

Wellness Policy 10-170



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Prepared by: LMCA Central Office Administration

Approved by: Maria Vasalo, President

1. Purpose

To establish goals and procedures to support healthy nutrition, physical activity, and wellness environments consistent with federal requirements of the Child and Adult Care Food Program (CACFP) and the National School Lunch Program (NSLP).

2. Scope

This policy applies to all LMCA-operated childcare centers serving children ages birth through five (0–5) and all elementary, middle, and secondary school programs serving students in grades K–12.

3. Definitions

CACFP – Child and Adult Care Food Program

NSLP – National School Lunch Program

LMCA – Lincoln-Marti Community Agency, Inc.

USDA – United States Department of Agriculture

4. Leadership

LMCA designates the Chief Executive Officer or designee as the Wellness Policy Coordinator, responsible for oversight, implementation, monitoring, and reporting of this policy across all LMCA sites.

Each site Director or Principal is responsible for local compliance and day-to-day implementation.

5. Nutrition Education and Promotion

LMCA promotes lifelong healthy eating habits by:

- Integrating developmentally appropriate nutrition education into daily classroom activities for children ages 0–5.
- Incorporating nutrition concepts into health, science, or physical education curricula for students in grades K–12.
- Using positive role modeling by staff during meals and snack times.
- Providing nutrition education materials to families through newsletters, workshops, or postings.
- Encouraging culturally appropriate, inclusive nutrition education reflective of the communities served.

6. Physical Activity

LMCA supports daily physical activity to promote physical, social, and emotional development.

A. Early Childhood Programs (Ages 0–5)

- Provide daily opportunities for active play, both structured and unstructured.
- Limit prolonged sedentary time, except during naps and meals.
- Incorporate movement activities into classroom routines.

B. School-Age Programs (Grades K–12)

- Provide regular physical education or physical activity opportunities consistent with grade level requirements.
- Encourage participation in recess, organized physical activities, and movement-based classroom activities.
- Ensure physical activity spaces are safe, inclusive, and age-appropriate.

7. Nutrition Standards for All Foods and Beverages

A. Program Meals

All meals and snacks served under CACFP and NSLP shall:

- Meet or exceed USDA meal pattern requirements.
- Include a variety of fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy (as applicable).
- Be prepared and served in a manner that supports food safety and sanitation standards.

B. Foods Outside of Reimbursable Meals

- Foods and beverages provided during celebrations, classroom activities, or fundraisers are encouraged to align with healthy nutrition practices.
- Sugary foods and beverages shall be limited.
- Non-food rewards are encouraged as alternatives to food-based incentives.

8. Mealtime Environment and Practices

LMCA promotes a positive mealtime environment by:

- Allowing adequate time for meals and snacks.
- Encouraging children to listen to hunger and fullness cues.
- Never using food as punishment or withholding food as a disciplinary measure.
- Supporting family-style meal service when developmentally appropriate, especially in early childhood programs.

9. Health, Safety and Wellness Environment

LMCA is committed to maintaining a safe and supportive environment that promotes overall wellness by:

- Ensuring access to clean drinking water throughout the day.
- Maintaining compliance with all local, state, and federal health and safety regulations.
- Supporting social-emotional wellness and positive behavioral supports.
- Encouraging staff wellness through awareness, training, and healthy role modeling.

10. Stakeholder Involvement and Communication

LMCA encourages participation from families, staff, and the community in wellness initiatives by:

- Making this Wellness Policy publicly available upon request and, where applicable, on the LMCA website.
- Providing opportunities for families to offer input regarding nutrition and wellness practices.
- Communicating updates and wellness-related information regularly.

11. Monitoring, Evaluation and Reporting

- LMCA will assess compliance with this policy periodically.
- Evaluation results will be used to improve wellness practices and address identified gaps.
- Documentation will be maintained for review during CACFP, NSLP, or other regulatory monitoring visits.

12. Policy Review and Updates

This Wellness Policy shall be reviewed at least once every three (3) years, or more frequently as required by federal or state regulations. Updates will reflect changes in program requirements, best practices, and agency needs.

13. Non-Discrimination Statement

LMCA operates all nutrition and wellness programs in accordance with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, age, or disability.