



Nutrition Program Wellness Plan

Promesa Behavioral Health participates in the California Department of Education, Nutrition Services National School Breakfast and Lunch program. A certified Nutritionist has created a five week meal plan that meets the federal regulations for this program. Our meal plans focus on a healthy, balanced diet including all six of the basic food groups.

Each facility incorporates daily physical activities in their schedule. Activities should be a minimum of 30 to 60 minutes in length. These activities include, but are not limited to: basketball, team sport events at local parks, roller skating, skateboarding at local skate parks, going on walks on local trails, walking paths or school tracks, and active Wii games. Activities will be scheduled monthly, youth will have input on desired physical activities to participate in during youth forums.

Each youth participates in a weekly Basic Life Skills Education where they are taught the importance of nutrition and exercise. The curriculum includes information regarding;

- The six different food groups and recommended daily servings
- The purpose of different types of food and how they affect a person's body
- How to prepare food in a healthy way (bake instead of fry, etc)
- A variety of exercises that address cardiovascular training and muscle building.
- Tips on activities that are both entertaining and active.
- Education on food disorders and possible health issues that may result in a poor diet.
- Resources available in the community if you or someone you know needs help.

Youth will be provided with a folder and the handouts for each life skills class, to include healthy recipes they have prepared and exercise options. Youth are invited to participate, along with a Residential Administrator to provide feedback regarding the Wellness Plan during one of the regularly scheduled Resident's Council meeting. The Wellness Plan is also included in the agencies Resident Handbook for all youth to review at time of placement.

Each youth is weighed at the beginning of each month to monitor extreme weight fluctuations. Youth are also encouraged to assist staff members in preparing meals to teach them healthy ways to prepare their own meals for the future.

Promesa Behavioral Health is an equal opportunity provider.