

Revised on 06/29/2023

Wellness Policy for Jefferson County Juvenile Justice Center

It is the policy of this facility to plan our menus and serve meals that meet the requirements of the Child Nutrition Programs. We make sure students get balanced meals with bread, meat, fruits, and vegetables daily. We have fresh fruit and vegetables with each meal if possible. We prefer to serve baked food rather than fried foods. When we do serve fried foods, they only amount to one component in the meal. The center has changed its cooking oil to no fat oil; this also helps to cut down on fat content when foods are fried. We also have 100% whole grain bread that the juveniles have with at least three meals a week. We limit the intake of calories for our students to 600 calories for breakfast and 850 calories for lunch because our students are in the grades 9 through 12. We also limit the sodium intake for our students to 500 mg. for breakfast and 740 mg. for lunch.

The beverages served at breakfast are 1 percent milk or skim milk, fruit juices, and water. With lunch students have a choice of 1 percent milk or skim milk and may also have water. The evening meals they may have 1 percent milk or skim milk and water. Our standing rule is that students may have all the 1 percent milk or skim milk and water they would like, but they must always have 1 percent milk or skim milk with breakfast or lunch. To our surprise most students love milk because they don't get a chance to go home. We also ask students for their input on what foods they like so we can work some of the items into our menus.

We have a registered nurse on staff that reports to us when we have a student who needs to be on a special diet. Female juveniles who are pregnant may need extra food or added nutrition. We may also have a student that is a diabetic, which requires special diets. The center plans

special meals for the aforementioned two categories. Sometimes there are unique problems with students who use drugs, especially crack cocaine. Some of these students are not able to chew their food, because of the condition of their teeth. We serve them soft foods and make sure they get plenty of nutrition. This may include pureeing their food. However, for beverages we try to get them to drink ensure, slim fast, or some other nutritious supplement along with their meal. They may also receive daily vitamin supplements along with special care for their teeth.

We have exercise classes for both male and female students. These start at 7:00AM and are held Monday through Friday. Special recreational activities are held on Saturday and late Sunday afternoon. After lunch each day they are given one hour of outside recreation, the activities include playing basketball, lifting weights, or playing volleyball. Recreational activities are very important for maintaining the health of our students and this activity has to be reasonably balanced with educational efforts.

Our registered nurse teaches a class Monday through Friday generally known as Life Skills. It is very similar to health classes taught in public schools. The nurse covers drug, tobacco, and alcohol avoidance. Intensive efforts are made to educate students about sexually transmitted diseases. The nurse also teaches certain hygiene classes on how to take care of your body, which also includes eating nutritious foods. We also try to educate our students on what foods they should avoid.

We have a few organizations that help us educate our students. One such organization is Ambassadors for Christ who come out on Every Friday and work with the kids on behavior and everyday life skills. Exodus comes out daily Monday through Thursday and take to the kids about life skills and getting back into the real world once they get out of jail. In addition, Exodus house families and take their clients to see their Probation Officers, and Dr. Appointments. Our

Nurses have one on one talks with the female students about pregnancy and the importance of the mother taking care of her body and her fetus.

Our final aspect of our nutrition program helps to add to the student's self-esteem. The bottom line here is that unless the students require a special diet, they eat the same food that is served to the staff. We like to make our kids feel good about themselves and gain a high self-love. It makes our students happy to see the staff out at the tables eating the same meal as them. Proper personal hygiene, clean bedding, clean clothes, and grooming are also part of our efforts to help maintain the self-esteem of our students.

Our center's policy and procedure in reference to our children's health, well being and ability to learn is being monitored by three state agencies. These agencies are Department of Finance and Administration Criminal Detention Facilities Review Committee, Arkansas Department of Education / Special Education, and Arkansas Department of Human Services Division of Youth Services Compliance Monitors. Our center is also inspected bi-annually by the Arkansas Department of Health; whereas, the aforementioned state agencies conduct annual reviews. Community leaders, from various disciplines, comprise these committees. This is especially true with the Criminal Detention Review Committee. Our evaluation process is to use overall outcome or findings of the agencies to correct, continue, or enhance our program.

Wellness Policy Committee for Jefferson County Juvenile Detention Center

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