

Wellness Implementation Plan FY 2017-2018

Wellness Committee: Kelly, Sandy, Norma, Melanie, Brittany, Debbie and Pam

<i>Nutrition:</i>	<i>Action Steps</i>	<i>Begin & End Dates:</i>	<i>Responsible Person(s) or Group</i>	<i>Measures of Success</i>
	Use Healthy Breakfast Menus	Ongoing	Pam Williams	Continue to improve to meet all USDA and KSDE regulations and recommendations
	Snack Machine with Healthy Options for Staff	Ongoing	Pam Williams	Staff eating and drinking healthier items
	Provide Fresh Fruit and vegetables daily to all staff & youth	Ongoing	Kitchen Staff	Have fresh fruit and vegetables available daily
	Provide 3 snacks a day to youth	Ongoing	Kitchen Staff	Offer at least 1 healthy snack a day – granola bars, special K bars, Trail mix, cheese

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Nutrition Education:	Action Steps	Begin & End Dates:	Responsible Person(s) or Group	Measures of Success
	Wellness Fair for Staff	Yearly	Brittany HR	85% of staff attend
	Work with IMA for Quarterly Community Activities/Challenges	Ongoing	Brittany HR	Finding ways to keep staff motivated and involved
	Put together a healthy choices & fast food pamphlet for the youth's orientation book upon admission	June 2018	Norma	Finding a way for residents to think about better options when eating out
	Provide Health Magazines for the Teen Departments	Ongoing	Norma	Giving each resident the opportunity to obtain information on better health choices
	Family Fun, Food & Fitness Event	June 2018	Pam Williams	80% of staff and residents attend this event

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Physical Activity:	Action Steps	Begin & End Dates:	Responsible Person(s) or Group	Measures of Success
	Exercise scheduled daily for youth	Ongoing	Frances	Regular routine for exercise
	Walk time for staff	Ongoing	Brittany	Three times a week weather permitting
	Youth Participate in activities at YMCA	Ongoing	Frances	Attend an activity at least 1 time a week
	Take youth to city Parks	Ongoing	Frances	Take on outings weather permitting – picnics
	Utilize Wii Fitness package for the departments	Ongoing	Frances	Having this available to keep them interested in exercise