

LOCAL WELLNESS/NUTRITION

The board believes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive, and that good health fosters student attendance and education.

The board is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The board is committed to:

- A. Providing students with healthy and nutritious foods;
- B. Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains;
- C. Supporting healthy eating through nutrition education;
- D. Providing students with the opportunity to engage in daily physical activity.

The following items may not be served, sold or given out as free promotion anywhere on school property at anytime before the end of the school day:

- A. Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations;
- B. All food and beverage items listing sugar, in any form, as the first ingredient; and
- C. All forms of candy.

All snack and beverage items sold or served anywhere on school property during the school day, including items sold in, vending machines, snack bars, school stores and school sponsored fundraisers shall meet the following standards:

- A. Based on manufacturers nutritional data or nutrient facts labels:
 - 1. No more than eight grams of total fat per serving, with the exception of nuts and seeds.
 - 2. No more than two grams of saturated fat per serving.
- B. All beverages shall not exceed 12 ounces, with the following exceptions:
 - 1. Water.
 - 2. Milk containing two percent or less fat.
- C. Whole milk shall not exceed eight ounces.

In elementary schools 100 percent of all beverages offered shall be milk, water or 100 percent fruit or vegetable juices.

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In middle and high schools:

- A. At least 60 percent of all beverages offered, other than milk and water, shall be 100 percent fruit or vegetable juices.
- B. No more than 40 percent of all ice cream/frozen desserts shall be allowed to exceed the above standards for sugar, fat, and saturated fat.

Food and beverages served during special school celebrations, special events, or during curriculum related activities shall be exempt from this policy, with the exception of foods of minimal nutritional value as defined by USDA regulations. Any item containing nuts shall be identified if served during special school celebrations or curriculum related activities.

This policy does not apply to: medically authorized special needs diets pursuant to federal regulations; school nurses using FMNVs during the course of providing health care to individual students; or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

Adequate time shall be allowed for student meal service and consumption. Schools shall provide a pleasant dining environment. Daily physical activity including recess time at the elementary schools is encouraged.

The district's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Content Standards.

The board is committed to promoting the nutrition policy with all lunch monitors, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices. The board will work toward expanding awareness about this policy among students, parents, teachers and the community at large.

Adopted: July 10, 2006

Legal References: N.J.S.A. 18A:11-1 General mandatory powers and duties

N.J.S.A. 18A:18A-4.1 f.,h. Use of competitive contracting in lieu of public bidding; boards of education

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See particularly:

- N.J.S.A. 18A:18A-5a(6)
N.J.S.A. 18A:18A-6 Standards for purchase of fresh milk; penalties; rules and regulations
- N.J.S.A. 18A:33-3
through -5 Cafeterias for pupils
- N.J.S.A. 18A:33-9
through -14 Findings, declarations relative to school breakfast programs.

See particularly:

- N.J.S.A. 18A:33-10
N.J.S.A. 18A:54-20 Powers of board (county vocational schools)
- N.J.S.A. 18A:58-7.1
through -7.2 School lunch program ...
- N.J.A.C. 2:36-1.1 et seq. Child Nutrition Programs

See particularly:

- N.J.A.C. 2:36-1.7 Local school nutrition policy
- N.J.A.C. 6:8-2.1 Quality assurance annual report
- N.J.A.C. 6:8-4.1 Review of mandated programs and services
- N.J.A.C. 6A:23-2.6 Supplies and equipment
- N.J.A.C. 6A:30-1.1 et seq. Evaluation of the Performance of School Districts

Sec. 204 at the Federal Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)

- 42 U.S.C. 1751 et seq. Richard B. Russell National School Lunch Act
- 42 U.S.C. 1771 et seq. Child Nutrition Act of 1966
- 7 C.F.R. Part 210 Medically authorized special needs diets
- 7 C.F.R. Part 210.10 Foods of minimum nutritional value