

Ability Building Services, Inc.
Wellness Policy
updated: 7/10/2015

Ability Building Services (ABS) will provide people with a strong foundation of knowledge, fitness, nutrition and healthy choices in a challenging and changing world. The agency will provide an environment that promotes, protects and preserves health. Effective health education is a shared responsibility that begins in the home and is reinforced in the community by its citizens and health agencies.

Nutrition Education:

ABS's nutrition education will include elements that incorporate South Dakota Health Education Standards on nutritional concepts which support healthy lifetime nutritional decisions.

ABS aims to teach, encourage and support healthy eating by participants. Programs should provide nutrition education and engage in nutrition promotion that:

- Is offered and is designed to provide participants with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities to the extent possible.
- Promote fruits, vegetable, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices; and
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).

Nutrition Standards:

Peoples' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetable, low-fat dairy foods, lean meat, whole grain products and plain water will be available wherever and whenever food is made available during meals and agency events. Examples may include: fundraising events, parties, celebrations, meetings and other agency sponsored events.

ABS's nutrition standards will include, but not be limited to, promoting healthy nutritional choices while impressing upon people the importance of good nutritional decisions throughout their lives.

1. ABS will encourage healthy food choices for agency activities.
2. ABS meal program will comply with local, state and federal guidelines.

General Guidelines

- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- ABS's Wellness Committee will measure the implementations of the local wellness policy annually.

Fundraising, Parties and Celebrations

- All fundraising activities will be held off site and will promote healthy lifestyle choices
- Parties and celebrations should include no more than one food or beverage that does not meet the Nutrition Standards as explained in this policy.

Physical Activity:

ABS will promote lifetime physical activity choices and encourage people to invest themselves in activity based programs throughout life.

1. ABS will encourage people to be involved in physical activities as well as helping to promote healthy lifestyle. (120 minutes per week will be recommended.)
2. ABS will encourage people to incorporate physical activity into their leisure activities.
3. People of ABS will be encouraged to participate in community – offered fitness programs as well as clubs and group events.

Employee Wellness

- Agency wellness policy will encourage staff to lead a quality lifestyle.
- Agency staff will serve as role models and will practice in healthy eating, physical activity, and other activities that support peoples' wellness.

Professional Development

- ABS will provide professional development regarding the impact and benefits of proper nutrition and physical activity for all people of the agency.
- ABS will provide training to all people of the agency at an All Staff Meeting at least one time a year as well as send foodservice professionals to Serve Safe training when needed.

Other ABS Activities:

ABS activities will provide opportunities for people to engage in lifetime wellness activities and screenings throughout the agency and community. ABS will provide nutrition education and encourage physical fitness to all people of the agency. ABS personnel will encourage healthy eating and physical activities.

Policy Evaluation:

ABS administrators, through evaluation of all persons responsible for nutrition education, nutrition standards, and other agency activities, will assure that the requirements of this policy are met. ABS Wellness Committee will complete and review assessment tools yearly as an evaluation of effectiveness of this policy. The results will be shared with the ABS administrators and steps will be taken, as needed, to make improvements to the current policy.