

Grace House Wellness Policy

Mission Statement: The mission of Grace House Ministries is to promote a healthy lifestyle for residents, house parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

Nutrition Guidelines

- All residents must have 3 balanced meals per day and a nutritional snack.
- House Parents will ensure that the residents are given fruits, vegetables (orange, red, and green), 1% milk, and a whole grain, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- All residents must drink a minimum of 64 oz of water a day.
- Grace House will purchase individual water bottles to encourage the consumption of more water throughout the day.
- All residents are encouraged to drink 100% fruit juice instead of sodas.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Activity Guidelines

- All residents participate in a minimum of 30 minutes of physical exercise per day.
- Grace House has partnered with the YMCA and a local Health Clinic to meet the needs of our girls.
- Each house participates with the YMCA 3 times a week, as well as the House Parents will begin walking on days we do not attend the YMCA. Minimum of 2 -3 times.
- All residents and house parents received healthy lifestyle tips from a certified nutritionist during the summer months and received educational cooking camps.
- Dr. Benjamin Davidson and Emily Davidson of Hope Health Clinic in Fairfield, AL will due quarterly sessions with house parents in regards to proper nutrition.

Other School Based Activities

- After-school programs will encourage physical activity and promote healthy habits.
- Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.

1. All residents and house parents participate in Fairfield Community Garden; picking fresh vegetables and parents prepare the vegetables daily. Occasional garden seminars occur.
 - a. Currently in process. We plan to increase our involvement with the Community Garden and tentatively open up 2 gardens on our grounds to address the need for fresh vegetables. The girls will learn how to plant, nurture and harvest fresh produce.
 - b. A master gardener, Ann Lee, will instruct the girls in regards to cultivating, and harvesting vegetables.
2. All residents are encouraged to participate in healthy meal planning and grocery shopping.
 - a. We are partnering with Andrea Mathis, a registered dietitian and social media influencer to offer a course that will incorporate nutrition classes, healthy cooking and food selection.
 - b. We will track the girls during a 9 week period and test for retention of correct application of nutritional understanding and application. This will be done through tests, cooking preparation and demonstrations.
3. All house parents are required to participate in 15 hours in-service training once a year.
 - a. House Parents will be required to get 4 hours of CNP Training per quarter.
 - b. Administration utilizes webinars and on-site training for House Parents.
4. Grace House will have all three homes inspected by Jefferson County Health Department once a year.
5. All house parents are required to go through Food Safety Education to become certified food-handlers offered by Jefferson County Department of Health.

All full-time staffers are required to attend and pass either in person or on-line training offered by the Jefferson County Department of Health. Grace House will cover the cost of class.