

8505 SCHOOL NUTRITION

The Board of Education recognizes child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on pupils' health and their ability and motivation to learn. The Board is committed to: providing pupils with healthy and nutritious foods; encouraging the consumption of fresh fruits and vegetables, milk and whole grains; supporting healthy eating through nutrition education; and providing pupils with the opportunity to engage in daily physical activity.

1. All pupils will have opportunities, support, and encouragement to be physically active on a regular basis.
2. Foods and beverages sold or served at school will meet the nutrition recommendations of the most current U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans. The district will regulate the types of food and beverage items offered outside the Federal meal requirement, such as ala carte sales, vending machines, school stores, and fundraisers.
3. All pupils will be provided with adequate time for pupil meal service and consumption in a clean and safe, dining environment. Lunch and recess or physical education schedules will be coordinated with the meal service.
4. The Board currently does not participate in a Federal school meal program. However, if the Board decide to participate in a Federal school meal program, to the extent such program is practical and appropriate, the Board's School Nutrition Program shall be revised accordingly.
5. Schools will provide nutrition education and physical education consistent with New Jersey Student Learning Standards to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.



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

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

Schools shall reduce the purchase of any products containing trans fats.

All packaged snack and beverage items sold or served anywhere on school property during the school day, including items sold in a la carte lines, vending machines, snack bars, and school stores shall meet the following standards:

1. Based on manufacturer's nutritional data or nutrient facts labels:
 - a. No more than eight grams of total fat per serving, with the exception of nuts and seeds.
 - b. No more than two grams of saturated fat per serving.

Schools shall make potable water available to children at no charge where lunch meals are served during the meal service. Schools may offer water pitchers with cups on tables and/or make potable water available for pupils to fill their own cups or water bottles by means of a water faucet or water fountain that is available without restriction in or near the location meals are served. A faucet or fountain outside the cafeteria is acceptable as long as pupils can request and receive permission to access the faucet or fountain.

All milk products must be pasteurized fluid milk that meets the State and local standards, as currently required in 7 CFR Part 210.10(m)(1)(ii).

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



Food and beverages served during special school celebrations 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.

This Policy does not apply to: medically authorized special needs diets pursuant to 7 CFR Part 210; school nurses using FMNVs during the course of providing health care to individual pupils; or special needs pupils whose Individualized Education Plan (IEP) indicates their use for behavior modification.

The school district's curriculum shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Student Learning Standards.

The Board of Education is committed to the nutritional wellness of its students and will continue to enhance school meals by remaining attentive and current to food options and service. The Board will routinely promote this School Nutrition Policy with all food service personnel, teachers, nurses, coaches, and other school administrative staff so they have the skills needed to implement this Policy and promote healthy eating practices. The Board will work toward expanding awareness about this Policy among pupils, parent(s) or legal guardian(s), teachers, and the community at large.

N.J.A.C. 2:36-1.7(a); 2:36-1.7(b)

Adopted: Oct 21, 2019

