

8505 WELLNESS POLICY/NUTRIENT STANDARDS FOR MEALS AND OTHER FOODS

The Board of Education recognizes child and adolescent obesity has become a major health concern 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 providing students with healthy and nutritious foods; encouraging the consumption of fresh fruits and vegetables, fat-free or low-fat (1%) milk and whole grains; supporting healthy eating through nutrition education; encouraging students to select and consume all components of the school meal; and providing students with the opportunity to engage in daily physical activity.

The Board of Education, via the Superintendent and School Business Administrator, will ensure its cafeteria offers nutritious, five component meals that include an entrée (protein, grains), fruit, vegetables and milk. Students will be offered all five components daily priced as a meal deal. The menus are designed to provide lunches that are consistent with the recommendations of the most recent 2015-2020 Dietary Guidelines for Americans over the course of the week. Students are encouraged to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products and also consume less sodium, saturated and trans fats, added sugars, and refined grains. Meals will be designed to limit the amount of calories from fat and saturated fat. The cafeteria shall offer a variety of fresh fruits and vegetables each day.

These offerings will include:

- A variety of foods
- Grains, encourage whole grains
- A variety of vegetables
- Fruits, especially whole fruits
- Moderate quantities of sugars and salt

It is important to point out nutrient standards are daily amounts based on the average for a five-day week.

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. All food and beverage items listing sugar, in any form, as the first ingredient; and
2. All forms of candy



Schools shall reduce the purchase of any products containing trans fats. Federal labeling of trans fats on all food products is required.

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. Beverages shall not exceed 12 ounces, with the following exceptions:
 - a. Water.
 - b. Milk

Schools shall make potable water available to children at no charge in the place 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 students 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 students can request and receive permission to access the faucet or fountain.

Schools may not serve any whole milk or any reduced fat milk (2%). Schools may only serve fat-free milk, low-fat (1%) milk, fat free or low fat lactose reduced/lactose free milk, fat-free or low-fat buttermilk, or acidified milk or fat-free or low-fat acidified milk. Schools must offer at least two choices of these milks. These approved milk products may be either white or flavored milk varieties. All milk products must be pasteurized fluid milk that meets the State and local standards.

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



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.

Food and beverages served during special school celebrations or during curriculum related activities shall be exempt from this Policy, with the exception candy and foods that list sugar as the first ingredient.

This Policy does not apply to medically authorized special needs diets, school nurses using foods that list sugar as the first ingredient 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. The school district shall provide a pleasant dining environment for students, and schools shall attempt to schedule physical education or recess before lunch whenever possible.

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

The Board of Education is committed to promoting 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 students, parent(s) or legal guardian(s), teachers, and the community at large.

The District's food service provider will also set up Nutrition Advisory Committee meetings, where they will meet with students, parents and administrators to review the food service operation, as well as incorporate input from the community on how to best encourage nutrition in the food service program.

N.J.A.C. 2:36-1.7

Adopted: October 18, 2018

