St. Mary’s Home Annual Wellness Policy Progress Reports

St. Mary’s current Wellness Policy was established in the spring of 2016 as required for eligibility to participate in the USDA National School Breakfast and Lunch programs. In the ensuing year, a committee including Terry Lyle, principal, SECEP REACH Program; Ann Sparkman, St. Mary’s chief compliance officer; Lynn Earle, MPH, RDN, St. Mary’s nutrition services director; and others will convene to establish annual policy goals and an action plan to work toward those goals. Committee members can be contacted at (757) 622-2208.

Events and activities will be tracked and documented in the 2017 policy progress report.

Interested individuals and the general public are welcome and encouraged to become involved. St. Mary’s will actively notify households/families of the availability of the annual report via the Family Newsletter.

Goals and objectives will include continued participation and compliance with the regulations set by the USDA for the School Breakfast and Lunch programs to include: meal provision; dietary staff education; provision of adequate hydration; limitation of competitive foods and beverages; encouragement of use of healthy foods for celebration, rewards, and fund raising; promotion of lifelong healthy eating behaviors; inclusion of healthy lifestyle choices in school curricula; encouragement for each resident to participate to the fullest degree in all opportunities for physical activity; development of community partnerships; and inclusion of staff in wellness/health promotion activities and education.