

<p style="text-align: center;"><b>OREGON YOUTH CHALLENGE</b></p> <p style="text-align: center;">OFFICE POLICY</p>	Number: 225
	Effective date: June 1, 2006
<p><b>POLICY:</b> Wellness and Nutritional Education Program Standards</p>	Page: 1 of 3
	Revised: April 17, 2023

## OFFICE POLICY:

Pursuant to the Child Nutritional Reauthorization Act of 2004, Public Law 108-265 and the Oregon Department of Education's (ODE) Child Nutrition Programs (CNP), the Oregon National Guard Youth Challenge Program shall operate a Wellness/Nutrition program that incorporates healthy eating patterns, nutritional education, diet instruction, increased physical activity and physical education. At a minimum, it shall focus on responsible health, hygiene and personal development.

## PURPOSE:

The Oregon Youth Challenge Program (OYCP) recognizes the importance of nutritional education, physical activity and related educational activities. Our goal is to promote life long student wellness, eating habits, exercise, reduce obesity and avoid long term health issues. The purpose of this policy is to support and comply with the Child Nutritional Reauthorization Act of 2004 while adhering to Child Nutrition Programs' requirements.

## RESPONSIBILITY:

The responsibility and oversight for the monitoring and implementation of this policy, curriculum and service standards shall be the OYCP Deputy Director through and including the School Principal/designee, Supervising Cook and the wellness committee.

## DEFINITIONS:

- Nutritional Class Curriculum – Specific classroom instruction will be provided that is directly related to the federal approved nutrition standards. Instruction shall be provided by a certified instructor. The curriculum shall provide knowledge and skills that promote and help cadets maintain lifelong healthy eating habits.
- Physical Training – Physical activity that consists of an educational component, acclimation, stretching and daily physical activity that meets or exceeds the NGB standards. Activities that help and promote lifelong fitness standards.
- Federal Meal Program – Pre-approved federal lunch program reviewed and accepted by the Oregon Department of Education.
- Pre-Approved Special Events – Graduation dinner, Mentor training luncheon, half-way party or related director approved events that occur outside the dining hall.
- Foods of minimal nutritional value (FMNV) - Foods that provide less than 5% of the referenced daily intakes for each of the 8 specified food groups; Food that is classified as a) carbonated soft drinks b) chewing gum c) water ices d) certain candies made predominantly from sweeteners such as hard candy, licorice, jelly beans, gum drops, coated popcorn or similar foods.
- Tobacco – ORS 431.840, cigars, cheroot, stogies, periques, granulated, plug cut, crimp cut, ready rubbed and other smoking tobacco; snuff, snuff flour, Cavendish, plug & twist

tobacco, fin-cut & other chewing tobaccos, shorts, refuse scraps, clippings, cuttings, sweepings of tobacco or other items containing tobacco.

## **PROCEDURE:**

### **1. Nutrition Education.**

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at OYCP. The nutritional curriculum shall be incorporated into the physical fitness core component. All cadets shall participate in the approved curriculum and shall pass classroom work and testing at 80% or greater. All cadets shall pass food service curriculum and pass/earn the State of Oregon Food Handlers card.

### **2. Nutrition Guidelines.**

It is the intent of OYCP to take a proactive effort to encourage cadets to make nutritious food choices. OYCP shall strive to ensure that nutritious foods are available whenever food is served. OYCP shall participate in the CNP and shall meet or exceed all requirements, standards for nutrition, dietary needs and menus as outlined by ODE. This shall include low fat, low added sugar and portion size menu guidelines approved by ODE. Except for special pre-approved events, candy, junk foods, sweetened beverages and FMNV shall not be served or provided independent of the daily approved food menus.

### **3. Other School Based Activities.**

OYCP will promote community-based activities that foster healthy eating and create environments that promote physical activities. OYCP shall proactively seek health and sanitation inspections from the Deschutes County Public Health Department. OYCP will meet or exceed health codes and inspection requirements. OYCP shall be a Tobacco Free Program. Pursuant to ORS 433.835-433-990 and the NGB Cooperative Agreement, all tobacco products including cigarettes and smokeless products are strictly prohibited on campus and while in a work status off campus.

### **4. Food and Beverage Marketing in Schools.**

Any foods and beverages marketed or promoted to cadets on campus will meet or exceed the nutrition standards set by the USDA. Vending machines shall not be available to cadets at any time. Under no circumstances will food or beverages be used as a reward (unless approved by the Director or Deputy Director) or for disciplinary purposes in any part of the program, curriculum or service delivery models.

### **5. Physical Activity**

OYCP realizes that a quality physical education program is an essential component for all cadets to reach their academic and physical potential. On a daily basis, seven days per week, cadet physical training shall be incorporated into the basic program curriculum. This shall include the Challenge Physical Fitness standards required by NGB. Cadets shall participate and show progress on the mandatory Challenge Fitness Test (CFT) as measured between intake and graduation. Cadets shall participate in a

monthly weight monitoring system that evaluates their weight gain, loss and body fat. The model shall compare weight and body fat at intake and graduation. Cadets can earn awards for physical fitness and body composition.

6. School Meals.

OYCP participates in the CNP administered through ODE. Designated meal periods shall be scheduled into the daily plan of the day. It shall be consistently adhered to on a daily basis. Except for pre-approved events and S2C, all food shall be monitored and consumed within the dining facility. Milk and water shall be the only beverages served within the program. Water is the primary beverage of choice in-between meals. No beverages containing caffeine shall be served. Snacks shall consist of fruit or similar type food servings approved by ODE.

7. Evaluation of the Local Wellness Policy.

The wellness/nutrition goals shall be reviewed after every class. The results will be posted on the OYCP webpage and Facebook. At least once every three years, OYCP will evaluate compliance, to assess the implementation of the policy and produce a triennial progress report that meets ODE requirements. The triennial report shall be posted on the webpage and Facebook.

8. Annual Notification of Policy.

OYCP will make available to the public annually, the wellness/nutrition policy, the wellness outcomes and the latest triennial progress report. The wellness policy will be updated at least every three years following the triennial assessment.

9. Wellness Committee and Outreach

A formal committee shall be in place to address wellness and nutrition. It shall be chaired by the Deputy Director. At a minimum, the committee shall consist of the Deputy Director, School Principal/designee, Supervising Cook, Company Commander/designee, a represented employee appointed by the Director and members of the Advisory Board (community stakeholders). The committee shall meet at least twice a year. The committee shall retain basic records demonstrating compliance with the federal local wellness policy, including formal written documentation of meetings, decisions, changes and enhancements to the program for reference and outside agency review. OYCP will actively inform families and the public of information about this policy, updates to the policy, wellness outcomes and implementation status. This information will be made available via the OYCP website.

10. Civil Rights

At the end of each school year the wellness committee will insure that the Civil Rights complaint log is updated. If no Civil Rights complaints have been received at the end of the school year, the year can be closed out by crossing out the log and writing "No Complaints Received."



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Daniel M. Radabaugh, Director

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