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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; or

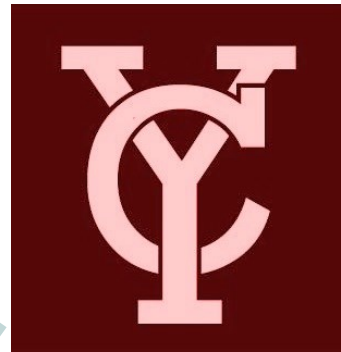
email:

program.intake@usda.gov.

This institution is an equal opportunity provider.

Mission Statement

The mission of The Chester County Youth Center is to provide secure, safe custody and promote the health and well-being of the youth committed to its care, and to create an environment that fosters social, emotional, intellectual and physical development.



County of Chester

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West Chester, PA 19382

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www.chesco.org/youthcenter

County of Chester Youth Center



NATIONAL SCHOOL LUNCH PROGRAM (NSLP) AND CHESTER COUNTY YOUTH CENTER WELLNESS POLICY

Chester County Youth Center
Tel: (610)-793-5910

Program Descriptions

Chester County Youth Center



Typical Daily Program Schedule

7:00am Wake Up/Unit Cleaning/Hygiene
7:30am Breakfast
8:15am School Starts
11:15am School Break/Wash Up
11:30am Lunch
12:00pm School Resumes
2:00pm School Ends
2:30pm Yoga/Special Programs/Gym
3:30pm Unit Free Time
4:00pm Shift Change
4:15pm Wash Up
4:30pm Dinner
5:00pm Yard (weather permitting)
6:00pm Gym/Visitation
7:00pm Multipurpose Room (evening snack)
8:00pm Return to Pod (shower time)
9:00pm Unit Free Time

• The National School Lunch Program

The National School Lunch Program (NSLP) is a federally funded meal program administered by the Pennsylvania Department of Education and Pennsylvania Division of Food and Nutrition through an agreement with the Chester County Youth Center.

Both school breakfast and lunch must meet meal pattern and nutrition standards based on the latest dietary guidelines for Americans. The meal pattern increases the availability of fruits, vegetables and whole grains. The lunches must also meet specific caloric limits to ensure age appropriate meals for the residents of the Youth Center. Other healthy enhancements include gradual reductions in sodium, limitations on sugary drinks, and lunches that include all of the following items:

- ⇒ Fruit
- ⇒ Vegetable
- ⇒ Grain
- ⇒ Meat
- ⇒ Milk

The Chester County

• Wellness Policy

Youth Center developed a “Wellness Policy” to provide guidance, goals and procedures to ensure:

- Residents have access to healthy foods in accordance with Federal and State nutritional standards.
- Residents receive quality nutrition education that helps them develop lifelong healthy eating habits.
- Residents have opportunities to be physically active before, during and after school.
- Classroom instruction includes nutrition and physical activity promotion and other instruction that promotes resident wellness.
- Youth Center staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of the facility.
- The Chester County Youth Center is engaged in supporting the work of the NSLP and maintains an infrastructure for management, oversight, implementation and communication of the Wellness Policy and its established goals and objectives.