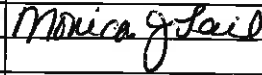
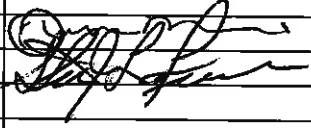


Youth Wellness Committee Meeting

October 2019

Name	Title	Role	Signature
Caroline W. Looney	Executive Director	Director	
Monica J. Lail	Associate Director	Administrator	
Jalissa Gresham	Residential Coordinator	Manager	
O'Neil Walker	Social Worker	Social Worker	
Young Yang	Case Manager	Direct Care Worker	
Quonisha McCaskill	Youth Development Specialist	Direct Care Worker	
With Friends Board	With Friends, Inc. Board Member	Stakeholder	
With Friends Teen Board	With Friends Teen Board Member	Stakeholder	
Youth Shelter Resident	Youth	Stakeholder	

Agenda:

Triennial Assessment 2016-2019

This YWC will conduct an assessment every 3 years to determine:

1. Compliance with the YWP
2. How the YWP compares to model wellness policies
3. Progress made in attaining the YWP goals

Public Notice

This With Friends Youth Wellness Plan, Youth Wellness Committee Meeting Agenda/Minutes and its Triennial Assessments will be posted to the With Friends website at www.withfriendsinc.com under Food and Nutrition.

Action items	Person responsible	Deadline
✓ Post YWP to Public via website	Monica J. Lail	November 2019

Agenda item: YWP goals being met **Presenter:** Monica J. Lail

Discussion:

Establish and maintain a LWP to help plan, implement, and monitor compliance with LWP and other policies and regulations related to health and wellness.

Conclusions:

Establish and maintain a LWP to help plan, implement, and monitor compliance with LWP and other policies and regulations related to health and wellness.

- Changes made to the YWP to follow LWP checklist requirements
- Goals being met in the clinical calendar
- Staff appreciation promotes staff wellness
- Annual staff training promotes self-care
- Tobacco/Drug Free campus
- Physical education activities per clinical calendar
- Provide health and nutrition education per clinical calendar
- Evidence-based practice per clinical calendar
- Promotions per clinical calendar
- Annual Meeting
- Triennial Assessment

Action items	Person responsible	Deadline
✓ Annual Meeting	Monica J. Lail	September 2020
✓ Triennial Assessment 2019-2021	Monica J. Lail	October 2021

With Friends Youth Wellness Policy

With Friends, Inc. (hereto referred to as the Residential Child Care Institute) is committed to the optimal development of every student. The Residential Child Care Institute (RCCI) believes that for runaway and homeless youth to have the opportunity to achieve personal, academic, developmental, and social success, we need to encourage a lifetime of healthy eating for each youth by providing free meals to youth that are nutritious, appealing, and served by caring professionals in a pleasant environment.

Public Involvement

The RCCI will convene a representative Youth Wellness Committee (YWC) that meets at least 1 time per year to establish goals for and oversee youth health and safety policies and programs, including development, implementation, and periodic review and update of this Youth Wellness Policy (YWP).

Potential Stakeholders

Potential stakeholders are made aware of their ability to participate in the YWC when they volunteer as a With Friends, Inc. Board Member or With Friends Teen Board Member. Youth are made aware of their ability to participate in the YWC once they have conducted intake during orientation.

Policy Leadership

The Executive Director or designee(s) will convene the YWC and facilitate development of and updates to the YWP, and will ensure each shelters compliance with the policy. It is only required that 3 of the 9 roles be present to hold a meeting.

The name(s), title(s), and role of this/these individual(s) is:

Name	Title	Role
Caroline W. Looney	Executive Director	Director
Monica J. Lail	Associate Director	Administrator
Jalissa Gresham	Residential Coordinator	Manager/Coordinator
O'Neil Walker	Social Worker	Social Worker
Young Yang	Case Manager	Direct Care Worker
Quonisha McCaskill	Youth Development Specialist	Direct Care Worker
With Friends Board	With Friends, Inc. Board Member	Stakeholder
With Friends Teen Board	With Friends Teen Board Member	Stakeholder
Youth Shelter Resident	Youth	Stakeholder

Food and Nutrition

Food is not available for sale or marketing on With Friends campus. Free meals to all runaway and homeless youth that are nutritious, appealing, and served by caring professionals in a pleasant environment. Menus are required to adhere to federal meal regulations and available by clicking on the following links:

Breakfast - School Breakfast Program

- Milk
- Fruit
- Grain

Lunch - National School Lunch Program

- Milk
- Fruit
- Vegetable
- Meat/Meat Alternate
- Grain

3pm Snack - After School Snack Program (Weekdays) and Child and Adult Food Care Program (Weekend)

- 2 components of 4 components (milk, fruit/vegetable, grain, meat/meat alternate)

Supper – Child and Adult Food Care Program

- Milk
- Fruit
- Vegetable
- Meat/Meat Alternate
- Grain

8pm Snack – Child and Adult Food Care Program

- 2 components of 4 components (milk, fruit/vegetable, grain, meat/meat alternate)

Kids Café – Second Harvest Food Bank

- Provides free meals, snacks and nutrition education to at-risk children.

YWP Goals:

With Friends, Inc. is committed to providing environments that promote a positive culture of health and wellness and protects the health and well-being of runaway and homeless youth and staff, and to practices that reduce childhood hunger and enhance youths' ability to learn by supporting healthy eating, physical activity, a tobacco and drug-free culture and the development of life long physical and mental wellness practices.

In order to achieve these goals, YWC will:

- Establish and maintain a YWC to help plan, implement, and monitor compliance with YWP and other policies and regulations related to health and wellness;
- Establish and support a YWC in each RCCI;
- Promote staff wellness;
- Establish nutritional standards for foods provided free on youth shelter campuses that meet or exceed nutritional standards set by the US Department of Agriculture, North Carolina Board of Education policy, and North Carolina law;
- Increase youths' opportunities for physical education and physical activity;
- Promote a tobacco, alcohol and drug free culture; and
- Provide health and nutrition education.

Evidence-Based Practices:

- Choose MyPlate
- Let's Move
- Fuel Up to Play 60

Promotions:

- Culture of Nutrition
- Chopped
- Kids Baking Star
- Food With Friends Star

Triennial Assessment

This YWC will conduct an assessment every 3 years to determine:

1. Compliance with the YWP
2. How the YWP compares to model wellness policies
3. Progress made in attaining the YWP goals

Public Notice

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Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Director of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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Youth Wellness Committee Meeting

September 2019

Name	Title	Role	Signature
Caroline W. Looney	Executive Director	Director	
Monica J. Lail	Associate Director	Administrator	
Jalissa Gresham	Residential Coordinator	Manager/Coordinator	
O'Neil Walker	Social Worker	Social Worker	
Young Yang	Case Manager	Direct Care Worker	
Quonisha McCaskill	Youth Development Specialist	Direct Care Worker	
With Friends Board	With Friends, Inc. Board Member	Stakeholder	
With Friends Teen Board	With Friends Teen Board Member	Stakeholder	
Youth Shelter Resident	Youth	Stakeholder	

Agenda:

Food and Nutrition

- ___ Food is not for sale or marketed on With Friends campus
- ___ Meals are free to all runaway and homeless youth
- ___ Meals are nutritious, appealing, and served by caring professionals in a pleasant environment
- ___ Menus meet required federal meal regulations

- **Breakfast** – School Breakfast Program
 - Milk
 - Fruit
 - Grain
- **Lunch** – National School Lunch Program
 - Milk
 - Fruit
 - Vegetable
 - Meat/Meat Alternate
 - Grain
- **3pm Snack** – After School Snack Program (Weekdays) and Child and Adult Food Care Program (Weekend)
 - 2 components of 4 components (milk, fruit/vegetable, grain, meat/meat alternate)
- **Supper** – Child and Adult Food Care Program
 - Milk
 - Fruit
 - Vegetable
 - Meat/Meat Alternate
 - Grain
- **8pm Snack** – Child and Adult Food Care Program
 - 2 components of 4 components (milk, fruit/vegetable, grain, meat/meat alternate)
- **Kids Café** – Second Harvest Food Bank
 - Provides free meals, snacks and nutrition education to at-risk children.

___ YWP Goals are being met

- Establish and maintain a YWC to help plan, implement, and monitor compliance with YWP and other policies and regulations related to health and wellness;
- Establish and support a YWC in each RCCI;
- Promote staff wellness;

(Webpage) Food and Nutrition

- Establish nutritional standards for foods provided free on youth shelter campuses that meet or exceed nutritional standards set by the US Department of Agriculture, North Carolina Board of Education policy, and North Carolina law;
- Increase youths' opportunities for physical education and physical activity;
- Promote a tobacco, alcohol and drug-free culture; and
- Provide health and nutrition education.

___ Evidence-Based Practices:

- Choose MyPlate
- Let's Move
- Fuel Up to Play 60

___ Promotions:

- Culture of Nutrition
- Chopped
- Kids Baking Star
- Food With Friends Star

___ *Triennial Assessment (3 years)*

- *August 2022*
 - Compliance with the YWP
 - How the YWP compares to model wellness policies
 - Progress made in attaining the YWP goals

Public Notice

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August 2022

Name	Title	Role	Signature
	Executive Director	Director	
	Associate Director	Administrator	
	Residential Coordinator	Manager/Coordinator	
	Social Worker	Social Worker	
	Case Manager	Direct Care Worker	
	Youth Development Specialist	Direct Care Worker	
With Friends Board	With Friends, Inc. Board Member	Stakeholder	
With Friends Teen Board	With Friends Teen Board Member	Stakeholder	
Youth Shelter Resident	Youth	Stakeholder	

Agenda:

Triennial Assessment

This YWC will conduct an assessment every 3 years to determine:

1. Compliance with the YWP
2. How the YWP compares to model wellness policies
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Public Notice

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**Emergency Shelter Menu
With Friends, Inc.
DPI**

	BREAKFAST	LUNCH	3PM SNACK
MONDAY	Cereal (Cheerios) Whole wheat toast Apple Milk	Hot Dog Baked sweet potato fries Cole slaw Banana Milk	Apple Juice (¾ c) Muffin (2ea)
TUESDAY	Applesauce wheat muffin Fruit cocktail Milk	Chicken stir fry Brown rice Broccoli Apple Whole grain dinner roll Milk	Orange Juice (¾ c) Yogurt (4oz)
WEDNESDAY	French toast sticks Banana Milk	Hamburger Side salad Tater tots Orange Milk	Milk (1c) Banana (¾ c)
THURSDAY	Oatmeal Egg Fruit cocktail Milk	Chicken tenders Brown rice Whole grain dinner roll Green beans Banana Milk	Orange Juice (¾ c) Yogurt (4oz)
FRIDAY	Cereal (Honey nut) Whole wheat toast Orange Milk	Turkey/ham sandwich Baked beans Carrot & celery sticks Apple Milk	Milk (1c) Apple (¾ c)
SATURDAY	Whole wheat pancakes Scrambled eggs Fruit cocktail Milk	Chef Salad w/ turkey Whole grain dinner roll Orange Milk	N/A
SUNDAY	Blueberry wheat muffin Yogurt Banana Milk	Grilled chicken sandwich Brown rice Tomato & cucumber salad Apple Milk	N/A

**Emergency Shelter Menu
With Friends, Inc.
CACFP**

	3PM SNACK	DINNER	8PM SNACK
MONDAY	N/A	Taco Salad <ul style="list-style-type: none"> • Lean ground beef/chicken taco seasoned (2oz meat) • Side salad (1c = ½ c) • Tortilla chips (2oz) Fruit of your choice (¼ c) Brown rice (½ c cooked) Milk (1c)	Fruit of your choice (¾ c) Milk (1c)
TUESDAY	N/A	Mac-n-Cheese Hamburger Helper <ul style="list-style-type: none"> • Lean ground beef (2oz meat) • Mac-n-Cheese Side salad (1c = ½ c) Fruit of your choice (¼ c) WG garlic bread (1 slice) Milk (1c)	WG Animal (1oz)/WG Graham Cracker (4 cracker squares) Juice of your choice (¾ c)
WEDNESDAY	N/A	BBQ Chicken breast (2oz meat) Mashed potatoes (½ c) Fruit of your choice (¼ c) WG dinner roll (1 roll) Milk (1c)	Juice of your choice (¾ c) Yogurt (4oz)
THURSDAY	N/A	Tuna salad sandwich <ul style="list-style-type: none"> • Tuna (2oz meat) • WG bread (2 slice) Veggie salad (½ c) Fruit of your choice (¼ c) Milk (1c)	Fruit of your choice (¾ c) Milk (1c)
FRIDAY	N/A	Spaghetti w/ meat sauce <ul style="list-style-type: none"> • Lean ground beef (2oz meat) • WG pasta (½ c cooked) Side salad (1c = ½) Fruit of your choice (¼ c) WG garlic bread (1 slice) Milk (1c)	Juice of your choice (¾ c) Yogurt (4oz)
SATURDAY	Juice of your choice (¾ c) Muffin (2 ea)	Chicken Alfredo <ul style="list-style-type: none"> • Chicken (2oz meat) • Broccoli (½ c) • WG pasta (½ c cooked) Fruit of your choice (¼ c) WG garlic bread (1 slice) Milk (1c)	WG Animal (1oz)/WG Graham Cracker (4 cracker squares) Juice of your choice (¾ c)
SUNDAY	Juice of your choice (¾ c) WG Animal (1oz)/WG Graham Cracker (4 cracker squares)	Baked pork chops 2oz Green beans (½ c) Fruit of your choice (¼ c) WG dinner roll (1 roll) Milk (1c)	Fruit of your choice (¾ c) Milk (1c)

Website Version Pdf

Emergency Shelter Menu
With Friends, Inc.

	BREAKFAST	LUNCH	3:15 SNACK	DINNER	8PM SNACK
MONDAY	Cheerios Toast Apple Milk	Hot Dog Sweet Potato Fries Cole Slaw Banana Milk	Apple Juice Muffin	Taco Salad Choice of Fruit Brown Rice Milk	Choice of Fruit Milk
TUESDAY	Applesauce Muffin Fruit Cocktail Milk	Chicken Stir Fry Rice Broccoli Apple Dinner Roll Milk	Orange Juice Yogurt	Mac-N-Cheese Hamburger Helper Side Salad Choice of Fruit Garlic Bread Milk	Animal/Graham Cracker Choice of Juice
WEDNESDAY	French Toast Sticks Banana Milk	Hamburger Side Salad Tater Tots Orange Milk	Milk Banana	Bbq Chicken Breast Mashed Potatoes Choice of Fruit Dinner Roll Milk	Choice of Juice Yogurt
THURSDAY	Oatmeal Fruit Cocktail Milk	Chicken Tenders Rice Dinner Roll Green Beans Banana Milk	Orange Juice Yogurt	Tuna Salad Sandwich Veggie Salad Choice of Fruit Milk	Choice of Fruit Milk
FRIDAY	Honey Nut Cheerios Toast Orange Milk	Turkey/Ham Sandwich Baked Beans Carrot & Celery Sticks Apple Milk	Milk Apple	Spaghetti Side Salad Choice of Fruit Garlic Bread Milk	Choice of Juice Yogurt
SATURDAY	Pancakes Scrambled Eggs Fruit Cocktail Milk	Chef Salad W/ Turkey Dinner Roll Orange Milk	Choice of Juice Muffin	Chicken Alfredo Choice of Fruit Garlic Bread Milk	Animal/Graham Cracker Choice of Juice
SUNDAY	Blueberry Muffin Yogurt Banana Milk	Grilled Chicken Sandwich Rice Tomato & Cucumber Salad Apple Milk	Choice of Juice Animal/Graham Cracker	Baked Pork Chops Green Beans Choice of Fruit Dinner Roll Milk	Choice of Fruit Milk

Agenda item: Meals meet required federal meal regulations **Presenter:** Monica J. Lail

Discussion:

DPI AR June 2019 reviewed Breakfast, Lunch, and Afterschool Snack and all components were meeting meal regulations

Conclusions:

Meals meet required federal meal regulations

Action items	Person responsible	Deadline
✓ Review federal meal requirements for CACFP	Monica J. Lail	October 2019
✓ Changes made to meet change in federal meal regulations for CACFP 3pm Snack, Supper, and 8pm Snack	Quonisha McCaskill	October 2019

Agenda item: YWP goals being met **Presenter:** Monica J. Lail

Discussion:

Establish and maintain a LWP to help plan, implement, and monitor compliance with LWP and other policies and regulations related to health and wellness.

Conclusions:

Establish and maintain a LWP to help plan, implement, and monitor compliance with LWP and other policies and regulations related to health and wellness.

- Changes made to the YWP to follow LWP checklist requirements
- Goals being met in the clinical calendar
- Staff appreciation promotes staff wellness
- Annual staff training promotes self-care
- Review by DPI AR June 2019 established review/establishment of LWP, Buy America, Edit Check, HACCP, and Procurement Standards
- Physical education activities per clinical calendar
- Tobacco/Drug Free campus
- Provide health and nutrition education per clinical calendar
- Evidence-based practice of Choose My Plate instilled in all meals
- Promotions of Chopped Challenges per clinical calendar

Action items	Person responsible	Deadline
✓ Changes made to the YWP	Monica J. Lail	September 2019
✓ DPI Review YWP	Florestine Mill Smith	September 2019
✓ Board Review/Approve YWP	Board of Directors	October 2019
✓ Post YWP to Public via website	Monica J. Lail	November 2019

Agenda item: Triennial Assessment 2016-2019 **Presenter:** Monica J. Lail

Discussion:

Compliance with the YWP
How the YWP compares to model wellness policies
Progress made in attaining the YWP goals

Conclusions:

Changes made to the YWP per the LWP Checklist requirements

Action items	Person responsible	Deadline
✓ DPI Review	Florestine Mill Smith	September 2019

Action items

- ✓ Board Review
- ✓ Post to Public via website

Person responsible

Board of Directors
Monica J. Lail

Deadline

October 2019
November 2019
