



## YMCA OZ Shelter Services Wellness Policy

The YMCA Oz Shelter Services program is committed to including healthy eating and lifestyle habits into its therapeutic model. All meals are offered following the standards of The Healthy, Hunger – Free Kids Act of 2010. The basic standards include:

- Portion sizes and calorie limits follows guidelines based on residents grade.
- All milk available is either non-fat or 1%
- Whole-grain products are utilized whenever possible.
- Produce is available at all times for healthier snack options.

In combination with following the USDA guidelines each dinner is combined with a collaborative and intentional discussion utilizing the My Plate ([choosemyplate.gov](http://choosemyplate.gov)) materials as well as each resident's treatment plan in regards to body image and healthy habits.

Oz Shelter Services has made a commitment to play a role in decreasing the incidence of childhood obesity through our food guidelines, educational components as well as imbedding at least 60 minutes of physical activity per day. This includes utilizing the local YMCA gym, yoga and team and initiative building activities.

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### Oz Program Goals

- To meet all standards set forth by the National School Lunch and Breakfast programs
- To continue to embed healthy living into our therapeutic milieu
- To provide a space for residents to learn to prepare and enjoy healthier options that will lead to lifelong healthier choices.
- To continue to reach out to community partners and collaborators to expand our programming.

If you would be interested in participating in the development, review or implementation of this policy please contact the Oz Program Director at 858-270-8213.