Merchantville Board of Education 130 South Centre Street Merchantville, NJ 08109	File Code : 3542.1 Adopted : 9/26/06 Reviewed : 09/26/2017 Revised : 08/05/2024

Local Wellness/Nutrition Policy

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.

In order to promote and protect children's health, well-being, and ability to learn, the Board of Education is committed to providing a school environment that supports healthy eating and physical activity and directs the chief school administrator to ensure that the district takes the appropriate measures to meet the following district wellness and nutrition goals:

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 U.S. Dietary Guidelines for Americans, and the USDA nutrition standards for National School Lunch, School Breakfast and/or After School Snack Programs. The district will regulate the types of food and beverage items sold outside the federal meal requirements, such as ala carte sales, vending machines, school stores, and fundraisers;

C. All students will be provided with adequate time for student meal service and consumption in a clean, safe, and pleasant dining environment. Lunch and recess or physical education schedules will be coordinated with the meal service;

D. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program including After-School Snack Programs, Summer Food Service Program, and Child and Adult Care Food Program);

E. School(s) will provide nutrition education and physical education 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;

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

G. District efforts to promote healthy nutrition and nutrition education, physical activity and other school-based activities that promote student wellness shall be measurable and evidence-based strategies and techniques and shall be implemented in each school.

Foods and beverages available for sale including all snack and beverage items sold anywhere on school property during the school day, 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 United States Department of Agriculture, Nutrition Standards for All Foods Sold in School, as required by the Healthy Hunger-Free Kids Acts of 2010 (see 3542.1 Wellness and Nutrition, Federal Nutrition Standards for All Foods Sold in School, Summary Chart).

Committee Review

The Chief School Administrator or his or her designee shall endeavor to engage parents, students, and representatives of the school food authority, members of the Board of Education, school administrators, teachers, health professionals, and members of the public for the purpose of developing, implementing, monitoring, reviewing, and, as necessary, revising the school nutrition and physical activity initiatives, A committee may be convened to annually review and when necessary recommend revisions to school policies related to wellness and nutrition.

The committee will annually report to the Board of Education on the implementation of programs and initiatives related to student wellness and nutrition. The Board of Education shall annually review and consider the recommendations of the wellness committee.

Triennial Assessment

The Board of Education shall ensure that a triennial (once every three years) assessment of the district wellness and nutrition policy and programs is completed. The recommendations of the committee shall be reviewed and considered as part of the triennial assessment. The assessment shall measure the implementation of the wellness and nutrition policy and include:

A. The extent to which each school is in compliance with the school wellness and nutrition policy;

B. The extent to which the Board of Education wellness and nutrition policy compares to the federal and state model school wellness policies; and

C. A description of the progress made in attaining the goals of the wellness and nutrition policy.

The Board of Education shall update or modify the policy and programs as necessary based on the results of the triennial assessment.

Physical Activity

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, the Board of Education is committed to providing opportunities for physical activity beyond physical education class. Activities that may be implemented include but shall not be limited to:

A. Health education will complement and reinforce physical education. Students may be taught self-management skills that promote and help maintain a physically active lifestyle and reduce time spent on sedentary activities, such as watching television;

B. As initiated and determined by the teacher, opportunities for physical activity may be incorporated into subject area lessons;

C. Classroom teachers will make an effort to provide short physical activity breaks between lessons or classes, as appropriate;

D. The daily schedule shall allow for periods of physical activity before or after meal periods and minimum of 20 minutes for recess daily up to 6th grade; and

E. The code of student conduct shall prohibit withholding recess or other periods of physical activity as a consequence or a disciplinary option.

Recordkeeping Requirements

The Chief School Administrator or his or her designee shall maintain records to document compliance with wellness and nutrition policy requirements. These records shall include but are not limited to:

A. The written wellness and nutrition policy;

B. Documentation demonstrating compliance with community involvement requirements;

C. Documentation of the triennial assessment of the wellness and nutrition policy; and

D. Documentation to demonstrate compliance with the annual public notification requirements.

Marketing

The marketing of food or beverages shall only be permitted on the school campus during the school day for foods and beverages that meet the competitive foods requirements.

For purposes of this policy, marketing is defined as advertising and other promotions in schools. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

The marketing of products on the exterior of vending machines, through posters, menu boards, coolers, trash cans, and other food service equipment, as well as cups used for beverage dispensing, are all subject to the Board of Education policy, and the logos and products marketed in these areas and items are required to meet the competitive foods standards for foods sold in schools. This restriction shall not apply to marketing that occurs at events outside of school hours such as after-school sporting or any other events, including school fundraising events,

General School District Requirements

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

Food and beverages that are not sold such as foods and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy.. However, on such occasions healthy food choices such as fruits, vegetable, fruit juice and water shall be made available to all students participating in such activities.

This policy does not apply to medically authorized special needs diets pursuant to federal regulations; school nurses using food or beverages during the course of providing health care to individual students; or special needs students whose Individualized Education Program (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. The Board of Education recommends that Physical Education or recess be scheduled before lunch whenever possible.

The Chief School Administrator will specifically address the issue of biosecurity for the school food service. Biosecurity may be part of the plans, procedures, and mechanisms for school safety.

The Board of Education 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 of Education will work toward expanding awareness about this policy among students, parents, teachers, and the community at large.

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 Chief School Administrator shall ensure that the public is informed about the content of the wellness and nutrition policy. The wellness and nutrition policy and any updates to the policy shall be made available to the public on an annual basis. The policy may be posted on the school website and/or at locations deemed appropriate by the chief school administrator.

United States Department of Agriculture
Nutrition Standards for All Foods Sold in School

(see: http://www.usda.gov/wps/portal/usda/usdahome; and http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf)

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	To be allowable, a competitive FOOD item must: 1. meet all of the proposed competitive food nutrient standards; and 2. be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or 3. have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); *or* 4. be a combination food that contains at least 1/4 cup fruit and/or vegetable; or *If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.	• Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fat	Acceptable food items must have ≤ 35% calories from total fat as served.	• Reduced fat cheese (including part- skim mozzarella) is exempt

		from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. Combination products are not exempt and must meet all the nutrient standards.
Saturated Fat	Acceptable food items must have < 10% calories from saturated fat as served.	• Reduced fat cheese (including part- skim mozzarella) is exempt from the saturated fat standard. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. Combination products are not exempt and must meet all the nutrient standards
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	
Sugar	Acceptable food items must have ≤ 35% of weight from total sugar as served.	• Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive

		sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e. cranberries, tart cherries, or blueberries) are exempt from the sugar standard. Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard
Sodium	Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.	
Calories	Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments. Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.	Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.	
Beverages		
	Elementary School • Plain water or plain carbonated water (no size limit); • Low fat milk, unflavored (≤8 fl. oz.); • Nonfat milk, flavored or unflavored (≤8 fl.	

	oz.), including nutritionally equivalent milk alternatives as permitted by the elementary school • 100% fruit/vegetable juice (≤8 fl. oz.); • 100% fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners (≤8 fl. oz.). **Middle School** • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤12 fl. oz.); • Non-fat milk, flavored or unflavored (≤12 fl. oz.), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl. oz.); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl. oz.).	

Key Words

School Lunch, Food Service, Nutrition, Wellness,

Legal References:

N.J.S.A. 18A:11-1	General mandatory powers and duties
N.J.S.A. 18A:18A-4.1 (f) and (h)	Use of competitive contracting in lieu of public bidding; Board of Educations of education
N.J.S.A. 18A:18A-5	Exceptions to requirement for advertising
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:33-15 through -19	Improved Nutrition and Physical Activity Act (IMPACT Act)
N.J.S.A. 18A:54-20	Powers of Board of Education (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. 6A:16-5.1(b)	School safety plans
N.J.A.C. 6A:23A-16.5	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 CFR Part 210 and 220	Healthy, Hunger-Free Kids Act of 2010
7 CFR Part 210	Medically authorized special needs diets

Possible Cross References:

*1200	Participation by the public
*1220	Ad hoc advisory committees
*3000/3010	Concepts and roles in business and noninstructional 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	Noninstructional aides
*5131	Conduct/discipline
9123	Appointment of Board of Education secretary
9124	Appointment of business official

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