

Methodist Children's Home Society

Wellness Policy



Methodist Children's Home Society is committed to creating a healthy campus environment that includes sound nutrition and regular exercise while in our program and enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support client achievement.

Nutrition Education

Every year, all clients shall receive nutrition education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the agency's program curriculum. Nutrition education shall be offered throughout the agency's campus. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The agency shall ensure that all meals and snacks served on campus meet the program requirements and nutrition standards found in federal regulations. The agency shall encourage clients to make nutritious food choices when eating off site.

The agency shall monitor all food and beverages served to clients during residency at MCHS. The agency shall consider nutrient density and portion size before permitting food and beverages to be served to clients.

Physical Education and Physical Activity Opportunities

The agency shall offer physical education opportunities that include the components of a quality physical education. Physical education shall equip clients with the knowledge, skills, and values necessary for lifelong physical activities.

Every year, all clients shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Other Agency Based Activities Designed to Promote Client Wellness

The agency may implement other appropriate programs that help create a campus environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.