

### Nutrition Education

- To help foster lifelong habits of healthy eating, Nutrition Education will be offered on a regular and ongoing basis for the students and staff of the Anne Carlsen Center for Children.
  - Avenues for providing education will include:
    - Classroom activities
    - Home Economics classes
    - National Nutrition Month activities
    - Annual Health Fair and other activities coordinated by ACCC Wellness Committee
    - Wellness tips in the InnerGlow
    - Printed materials
    - Extra-curricular activities during home life
    - Other activities as requested by staff and students
  - Each classroom teacher will independently determine nutrition education curricula they will use, and when this will be taught during the regular school year. They will specify this in writing and report their intentions to the dietitian on staff.
  - Home Economics classes will plan curricula that represent a variety of nutritional experiences and may include but not be limited to exposure to ethnic, sensory, textural, and other qualities. When possible, nutritional variety and balance shall be the underlying factor in planning home economics curricula.
  - Informal educational opportunities shall be provided in the students' residential environment.
  - Each home area will actively engage students in the planning, shopping, and preparation of meals and snacks as able.
    - Activities may include cooking projects and will promote good nutrition.
  - Nutrition education in and out of the classroom shall mirror recommendations put forth in the 2005 Dietary Guidelines for Americans.

### Nutrition Standards

- Nutritional Quality of Foods, Beverages and other Nutritional Support provided at the Anne Carlsen Center for Children shall follow recommendations put forth in the Dietary Guidelines for Americans 2005 as is reasonable and possible, recognizing that the complexity of nutritional needs and/or method of delivering nutrition for some of the children may not follow conventional standards and methods.

### Meal planning...

- The Anne Carlsen Center for Children shall participate in federal school meal

programs, including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program.

- All children receiving education services at the ACCC are qualified for free meals under these programs. All day students' parents complete an application for free meals under these programs. This is completed to verify the categories they will fit into for school reimbursement, even though no charges are applied to the family.
  - The school breakfast and lunch programs for Summer School are the same as the school year program.
- Menus shall be planned according to the Dietary Guidelines for Americans 2005 and the Child Nutrition Act of 2003 guidelines.
  - Menus shall be planned with no more than 35% of calories from fat per meal on average; Sugar shall not be listed as the first ingredient of foodstuffs purchased for student use at the ACCC.
  - All juices will be 100% juice except for nectars, which are provided on a limited basis for medical reasons.
  - A variety of fruits and vegetables will be offered, for a minimum of 1½ to 2 cups daily.
  - Whole grains will be offered when available (i.e. all breakfast cereals, breads or whole grain pasta/rice when available and reasonably priced by vendors).
  - Students will be offered 3-4 cups of milk through the day: skim milk for most students; chocolate skim milk on Tuesdays and Fridays; whole, Acidophilus skim, or soy milk for some students, as determined by nutritional assessment.
  - Qualified nutrition and dietary professionals will be employed to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. This includes a registered dietitian, dietary manager, and trained food service staff. Speech and occupational therapists will be involved when functional mealtime and feeding issues arise.

#### *Assessment of Nutritional needs...*

- All students shall have a comprehensive nutritional assessment completed on a quarterly basis, or more often if warranted.
- Nutrition orders will be written for each student and updated as necessary to meet each student's specific needs.
- Enteral nutrition support shall be provided when medically necessary and will meet the nutritional needs of the student as determined by nutritional assessment.
- Mechanical alteration of foods shall be provided when necessary, as determined by speech and/or occupational therapists, physician, and possibly the dietitian.
- Nutritional supplements will be offered when needed to help meet nutritional needs of the student. Appropriate staff will work together to determine need (physician, dietitian, and/or rehab nurse). Supplement acceptance will be documented by direct care staff.

#### *To provide nutritious and appealing meals in a safe manner...*

- Mealtime Assist Cards will be used to provide comprehensive mealtime instructions

