

Local Wellness Policy for Guardian Angel Home

Wellness Committee Members:

Tiffany Beschorner, Program Director of Guardian Angel Home
Jennifer Smith, Food Manager
Gabby Williams, Case Manager
Phyllis Ziegler, Unit Manager
Molly Dunn, Assistant Staff Accountant

The committee will meet at least twice per year to review and update the policy.

Purpose:

Guardian Angel's residents shall be promoted in our program's treatment plan as well as overall wellness for all residents ages 6-12. It supports physical, mental, and emotional well-being and aligns with applicable federal and Illinois guidance. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger Free Kids Act of 2010 (HHFKA).

The Director will ensure:

1. That Guardian Angel will comply with this policy.
2. The policy is available to the community on an annual basis through copies of or online access to the policy itself.
3. The community is informed about the progress of the policy's implementation.

Goals for Nutrition Standards:

Guardian Angel Home does not participate in any fundraising.

1. Reimbursable school meals served shall meet at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.
2. Meals and snacks will meet or exceed USDA Child Nutrition Program Standards.
3. Added sugars, saturated fats and sodium will be limited.
4. Menus will emphasize fruits, vegetables, whole grains, lean proteins, and low-fat dairy.
5. Meals will be served in a positive, family-style environment.
6. Accommodation will be made for allergies, medical needs, and cultural preferences.

Goals for Nutrition Education, Wellness Promotion and Environment:

The goals for addressing nutrition education, wellness promotion and environment include the following:

1. Guardian Angel will support and integrate nutrition topics into daily residential life (mealtime discussions, cooking activities).
2. Guardian Angel will ensure education regarding nutrition is culturally inclusive and relevant.
3. Guardian Angel will provide ongoing, age-appropriate nutrition education that teaches clients how to make healthy choices independently.
4. Guardian Angel will create a healthy food environment, where nutritious foods are visible, accessible and appealing.
5. Guardian Angel will ensure healthy options are the default for snacks and beverages.
6. Staff will model healthy behaviors and promote wellness.

Goals for Physical Activity:

1. Residents will engage in at least 60 minutes of physical activity daily.
2. Activities may include structured sports, games and free play.
3. Opportunities for outdoor activities will be provided when possible.

Goals for Screen Time and Sedentary Behavior:

1. Recreational screen time will be limited and age appropriate.
2. Active alternatives to screen-based activities will be encouraged.

Goals for Behavior and Mental Wellness:

1. Programming will support emotional regulation, stress management and social skills.
2. Mindfulness and relaxation activities may be incorporated.

Policy Implementation and Communication:

This policy will be shared with staff, residents, and families.
It will be included in facility handbooks and/or posted publicly.
Updates will be communicated annually.

Monitoring and Evaluation:

The Wellness Committee will monitor compliance and outcomes.
The policy will be reviewed every three years and updated as needed.
Guardian Angel will actively invite suggestions and comments concerning the development, periodic reviews and updates of the wellness policy from parents, residents, staff, and the community.

Recordkeeping:

Documentation will include policy versions, meeting minutes and evaluation reports.
This triennial report must include without limitation each of the following:

1. An assessment of the programs implementation of the policy
2. The extent to which the program is following the policy.

3. A description of the progress made in attaining the goals of the policy.
4. How the program will make the results of the assessment available to the public.
5. Where the program will retain the records of the assessment.

Adopted: April 8th, 2026

Guardian Angel Home
The Center for Youth and Family Solutions