



KITSAP COUNTY JUVENILE DETENTION WELLNESS POLICY

The Kitsap County Juvenile Department recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems. However, research indicates that obesity and subsequent diseases are largely preventable through proper diet and regular physical activity.

The Kitsap Juvenile Department understands it has a responsibility to provide proper nutrition and physical activity to children in its care and therefore supports increased emphasis on nutrition as well as physical activity to enhance the wellbeing of their residents.

Therefore, it is the policy of this department to:

Provide children with nutritious meals and snacks.

The Food Service Program shall provide all children with nutritious meals and snacks according to the nutritional standards required by state and federal guidelines. When practicable, the department shall use food commodities made available under the Federal Food Commodity Program for school menus.

Provide children opportunities for physical activity and developmentally appropriate exercise.

When practicable, and when staffing and security requirements are met, physical fitness and or outdoor activity is made part of the children's daily regimen.

Provide children with accurate information/education related to these topics.

Children who eat well-balanced meals are more likely to be healthier and better apt to learn in the classroom. Nutrition information is integrated in Health/Science education and/or core curriculum (i.e. math, reading). Building Nutrition knowledge helps children make healthy eating and physical activity choices, and foster lifelong healthy living habits.