



**CHAPTER: CARE, TREATMENT, & SERVICES**

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| <b>TITLE:</b> Client Wellness Program                    |   |  |
| <b>NUMBER:</b> CTS 6.07                                  | <b>EFFECTIVE:</b> 06/2008<br><b>MOST RECENT REVISION:</b> 03/2020;<br>12/2025; 2/5/2026 | <b>LAST REVIEW:</b> 10/2023;<br>12/2024; 12/2025<br><b>REVIEW DUE:</b> 10/2024;<br>12/2025; 12/2026<br><i>(annually)</i> |
| <b>STANDARDS ADDRESSED:</b><br>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.

The agency has goals for nutrition education, physical activity, nutrition promotion, and other school-based activities to promote student wellness. Examples of other school-based activities may include, but are not limited to, improving the dining environment, allowing adequate time for students to consume meals, and ensuring food is not used as a reward.

Nutrition guidelines for all foods and beverages available on the school campus are maintained and accessible.

Our goal is to offer healthier menus, healthier choices and more fresh fruits and vegetables.  
[dese.mo.gov](http://dese.mo.gov)

The agency has standards for 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 agency encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in School nutrition standards, including foods 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. Only food and beverages meeting Smart Snacks standards may be marketed or advertised on the school campus. (Grandfathered scoreboards, coolers, vending machines, etc., must have been purchased prior to June 30, 2017.) SFAs may develop guidelines related to food marketing that are stricter than Smart Snacks guidelines.

The agency designates one or more officials responsible for implementation and oversight of the local school wellness policy.

The agency will measure implementation of this policy through periodic review and will make policy content and implementation information available to the public upon request.

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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](mailto:program.intake@usda.gov)

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