March is National Nutrition Month, and good nutrition is crucial for youth to stay healthy and develop properly. Nutritious food and recreation are important components in our overall treatment and programming approach to habilitating youth. To promote healthy eating habits for youth, DYS participates in the National School Lunch Program (NSLP) and follow its standards as well as the United States Department of Agriculture’s ChooseMyPlate guidelines.

The Dietary Department serves youth three healthy meals and an afternoon or evening snack each day. Our food service staff work hard to serve quality, nutritious food to our youth. Because of the frequent interaction food service staff have with youth, they have even on occasion taken part in Interdisciplinary Team meetings.

Some of the Indian River JCF staff, left to right: Rhonda Morris, Rick Frantz, Deb Waryck, Jane Eclem, Vickie Calhoun, Loren Bell, and Brett Bird
Circleville JCF staff: Bryan Dye and Kathy Croft

Cuyahoga Hills JCF staff, left to right: Monica Thompson, Shawn Sailor, and Joyce Stamler

Food service management and support, left to right: Trudy McCullough, Jane Eclem, Jeanne Swinehart-Alspach, Carolyn Hardley, Stacy Browning, Robin Talley, and Dr. John Bradley
It’s also important for staff to be healthy. In honor of National Nutrition Month, the following resources from ChooseMyPlate and the Ohio Department of Administrative Services are being shared to help staff take a bite into a healthy lifestyle!

Practice healthy habits at work. Throughout the work day, find ways to eat nutritiously and stay active. Whether you pack your lunch or purchase it, aim to make half your plate fruits and vegetables and choose whole-grain when available. Keep healthy snacks on hand, such as low-fat yogurt, a trail mix of dried fruit and unsalted nuts, or hummus dip and veggies, to help you avoid the office candy bowl when hunger strikes. It’s also important to make time to be active, especially if you spend much of the day seated at a desk. Take breaks for a quick stretch or walk. Healthy steps like these will keep you energized and able to give the best of yourself.

Take advantage of Take Charge! Live Well!, the health and wellness program for state employees and their spouses. Throughout the year, wellness events and programs include:

- On-site biometric screening events
- On-site health education presentations
- Live and recorded webinars
- Well-being campaigns and challenges
- Mammogram shuttle events
- Flu shot clinics

Stressful workdays can make it challenging to meet healthy eating and fitness goals. Stay on track by getting healthy reminders sent to you by email. Sign up for MyPlate’s Tip of the Day to receive healthy eating and physical activity tips, recipes, and more. You can also stay up-to-date with the latest nutrition information on Twitter by following @MyPlate.