

LOCAL WELLNESS/NUTRITION

No Candy!

The Norwood 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 calorie 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 bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

To promote healthful behavior in the school, the board is committed to encouraging its students to consume fresh fruits, vegetables, low fat milk and whole grains.

In order to promote and protect children's health, well-being, and ability to learn, the board is committed to providing school environments that support 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 *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 offered outside the federal meal requirements, such as ala carte sales, vending machines, school stores, and fund raisers.**
- C. All students will be provided with adequate time for student meal consumption in a clean, safe, and pleasant dining environment. Lunch and recess or physical education schedules will be coordinated.
- D. To the maximum extent practicable, all schools in our district will participate in appropriate and available federal school meal/milk programs.

No
Candy
during
the
school
day!

Schools 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.

- E. The board 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.

All Schools

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

- A. Foods of minimal nutritional value (FMNV's) as defined by the United States Department of Agriculture
- B. All food and beverage items listing sugar, in any form as the first ingredient
- C. All forms of candy

Schools shall reduce the purchase of any products containing trans fats. 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 (e.g., lunch-time parent sales, cake sales, etc.), shall meet the following standards:

- A. Based on manufacturers 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 fat.
- C. Whole milk shall not exceed eight ounces.

Elementary School Level

- A. 100 percent of all beverages offered shall be milk, water or
- B. 100 percent fruit or vegetable juices.

Middle School Level

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

General School District Requirements

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 (FMNV) value as defined by USDA regulations. For approved parties, see Exhibit A.

This policy does not apply to: medically authorized special needs diets pursuant to federal regulations; school nurses using FMNV's during the course of providing health care to individual students; or special needs students who's Individualized Education Plan (IEP) indicates their use for behavior modification. Adequate time shall be allowed for student meal 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 Chief School Administrator will specifically address the issue of biosecurity for the school food service. Biosecurity may be part of the plans and procedures for school safety.

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 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.

Date: July 23, 2007

Legal References:

- N.J.S.A. 18A:11-1 General mandatory powers and duties
- N.J.S.A. 18A:18A-4.1 f.h. Use of competitive contracting in lieu of public bidding;
boards of education
- 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 Improved Nutrition and Activity Act (IMPACT Act)
through -19
- N.J.S.A. 18A:54-20 Powers of board (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:23-2.6 Supplies and equipment
- N.J.A.C. 6A:30-1.1 et seq. Evaluation of the Performance of School Districts
- N.J.A.C. 6A:32-12.1 Reporting requirements
- N.J.A.C. 6A:32--14.1 Review of mandated programs and services
- 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 C.F.R. Part 210 Medically authorized special needs diets
- 7 C.F.R. Part 210.10 Foods of minimum nutritional value

Cross References:

- 1200 Participation by the public
- 1220 Ad hoc 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
- 3542.1 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

Resources:

<http://www.state.nj.us/agriculture/>

The New Jersey Department of Agriculture, Model Policy and Question and Answer resource.

www.usda.gov/cnpp/DietGd.pdf

Dietary Guidelines for Americans.

www.usda.gov/cnpp/pyramid.html

USDA Food Guide for dietary Guidelines, examples of eating patterns that exemplify these standards.

www.nasbe.org/HealthySchools/fithealthy.mgi

Fit, Healthy and Ready to Learn, A School Health Policy Guide. This Guide lists elements such as the size of tables and chairs; seating is not overcrowded; a relaxed environment for socializing; amount of noise; rules of safe behavior, and cleanliness.

www.fns.usda.gov/cnd/menu/fmnv

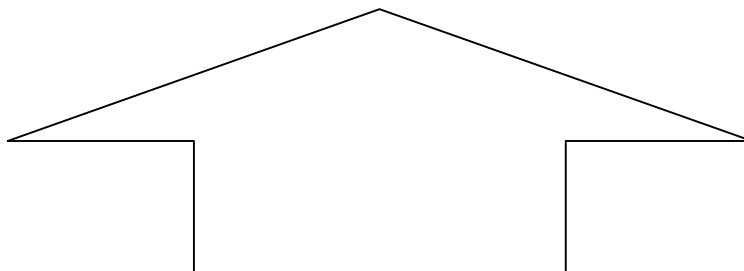
foods of minimal nutritional value (FMNV's) as defined by federal regulations at 7 C.F.R. Part 210.10.

LOCAL WELLNESS/NUTRITION

Class Party Guidelines!

Approved Exceptions to this policy

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 (FMNV) value as defined by USDA regulations (see page 2).



Approved parties are exempt – soda is still prohibited, but *any item not on the “Foods of Minimal Nutritional Value List” is okay (see attachments)* (e.g., Cup cakes, ice-cream, and “M&M’s are okay at approved parties).

Approved parties include:

- ★ Halloween
- ★ Winter Vacation (day before)
- ★ Valentine’s Day
- ★ the last day of school
- ★ special occasions such as when a teacher is leaving or a class wins a contest

Foods of Minimal Nutritional Value

Foods Listed Below May Never Be Served in School.

If an item is not on the list it may be served at approved class parties

(a) **Foods of minimal nutritional value--Foods of minimal nutritional value are:**

- (1) **Soda Water**--A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 deg. F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
- (2) **Water Ices**--As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.
- (3) **Chewing Gum**--Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
- (4) **Certain Candies**--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
 - (i) **Hard Candy**--A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
 - (ii) **Jellies and Gums**--A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - (iii) **Marshmallow Candies**--An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
 - (iv) **Fondant**--A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
 - (v) **Licorice**--A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
 - (vi) **Spun Candy**--A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

(vii) **Candy Coated Popcorn**--Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.