftovers. Students/clients are provided several different breakfast options to choose from. A variety of fruits and beverages are also provided.

Just as each JRC student's/clients educational, vocational, and treatment program is individualized, so also is each student's/clients nutritional program. Adjustments are made to accommodate any special needs a student may have. For example, if a given student/client needs to gain or maintain weight and will only eat certain foods, these will be made available to that student, regardless of the normal menu. Also, adjustments are made when a student/client has other special dietary needs as determined by the medical staff and/or the nutritionist, such as food allergies, intolerances, feeding problems, swallowing or chewing problems or sickness. These students/clients will be given an alternate version or variation of the meal planned for the day.

JRC's Purchasing Department is responsible for purchasing food and food is purchased as needed from designated vendors and/or local supermarkets. All frozen or perishable foods are kept in freezers or refrigerators; all dry, or canned, non-perishable goods are kept in proper locations on shelves or racks above the floor.