



**Connecticut Department of Correction
Manson Youth Institution and York Correctional Institution
National School Lunch Program Wellness Policy**

The Connecticut Department of Correction in collaboration with the Connecticut Department of Education is dedicated to providing an environment that enhances the advancement of lifelong wellness and nutrition practices. This local wellness policy is in accordance with the Healthy, Hunger-Free Kids Act (HHFKA).

Wellness Committee Members

Manson Youth Institution

Danielle DiPasquale Correctional Food Service Supervisor
Tammy Perreault, Deputy Warden
Matthew Reinke School Principal
Zachary Thomas Recreation Supervisor

York Correctional Institution

Thomas Kenney Correctional Food Service Supervisor
Katherine Iozzia Deputy Warden
Heather Verdi School Principal

Food Service Management

Scott Hastie Correctional Chief of Food Service
Brandon Postl Correctional Food Service Manager
Lou Mastropetre Correctional Food Service Manager
Sara Osle Correctional Food Service Manager
Caitlyn McDonagh Registered Dietitian

The Wellness Committee will meet at least quarterly, where minutes of the meeting will be placed on the DOC "X-drive" for staff to access. A hard copy of the minutes along with this written policy will be stored in the Foodservice lead supervisor (CFSSIII) office. The Wellness Committee will also update and make adjustments to the policy based on the findings from the triennial assessment.

Triennial Assessment

At least once every three years, the Wellness Committee will conduct an assessment of the school's wellness policy to measure compliance, ensure wellness goals are being met, and adjust the policy based on new health information or guidelines. This assessment will include, but is not limited to:

- The extent to which the wellness policy compares to local school districts wellness policies.
- An overview of the progress made in achieving the goals of the wellness policy.



- Reviewing results of the WellSAT policy assessment and scorecard.

School Wellness Policy Guidelines

- A. Physical exercise will consist of a minimum of 30 minutes per day.
- B. Recreation coordinator will plan physical activities that include seasonal garden programs, structured recreation programs, and outdoor recreation time (weather dependent).
- C. Offenders should be allowed adequate time to eat breakfast and lunch.
- D. Meal times should remain as consistent as possible:
 - a. Breakfast: 6:00am
 - b. Lunch: 11:00am

Goals for Nutrition Education

- Promote good nutrition through recreational programming and health class curriculum.
- Create an environment that supports balanced, nutritious meals and a healthy lifestyle.
- Nutrition education provided within curriculum to give the knowledge and skills necessary to live a healthy lifestyle.
- All CT DOC students will participate in a program of instruction following the district's Health and Active Life curriculum standards.
 - Includes knowledge on making healthy choices and avoiding behaviors that could negatively impact health and wellness.

Responsibilities under Wellness Policy

Food Service Supervisor

- A. Monitor all mandated nutrition standards of the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).
- B. Make reasonable accommodations in partnership with medical to provide any special diets or modified diets.
- C. Comply with all state and local food safety and sanitation regulations.
- D. Monitor the HACCP plan.
- E. Provide nutritional education materials by posting them in the kitchen, chow halls, and housing units.
- F. Food service staff will have annual trainings in accordance with the USDA Professional Standards.

Correctional Staff on the Unit

- A. Monitoring and distributing all meals.
- B. Prohibit the sharing of food and beverages with other inmates during meal times.



Wellness Based Activities and Physical Activity

- CT DOC has a written physical education curriculum for grades K-12 that is administered outside the Education Unit.
 - Recreation is provided under the authority of AD 10.4 Volunteer and Recreation Services, rather than the Education Department.
- Correctional Recreation Supervisors are currently certified PE Instructors. They report directly to facility Wardens and the Director of Programs & Treatment according to AD 10.4.
- CT DOC encourages staff to model healthy eating and physical activity behaviors to set an example for the inmates.
- CT DOC is not allowed to withhold physical activity as a form of punishment.
 - Given the correctional environment, sanctions for improper behavior include: Loss of Commissary, Loss of Visits, and Loss of Recreation. Thus Penal Discipline includes loss of recreation as a sanction, which may conflict with nutrition guidelines for minors.
- Physical activity will be during the scheduled periods as chosen by the facility administrators.

Nutrition Guidelines for All Foods Within the Facility

General Guidelines

- CT DOC policy addresses the issue from the perspective of not using food as a punishment.
- Special dietary accommodations will be addressed and approved by religious services or a qualified medical professional.

Commissary

- Commissary will help to ensure that food and beverages provided meets federal, state, and local guidelines.

Vending Machines

- CT DOC does not have vending machines that are accessible to the offenders.

Snacks

- Any snacks received by offenders are low fat, whole grain options.

Public Involvement and Notification



- In compliance with federal regulations, the wellness policy will be posted and updated on the State of Connecticut website on an annual basis. This will be available to the public at all times.
- In compliance with federal regulations, the triennial assessment will be available to the public in an accessible and easily understood manner.
 - This will include the extent to which the site compares to model school wellness policies.
 - A description of the progress made in reaching the goals of the school wellness policy.