

CARDINAL CUSHING CENTER  
HANOVER, MA  
WELLNESS POLICY

The Cardinal Cushing Center of Massachusetts is committed to providing safe, nurturing and enriching support, programs and environment to children and young adults with cognitive, physical and emotional disabilities; as well as their families in an atmosphere that emphasizes lifelong wellness.

In ensuring that these goals are met, the following criteria have been set:

- All nutrition and food safety programs are in compliance with federal, state and local requirements.
- All foods and meals are received, stored and prepared in an environment that adheres to all food safety and sanitation guidelines by properly trained staff with the emphasis on quality.
- Nutritious, well-balanced and great tasting meals are served with the highest of standards.
- Nutritional support and education is offered and encouraged for students and staff to promote a healthy well-being for all.
- To insure that all food handlers, both staff and students, practice good food safety procedures resulting in a food-safe environment at all times.
- Physical education and activities, recreational and team sports are encouraged for all students of all abilities.
- Continue to grow and change as necessary both nutritionally and physically to meet the ever changing roles of our students and staff.