



## Department of Youth Services

### Message from DYS Director Harvey Reed

Promoting Good Nutrition for Our Youth

March 21, 2016



Top row from left to right: Mr. Shawn Sailor (ChJCF); Ms. Angela Cooper, Ms. Teresa Jackson and Ms. Connie Kriglowitz (CJCF); Mr. Rick Frantz (IRJCF). Bottom row from left to right: Ms. Carolyn Hardley (ChJCF); Ms. Teresa Jackson (CJCF); Ms. Karen Mast (IRJCF).

March is National Nutrition Month, and proper nutrition is essential for our youth to experience healthy growth and development. Nutritious food and recreation are important components in our overall treatment and programming approach to habilitating youth. Building healthy eating and physical activity habits help our youth now and as they enter adulthood.

Our Dietary Department serves youth three healthy meals and an afternoon or evening snack each day. Ms. Jeanne Swinehart-Alspach, Registered Dietitian, is our Dietary Administrator and oversees our participation in the National School Lunch Program (NSLP). We follow NSLP standards and the United States Department of Agriculture's ChooseMyPlate guidelines.

Food service staff, employed by DYS, serve quality, nutritious food to our youth. They ensure that food is stored and prepared safely. In addition, because of the frequent interaction food

service staff have with youth, they have even on occasion taken part in Interdisciplinary Team meetings.

As part of our health and wellness program, each facility is holding a contest for the youth to create a logo for the program. Other health and wellness activities include:

- Gardening to familiarize youth with fresh fruits and vegetables
- Living units eating meals together
- Monitoring body mass index
- Providing wellness education
- Encouraging youth to drink plenty of water
- Working with youth on cooking basics



*Recent Food Service  
Manager's Meeting at  
Central Office*

From left to right: Ms. Jeanne Swinehart-Alspach, Ms. Jane Eclém (Food Service Manager at IRJCF), Dr. Bradley, and Ms. Trudy McCullough (Food Service Manager at CJCF). Not pictured: Ms. Robin Talley (Food Service Manager at ChJCF).

To learn more about ways to promote nutrition to teens, please check out resources and tips from [ChooseMyPlate.gov](http://ChooseMyPlate.gov).