

WELLNESS POLICY

Midwest Bible Camp

The board of directors of Midwest Bible Camp in order to promote healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment have developed the following wellness policy. The board supports a healthy environment where campers learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the board hopes to contribute to the basic health status of students. Improved health optimizes student performance potential. The camp setting provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. Because of the camp setting, we feel that we can become a positive influence on the campers' understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The board supports and promotes proper dietary habits contributing to campers' health status and academic performance. All foods available at the camp and other activities during the day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The camp provides free meals during the day plus a snack time in the afternoon and in the evening. All of these are provided at no cost to the campers and meet with standard nutritional practices.

The board will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and workers. These policies will also be available for review by all parties as well as health professionals. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluate the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals;

The following goals are set by the board to be assured that the campers' nutritional and physical needs are met.

1. We will provide nutritionally balanced meals for free including Breakfasts, Lunch, Dinner, and evening snack. We will offer Milk as well as other nutritional food at these meals.
2. We will set out specific goals for nutrition education, *(see Appendix A)*
3. *We will set out specific goals for physical activity, (see Appendix B)*
4. *We will provide other activities that promote camper wellness, (see Appendix C)*
5. *We will provide and review nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity at the camp as well as provide a copy of our recipes we use on our Website at www.midwestbiblecamp.org (see Appendix D).*
6. The board will monitor and evaluate this policy by *(see Appendix E)*.

Approved 6/8/2007 Reviewed _____ Revised _____

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,

Appendix A

NUTRITION EDUCATION AND PROMOTION

The board will provide nutrition education and engage in nutrition promotion that;

- promotes health living with emphasis on good nutrition, fun physical activities, and spiritual development.
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition-related community services; and,
- includes training for kitchen helpers and other staff.

Appendix B PHYSICAL ACTIVITY

The board will provide physical activities that:

- is daily and required. There will be an organized sports activity lasting for 50 minutes daily as well as other activities times offered.
- includes students with disabilities, students with special health-care needs may be provided in
- alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical activities time.

Physical Activity and Punishment

Staff should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Physical Activity Opportunities During Free Time

The Directors and staff will provide and encourage—verbally, and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.

Exceptions to the Physically Activity Requirement

All campers are required to participate in the physical activities at camp. Staff is also encouraged to participate along with the campers. A camper may be excused from participating if;

- the camper is not physically able to participate due to physical limitations,
- or the nurse has determined that the camper is too ill to participate.

Otherwise, the camper is required to participate during the activities in some form. The Directors or Activities Director may provide alternative activities during this time. The final say if a camper may participate will lie with the nurse on staff.

Appendix C

OTHER CAMP ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Integrating Physical Activity into everyday life

It is the board policy to encourage all campers to participate in some form of physical activities during the day. Campers are discouraged from bringing computer games, radios, mp3 players, etc. to camp and encouraged to participate in some form of physical activity during their free time.

Communication with Parents

It is the board's policy that campers are not to bring snack or candy from home. This practice is discouraged to keep food out of the cabins that can draw insects or rodents and also discourage campers from eating health food at meal times or snack times. This policy is listed on the camp applications.

Food Marketing at Camp

It is the board policy to discourage and limit the intake of unhealthy snacks. We do offer a canteen time that offers candy and soda, but we also provide bottled water and healthier choices. The camper is limited to two items per day. We also offer a health snack during the evening.

Staff Wellness

The board values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. We will provide ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among staff.

Appendix D

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE AT CAMP

All Meals

Meals served through the National School Lunch and Breakfast Programs will:

- ☐ be appealing and attractive to children;
- ☐ be served in clean and pleasant settings;
- ☐ meet, at a minimum, nutrition requirements established by local, state and federal law;
- ☐ offer a variety of fruits and vegetables;
- ☐ serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ☐ ensure that half of the served grains are whole grain.

Schools should:

- ☐ share information about the nutritional content of meals with parents and campers. Information will be available on request. Our standard recipe list is included on our Website at www.midwestbiblecamp.org.

Meal Times and Scheduling

The camp will provide Breakfast, Lunch, dinner and Evening Snack free of charge to all campers and staff. We will also provide the following:

- ☐ will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch and dinner;
- ☐ should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule other activities during mealtimes, unless camper may eat during such activities;
- ☐ will provide campers access to hand washing or hand sanitizing before they eat meals or snacks; and,
- ☐ should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualification of Food Service Staff

This being an all volunteer organization, every effort will be made to find well qualified Head Cooks and cook helpers during the week of camp. The recipes and menus used at camp will be reviewed to provide the most nutritionally and appealing meals. The staff is also instructed to provide special meals for campers and staff that have allergies or other restrictions.

Sharing of Foods

The board discourages campers from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods Sold Outside the Meal (canteen time or special snacks or treats)

We encourage campers to choose health snacks at canteen time. We do offer soft drinks as well as candy, but will also offer water and other snacks that are healthier. We do limit the camper to two items per day. We also encourage staff to choose health treats when offering rewards or other treats during the day. We discourage offering candy and other non-nutritional snacks at camp.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE AT CAMP

We encourage the Kitchen staff to provide meals that conform to standard nutritional guidelines including reasonable portion controls and fat content. These guidelines should take into consideration the increased physical activities that the campers face at camp. Generally fat content will be limited to less than 35% and fruit and vegetables will be offered at every meal.

Appendix E
PLAN FOR MEASURING IMPLEMENTATION

Monitoring

The board of directors will ensure compliance with established camp wide nutrition and physical activity wellness policies.

At each camp session:

- the Directors will ensure compliance with those policies during the week and will report on compliance to the board, and,
- food service staff, during the week will ensure compliance with nutrition policies within food service areas and will report on this matter to the session directors and the camp board.
- In case of problems during a week with difference of opinions about this policy, the president of the camp board may be contacted but any staff, camper, or parent to help solve any problems that may come up. If there is a problem with a special diet requirement, the nurse on duty at camp will be contacted and will have the final say of how these special needs are met. Again, if there is a problem, the president of the board is to be contacted.
- Activities will be reviewed during the week to assure that all campers are getting some form of physical activity each day.

Policy Review

The board of Midwest Bible Camp will review any problems reported in fulfilling the requirements of this policy during the proceeding camping session at the Fall Annual Meeting. The Food committee will review this policy yearly and update any policy needed.

Wellness Policy

The above policy is written to conform with the federal policy outlined in;
42 U.S.C. 1751-SEC. 204. LOCAL WELLNESS POLICY

Any additions or comments to the set out policy should be addressed to the Board of Directors for Midwest Bible Camp. The e-mail addresses and the physical address may be found on the web at;
www.midwestbiblecamp.org.