

FILE CODE 3542.1

Monitored

Mandated

Other

LOCAL WELLNESS AND NUTRITION

The Board of Education 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.

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive caloric intake are the predominant causes of obesity. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood. Further, the items most commonly sold from school vending machines, school stores, and snack bar include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Therefore, 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, and will ensure that:

- A. All students will have opportunities, support, and encouragement to be physically active on a regular basis;
- B. Foods and beverages sold or served at school will meet the nutrition recommendations of the US Dietary Guidelines for Americans, and the USDA nutrition standards for National School Lunch, School Breakfast, and/or After-School Snack Programs.
- C. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- D. To the maximum extent practicable, all schools in our K-6 district will participate in available Federal school meal programs.
- E. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between the health education and school meal programs, and with related community services.

- F. The board will engage students, parents, teacher, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

The chief school administrator shall develop regulations consistent with this policy, including a process for measuring the effectiveness of its implementation, and designating personnel within each school with operational responsibility for ensuring the school is complying with the policy.

The board recognizes that child and adolescent obesity has reach epidemic levels in the United States, and that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn. 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. Encouraging students to select and consume all components of the school meal, and;
- E. Providing students with the opportunity to engage in daily physical activity.

All reimbursable meals shall meet Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. All items served as part of the After-School Snack Program shall meet the standards as outlined within this policy.

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:

- A. Foods of minimal nutritional value (FMNV) as outlined by the US 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.

Schools shall reduce the purchase of any products containing trans fats. (Federal labeling of trans fats on all food products has been required since January 1, 2006.)

All 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, school stores, and fundraisers or served in the reimbursable After-School Snack program, shall meet the following standards:

- A. Based on manufacturer's 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 of 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.

In middle or high schools:

- A. At least 60 percent of all beverages offered, other than milk or 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 fruit, fat, and saturated fat.

Food and beverages served during school celebrations or during curriculum-related activities are encouraged to follow this policy as per district guidelines, 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 Federal regulations; school nurses using FMNVs during the course of providing health care to individual students; or special-needs students whose Individual Education Plan (IEP) indicates their use for behavior modification.

Adequate time should be allowed for student meal service and consumption. Schools shall provide a pleasant dining environment. The board recommends that physical education or recess be scheduled before lunch whenever possible.

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 food service personnel, 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.

The chief school administrator shall prepare regulations to implement this policy.

Board Approval: May 22, 2006

<u>Legal References:</u> <u>N.J.S.A.</u> 18A:11-1	General mandatory powers and duties
<u>N.J.S.A.</u> 18A:18A-4.1 f.-h.	Use of competitive contracting in lieu of public bidding; boards of education
<u>See particularly:</u> <u>N.J.S.A.</u> 18A:18A-5a(6)	
<u>N.J.S.A.</u> 18A:18A-6	Standards for purchase of fresh milk; penalties; rules and regulations
<u>N.J.S.A.</u> 18A:33-3 through -5	Cafeterias for pupils
<u>N.J.S.A.</u> 18A:3 through -14	Findings, declarations relative to school breakfast programs..
<u>See particularly:</u> <u>N.J.S.A.</u> 18A:33-10	
<u>N.J.S.A.</u> 18A:54-20	Powers of board (county vocational schools)
<u>N.J.S.A.</u> 18A:58-7.1 through -7.2	School lunch program ...
<u>N.J.A.C.</u> 2:36-1.1 <u>et seq.</u>	Child Nutrition Programs
<u>See particularly:</u> <u>N.J.A.C.</u> 2:36-1.7	Local school nutrition policy
<u>N.J.A.C.</u> 6A:16-5.1(b)	School safety plans
<u>N.J.A.C.</u> 6A:23-2.6	Supplies and equipment
<u>N.J.A.C.</u> 6A:32-12.1	Reporting requirements
<u>N.J.A.C.</u> 6A:32--14.1	Review of mandated programs and services
<u>N.J.A.C.</u> 6A:30-1.1 <u>et seq.</u>	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>U.S.C.</u> 1751 <u>et seq.</u>	Richard B. Russell National School Lunch Act
42 <u>U.S.C.</u> 1771 <u>et seq.</u>	Child Nutrition Act of 1966

7 <u>C.F.R.</u> Part 210	Medically authorized special needs diets
7 <u>C.F.R.</u> Part 210.10	Foods of minimum nutritional value

Possible

Cross References:

*1200	Participation by the public
*1220	<u>Ad hoc</u> advisory committees
*3000/3010	Concepts and roles in business and non-instructional operations; goals and objectives
*3220/3230	State funds; federal funds
*3450	Money in school buildings
*3510	Operation and maintenance of plant
*3542	Food Service
*3542.31	Free or reduced-price lunches/milk
*3542.44	Purchasing
*4222	Non-instructional aides
*5131	Conduct/discipline
9123	Appointment of board secretary
9124	Appointment of business official

*Indicates policy is included in the Critical Policy Reference Manual.