

Regulation

WELLNESS AND NUTRITION

A. The following foods may NOT be sold, served, or given out as free promotion anywhere on school property during the school day:

1. All forms of candy;
2. All food and beverage items listing sugar, in any form, as the first ingredient; and
3. Additional foods of "minimal nutritional value" (FMNV), as defined by the USDA, including soda water, water ices that do not contain fruit or fruit juices, and chewing gum.

For the purposes of this procedure, the "school day" is defined as the time between the start of the first instructional period in each school until 20 minutes after the school's dismissal time.

B. Reimbursable Meals

1. All reimbursable meals offered through the district's school lunch program shall meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.
2. Reimbursable meals available through the food service program will emphasize nutritious and appealing foods, such as fruits, vegetables, low-fat dairy foods, and low-fat and whole grain products.
3. The schools students shall be encouraged to make nutritious food choices and consume all components of a balanced school lunch.
4. The district Business Administrator shall have the responsibility of directing and cooperating with the district's food service provider(s) to ensure that all statutory rules and regulations are followed. committee consisting of parents, students and staff will meet periodically each year to review school lunch offerings.
5. Students and other groups selling food, snacks, or beverages during the school day may not compete with the operation of the district's school lunch program. Therefore, such food sales may not be conducted during the hours that school cafeterias are in operation. For example, at the high school, student/group food sales may not be conducted during the hours from 10:00 AM to 1:15 PM.

C. Standards for Other Foods Served or Sold

All foods (other than reimbursable meals), snacks, and beverages that are 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 labels, foods shall contain:
 - a. No more than 8 grams of total fat/serving, with the exception of nuts and seeds;
 - b. No more than 2 grams of saturated fat/serving; and
 - c. Less than .5 gram of trans fats.
2. 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.
3. Beverages shall be limited to the following:
 - a. In the elementary schools, beverages shall be limited to water, milk, or 100% fruit or vegetable juices;

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- b. In the middle schools and high school, at least 60% of all beverages offered other than water or milk must be 100% fruit or vegetable juices; the remaining 40% of beverages may not include items that are considered “foods of minimal nutritional value.”
 - 4. The portion size of beverages other than water or milk containing 2% or less fat shall not exceed 12 ounces; the portion size for whole milk, when available, shall not exceed 8 ounces.
- D. The board recognizes that food can be an important element in curriculum-related activities. When food is used as part of the instructional program, the following rules shall apply:
 - 1. Foods prepared in the teaching of basic food preparation techniques in the Family and Consumer Sciences Department should comply with the standards as listed above to the fullest extent possible.
 - 2. Foods used to teach comparative foods, food science, or to demonstrate scientific principles are exempt from meeting the standards as listed above.
 - 3. Foods used to support instruction in social studies, geography, and world languages are exempt from meeting the standards as listed above only if they are historically, socially, culturally, or ethnically authentic, but every effort should be made to meet the standards to the fullest extent possible.
 - 4. When appropriate, guest speakers who are invited to address students shall receive orientation regarding relevant food policies and standards in the district.
 - a. The board further recognizes that food can be an important part of a student’s day in several other ways:
 - 1. Snacks:
 - a. Healthy snacks during the school day, in addition to the regular lunch break, shall be encouraged at every grade level.
 - b. Parents/guardians providing snacks to the classroom shall be informed in writing of the dietary standards and shall comply with all the dietary standards as listed above.
 - c. Parents/guardians providing snacks to their child shall be informed in writing of the dietary standards and requested to conform to the established dietary standards
 - d. Healthy snacks that conform to the established dietary standards shall be available in the schools for students in grades 5-12, i.e. through vending machines and/or school stores, during the school day and after school to provide necessary nourishment for students engaged in after school activities such as athletics, musical groups, clubs, and work.
 - 2. School-wide and classroom celebrations:
 - a. Parents shall be encouraged to provide food and beverages consistent with the dietary standards listed above.
 - b. Schools will provide and disseminate a list of recommended items for those occasions.
 - 3. Food shall not be offered to students as a reward or withheld as a punishment.
 - i. These procedures DO NOT apply to:
 - 1. Medically authorized special needs diets pursuant to 7 CFR Part 210;
 - 2. School nurses using foods of minimal nutritional value while providing health care to individual students; or

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3. Special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.
 - b. Information dissemination and policy application:
 1. The (principal, chief school administrator) , in consultation with other district administrators, principals, school nurses, health teachers, interested community representatives, and the district's food service provider, shall develop and distribute the school nutritional standards, as well as written guidelines suggesting those healthy foods to at a minimum the following:
 - a. Students
 - b. Parents/Guardians
 - c. School Administrators
 - d. Teachers
 - e. Nurses
 - f. Coaches
 - g. Advisors
 - h. PTA and other parent organizations
 - i. Booster groups, And
 - j. The community
 2. Building principals and classroom teachers shall be responsible for monitoring compliance with these guidelines in their buildings and classrooms, respectively.

E. Environment

1. Students should have at least 20 minutes to eat after sitting down for lunch.
2. Nutrition information in the food service area should promote healthy food choices.
3. Food service personnel and lunch room aides shall have adequate training and professional development in how to promote healthy eating behavior and to maintain safe, orderly, and pleasant eating environments.
4. Students shall have access to facilities for hand washing and oral hygiene.

NJSBA Review/Update: December 2008