

Epworth Children's Home

Wellness Policy

Epworth Children's Home is committed to providing a residential home environment that promotes and protects children's health and well-being by providing healthy eating and physical activity. Therefore, it is the policy of the Epworth Children's Home to engage residents in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

- All residents will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of residents; will accommodate the religious, ethnic, and cultural diversity of the residents in meal planning; will provide any meals to residents requiring special diets. Epworth will offer a clean, safe, and pleasant setting, along with adequate time for residents to eat.
- To the maximum extent practicable, Epworth Children's home will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks]).
- Epworth will provide nutrition education and physical activities through various programs to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and meal programs, with related community services.

Epworth wellness program will be piloted by the staff activity director and the director of dining service.