

Nutrition Education

The Imperial County Juvenile Hall goals are designed to build the skills and knowledge that all youth need to maintain a healthy lifestyle. This facility promotes a nutrition education approach to healthy eating behaviors.

- Nutritional education is offered in the cafeteria through posters and literature.
- Teachers integrate nutritional themes into daily lessons, where appropriate, and to emphasize the health benefits of good nutrition.



Nutrition Promotion

The facility provides a safe and healthy environment that supports health and ensures that youths are physically and emotionally safe. In addition to physical safety, youths are taught about proper nutrition and physical education by the onsite school instructor.

- Youths are provided with a comfortable setting to enjoy their meals. Youths are informed of the menu items. They are encouraged to try new items they may not have experienced before. Youth are allotted a minimum of (20) minutes to enjoy their meals and sit among their peers during the meal service.
- An educational environment is integrated into the dining experience. Physical activities are promoted within the dining hall through nutrition awareness and healthy menu posting.
- Staff is encouraged to model healthful eating and physical activity as a valuable part of life.

Physical Education

The Imperial County Juvenile Hall encourages all youths to participate in regularly scheduled physical activity during school hours, as well as after school activities. Juvenile hall staff is responsible for scheduling and supervising all school, weekend and holiday activities.

Benefits of Exercise

- Exercise controls weight.
- Exercise combats health conditions and diseases.
- Exercise improves mood.
- Exercise boosts energy.
- Exercise promotes better sleep.
- Exercise can be fun.

FOOD, Beverage, & Snack

Preferred items

- Fresh Fruits and Vegetables
- Dried Fruit
- Canned Fruits
- Cheese
- Nuts, Seeds (consider allergies)
- Popcorn
- Peanut Butter (consider allergies)
- Yogurt
- Bakery Items (low fat muffins, bagels)
- Pretzels
- Graham Crackers
- Goldfish Crackers
- Yogurt covered raisins
- Frozen juice or fruit bars (no less than 50% juice)
- Trail Mix without candy

Limited Items

- Baked Chips (Doritos, Chips, etc.)
- Granola bars
- Frozen Yogurt or Sorbet
- Cookies (low fat, low sugar)
- Smoothies

Not Allowable

- Soda
- Candy
- Gum
- Fried Chips (Potato, Doritos, Cheetos, etc)
- Food at Birthday or Personal Celebration
- Daily food rewards

FOOD SERVICE Regulations

In order to maximize the facility's ability to provide healthy and nutritious meals and snacks, this facility will participate in available federal nutrition programs, including the National School Lunch (210.1-210.31), National School Breakfast Program (220.1-220.21) and after-school snack program.

- The Evening Snack Program is an extension of the National School Lunch Program and is designed to provide a meal supplement to youths, the serving fruits and vegetables as primary snack.
- The facility will provide the youth access to potable water throughout the day, as a primary beverage.

ICJH Resources

Website Information:

www.co.imperial.ca.us/probation/web%20jh%20pages/wellnesspolicy.pdf



Imperial County Juvenile Hall Wellness

