

Youth Wellness Committee Meeting

September 2024

Name	Title	Role	Signature
Caroline W. Looney	Executive Director	Director	<i>Caroline W. Looney</i>
Monica J. Lail	Associate Director	Administrator	<i>Monica J. Lail</i>
Johnsie Adams	Residential Coordinator	Manager	<i>Johnsie Adams</i>
O'Neil Walker	Social Worker	Social Worker	
Young Yang	Case Manager	Direct Care Worker	
Quonisha McCaskill	Youth Development Specialist	Direct Care Worker	
With Friends Board	With Friends, Inc. Board Member	Stakeholder	
With Friends Teen Board	With Friends Teen Board Member	Stakeholder	
Youth Shelter Resident	Youth	Stakeholder	

Agenda:

Food and Nutrition

___ Food is not for sale or marketed on With Friends campus

___ Meals are free to all runaway and homeless youth

___ Meals are nutritious, appealing, and served by caring professionals in a pleasant environment

___ Menus meet required federal meal regulations

- **Breakfast** – School Breakfast Program
 - Milk
 - Fruit
 - Grain
- **Lunch** – National School Lunch Program
 - Milk
 - Fruit
 - Vegetable
 - Meat/Meat Alternate
 - Grain
- **3pm Snack** – After School Snack Program (Weekdays) and Child and Adult Food Care Program (Weekend)
 - 2 components of 4 components (milk, fruit/vegetable, grain, meat/meat alternate)
- **Supper** – Child and Adult Food Care Program
 - Milk
 - Fruit
 - Vegetable
 - Meat/Meat Alternate
 - Grain
- **8pm Snack** – Child and Adult Food Care Program
 - 2 components of 4 components (milk, fruit/vegetable, grain, meat/meat alternate)
- **Kids Café** – Second Harvest Food Bank
 - Provides free meals, snacks and nutrition education to at-risk children.

___ YWP Goals are being met

- Establish and maintain a YWC to help plan, implement, and monitor compliance with YWP and other policies and regulations related to health and wellness;
- Establish and support a YWC in each RCCI;
- Promote staff wellness;

- Establish nutritional standards for foods provided free on youth shelter campuses that meet or exceed nutritional standards set by the US Department of Agriculture, North Carolina Board of Education policy, and North Carolina law;
- Increase youths' opportunities for physical education and physical activity;
- Promote a tobacco, alcohol and drug-free culture; and
- Provide health and nutrition education.

___ Evidence-Based Practices:

- Choose MyPlate
- Let's Move
- Fuel Up to Play 60

___ Promotions:

- Culture of Nutrition
- Chopped
- Kids Baking Star
- Food With Friends Star

___ *Triennial Assessment (3 years)*

- *2019-2022*
 - Compliance with the YWP
 - How the YWP compares to model wellness policies
 - Progress made in attaining the YWP goals

Public Notice

This With Friends Youth Wellness Plan, Youth Wellness Committee Meeting Agenda/Minutes and its Triennial Assessments will be posted to the With Friends website at www.withfriendsinc.com under Food and Nutrition.

**Local Wellness Policy
Self-Assessment Form
for
Child Nutrition Services**

A local school wellness policy ("wellness policy") is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger - Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The responsibility for developing a wellness policy is placed at the local level so the unique needs of each school under the LEA's jurisdiction can be addressed.

According to The Healthy, Hunger-Free Kids Act of 2010 (HHFKA), every school year each School Food Authority must perform no less than one on-site review of the local wellness policy by each school under its jurisdiction.

Each on-site review must ensure the residential child care institution's local wellness policy is based on the school's local wellness policy.

If the review discloses problems with a residential child care institution's local wellness policy, the SFA must ensure that the residential child care institution implements corrective action and within 45 days of the review conduct a follow-up on-site review to determine that the corrective action resolved the problems.

School Name: <u>With Friends, Inc.</u>		Review Date: <u>03/01/2024</u>	
SFA Reviewer: <u>Johnsie Adams</u>			
	In Compliance		Comments
I. PUBLIC INVOLVEMENT			
A. Establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
B. Permit participation by the general public and the school community to participate in the wellness policy process:			
1. Parents	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
2. Students	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
3. Representatives of the school food authority	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
4. Teachers of physical education	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
5. School health professionals	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
6. The school board	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
7. School administrators	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
II. CONTENT OF THE WELLNESS POLICY			

A. Specific goals that promote student wellness (LEAs are required to review and consider evidence-based strategies in determining these goals):			
1. Nutrition promotion and education	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
2. physical activity	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
3. and other school-based activities	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
B. Nutrition guidelines for all foods and beverages available or for sale on the school campus during the school day that are consistent with Federal regulations for:			
1. School meal nutrition standards	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
2. Smart Snacks in School nutrition standards	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
C. Policies for other foods and beverages available on the school campus during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives)	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
D. Policies for Food and Beverage Marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
III. ANNUAL PROGRESS REPORTS			
A. The Web site address for the wellness policy and/or information on how the public can access a copy	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
B. A description of each school's progress in meeting the wellness policy goals	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
C. A summary of each school's local school wellness events or activities	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
D. Contact information for the leader(s) of the wellness policy team	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
E. Information on how individuals and the public can get involved	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
IV. TRIENNIAL ASSESSMENTS			
A. Compliance with the wellness policy	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
B. How the wellness policy compares to model wellness policies	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
C. Progress made in attaining the goals of the wellness policy	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
V. PUBLIC UPDATES			
A. Wellness Policy	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
B. Information and updates to and about the Wellness Policy, on an annual basis, at a minimum	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	

C. Annual Progress Report	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
D. Triennial Assessment	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
VI. UPDATES TO THE WELLNESS POLICY			
A. The proposed rule requires that LEAs update or modify the wellness policy as appropriate	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	
VII. MONITORING/OVERSIGHT			
A. The proposed rule would require State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the triennial administrative review	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>	

SUMMARY

Briefly describe any problems identified:

If a corrective action plan is required, describe actions needed:

Specify Date Corrective Action (s) will be implemented: _____

By Whom: _____

School Administrator's Name: Caroline W. Looney

School Administrator's Signature: Caroline W. Looney Date: 03/01/2024

Reviewer's Name: Johnsie Adams

Reviewer's Signature: Johnsie Adams Date: 03/01/2024

Child Nutrition Manager or Responsible Person: Monica J. Lail

Child Nutrition Manager's or Responsible Person's Signature: Monica J Lail Date: 03/01/2024

Follow-Up Visit (must be conducted within 45 days if corrective action was required) Observations of corrective action implementation: _____

If corrective action plan is required, findings must be documented within 45 days of this review.
This document is to be kept on file at the site/facility and a copy should be forwarded to the Sponsoring Agency for their records.

Signature of Follow-Up School Representative: _____ Date _____

Signature of Follow-Up SFA Reviewer: _____ Date _____