

8505 SCHOOL NUTRITION/WELLNESS

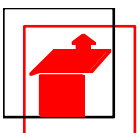
The Board of Education recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on pupils' health and their ability and motivation to learn. The Board is committed to: providing pupils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

The Board of Education is committed to promoting this School Nutrition/Wellness 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.

Nutrition Guidelines

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

- A. 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:
1. Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations, including *soda water, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondants (e.g. candy corn and soft mints), licorice, spun candy, and candy-coated popcorn;*
 2. All food and beverage items listing sugar, in any form, as the first ingredient; including *corn syrup, dextrin, fructose, high fructose corn syrup, galactose, glucose, honey, lactose, malt, maltose, maple syrup, molasses, and sucrose; and*
 3. All forms of candy.
- B. Schools shall reduce the purchase of any products containing trans fats. Federal labeling of trans fats on all food products is required by January 1, 2006.



POLICY

BOARD OF EDUCATION WASHINGTON TOWNSHIP

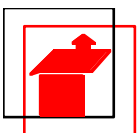
OPERATIONS

8505/page 2 of 3

School Nutrition/
Wellness

M

- C. 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 shall meet the following standards:
1. Based on manufacturers 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.
 2. All beverages shall not exceed 12 ounces, with the following exceptions:
 - a. Water.
 - b. Milk containing 2% or less fat.
 3. Whole milk shall not exceed 8 ounces.
- D. In elementary schools, 100% of all beverages offered shall be milk, water, or 100% fruit or vegetable juices.
- E. In middle and high schools, at least 60% of all beverages offered, other than milk and water, shall be 100% fruit or vegetable juices. No more than 40% of all ice cream/frozen desserts shall be allowed to exceed the standards in this Policy for sugar, fat, and saturated fat.
- F. Adequate time shall be allowed for pupil meal service and consumption. The school district shall provide a pleasant dining environment for pupils, and schools shall attempt to schedule physical education or recess before lunch whenever possible.
- G. Exceptions:
1. School Celebrations and Curriculum Related Activities: 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 (FMNV's) as defined by USDA regulations and as listed under ¶ A.1.
 2. Medical and Individual Educational Plan-Related Needs: 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.
 3. Items Brought From Home for Individual Student Consumption: The standards set forth in this policy apply only to items made available to students by or



POLICY

BOARD OF EDUCATION WASHINGTON TOWNSHIP

OPERATIONS

8505/page 3 of 3

School Nutrition/
Wellness

M

through the school. Items brought from the student's home for his or her personal consumption are not bound by this policy.

Nutrition Education and Physical Education

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

School Nutrition/Wellness Committee

The Superintendent of Schools shall establish a district School Nutrition/Wellness Committee comprised of at least one (1) individual representing each of the following: member of the Board of Education, school/district administrator, the Director of Food Services/designee, appropriate district staff, parents, and students. This committee shall annually evaluate the district's nutrition policy and goals. Each building principal shall ensure that the school is in compliance with the *School Nutrition/Wellness* policy and will communicate the policy to the school community at the beginning of each year.

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

Adopted: 25 July 2006

