



CHAPTER: CARE, TREATMENT, & SERVICES

TITLE: Client Wellness Program		
NUMBER: CTS 6.07	EFFECTIVE: 06/2008 MOST RECENT REVISION: 03/2020; 12/2025	LAST REVIEW: 10/2023; 12/2024; 12/2025 REVIEW DUE: 10/2024; 12/2025; 12/2026 <i>(annually)</i>
STANDARDS ADDRESSED: USDA funding requirements		

Epworth Children & Family Services recognizes the relationship between client well-being and therapeutic success. Therefore, the agency will provide developmentally appropriate and sequential nutrition, physical education, and opportunities for physical activities for youth in Epworth's residential program and supportive housing programs. The agency will involve key stakeholders (i.e... clients, parents, and guardians, as applicable, and staff in implementing, monitoring, and reviewing agency nutrition and physical activity policies. Children need access to healthy foods and opportunities to be physically active to grow, learn, and thrive. All clients will have opportunities, support, and encouragement to be physically active within their abilities. The agency will maintain an accessible facility with adequate space and furnishings which is clean and comfortable.

Our goal is to offer healthier menus, healthier choices and more fresh fruits and vegetables.
dese.mo.gov

Foods provided but not sold (e.g., class parties, class snacks, rewards)-USDA has not defined specific guidelines. The SFA is responsible for defining guidelines to include in their written policy. *The district encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in School nutrition standards, including those provided at celebrations and parties.*

Food and Beverage Marketing-School Food Authorities may only market products that adhere to Smart Snacks guidelines during the school day and include language related to this in the written policy. SFAs may develop guidelines related to food marketing that are stricter than the Smart Snacks guidelines.

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Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

Fax: (202) 690-7442

Email: program.intake@usda.gov

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