



## Well&Town Wellness Program

### **Purpose & Commitment**

Well & Town is committed to providing a safe, supportive, and health-conscious environment for youth in care. Our Wellness Program is designed to promote lifelong healthy habits, enhance physical and emotional well-being, and ensure all youth have equitable access to nutritious meals and active living opportunities. This policy meets and exceeds the requirements of the National School Lunch Act, USDA Smart Snacks Standards, and California STRTP guidelines.

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### **2. Health & Wellness**

- Youth will receive regular health screenings, including vision, hearing, dental, and BMI assessments, in partnership with local healthcare providers.
  - Wellness check-ins will be integrated into monthly case reviews, with opportunities for youth to set personal health goals.
  - Staff will encourage adequate hydration, limit sugary beverages, and promote healthy coping strategies for stress and emotional regulation.
  - Staff will also encourage model healthy lifestyle choices, including balanced eating, positive sleep routines, and appropriate screen time limits.
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### **3. Physical Activity**

- Youth will have a minimum of 45 minutes of physical activity daily, in line with CDC recommendations.
- Activities will be varied and inclusive, including:
  - Team sports (basketball, soccer, volleyball)
  - Individual fitness (walking, jogging, resistance training, gym membership)
  - Recreational outings (parks, nature trails, hiking, swimming)
- Physical activity will be adapted to each youth's abilities, interests, and health needs.
- Local partnerships will be maintained with Fresno Parks & Recreation and community fitness programs to ensure consistent engagement when suitable.

#### **4. Nutritional Guidelines**

All meals and snacks will meet or exceed the USDA meal pattern requirements under the National School Lunch Program, including:

- Fruits & Vegetables: Served daily, with a variety of fresh, seasonal produce from local sources when possible.
  - Whole Grains: At least 50% of grains offered will be whole grain-rich.
  - Protein: Lean meats, poultry, fish, legumes, and plant-based proteins will be incorporated.
  - Dairy: Low-fat or fat-free milk and dairy products provided.
  - Sugary drinks, candy, and fried foods will be limited and not used as rewards.
  - Culturally diverse menus will reflect the backgrounds of youth in care.
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#### **5. Nutrition Education**

- Youth will receive quarterly nutrition education workshops, led by trained staff or community nutritionists.
  - Topics will include:
    - Reading nutrition labels
    - Meal planning and budgeting
    - Cooking skills and kitchen safety
    - The relationship between nutrition and mental health
  - Educational materials will be displayed in dining and common areas to reinforce healthy choices.
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#### **6. Monitoring & Review**

- The Wellness Program will be reviewed annually by staff, with youth feedback incorporated into updates.
- Meal service will be monitored for compliance with USDA and California CCLD standards.
- Records of menus, nutrition education sessions, and physical activity logs will be maintained for at least three years.

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and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

Submit your completed form or letter to USDA by:

- Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410
- Fax: (833) 256-1665 or (202) 690-7442
- Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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